

Parenting with Love and Limits®

Solution-Based Selling - Phone or Face to Face Script To Engage and Empower the Resistant Parent/Caregiver:

I. Parent or Caregiver Must First Be Allowed to Vent Their “Pain” - 5 min

Questions to Ask

- What are some of the difficult experiences that you have had to suffer in the last year as the result of your teen having problems?**

After every 30 - 60 seconds, gently interrupt the parent with “Correct me if I am wrong, but it sounds like what you are saying is _____?” [Summarize and encapsulate what the parent just said in one succinct sentence]

- Optional:** Have you had to accommodate or change your lifestyle as the result of your teen having problems...in what ways (not leaving the house)

II. Parent/Caregiver Must Verbalize the Financial and Emotional Costs - 5 min

Questions to Ask

- What have been some of the financial costs to you and your family as a result of your teenager having problems?** *For example, have you had to take off work to deal with school problems, gotten sick because of the stress, paid counselors, etc.*
- What have been some of the emotional costs to you and your family as a result of your teenager having problems?** *For example, marital stress, problems with other siblings, stress with in-laws, etc.*
- What do you think will happen to your teen if his or her problem remains unfixed in the next one or two years?**

III. Other Past Counseling Experiences - 5 min

Questions to Ask

- In the past, have you had any previous counseling to fix the problem? If yes, Is their anything that they missed or that you would have liked to happen differently?** *For example, were you involved, or did they work mostly with your teen? Did they give you concrete tools or a bunch of talk?*

IV. Benefits Package - 5 to 8 min

- **Would you like this problem fixed quickly or slowly?**
- **Custom-Fit Benefits to Answers Above**
- **What are the obstacles that would prevent you from coming once**
- **Come once and if you do not see a difference in one meeting, don't come again**
- **Referrals of Past Graduates**

Recommended Inclusionary Criteria:

1. 10 – 18 years old
2. Most common DSM IV diagnosis: Oppositional Defiant, Conduct Disorder, Substance Abuse
3. Shows two or more of the following behaviors consistently for longer than six months:

<input type="checkbox"/> Persistent and serious lying	<input type="checkbox"/> Ditching school repeatedly
<input type="checkbox"/> Physical cruelty to people or animals	<input type="checkbox"/> Stealing
<input type="checkbox"/> Running away repeatedly	<input type="checkbox"/> Bullying or threatening others
<input type="checkbox"/> Destruction of property	<input type="checkbox"/> Setting fires
<input type="checkbox"/> Threats of suicide	<input type="checkbox"/> Defying adult requests/rules
<input type="checkbox"/> Using or possessing weapons	<input type="checkbox"/> Angry and does not take responsibility
<input type="checkbox"/> Alcohol or drug abuse	<input type="checkbox"/> Quickly loses their tempers

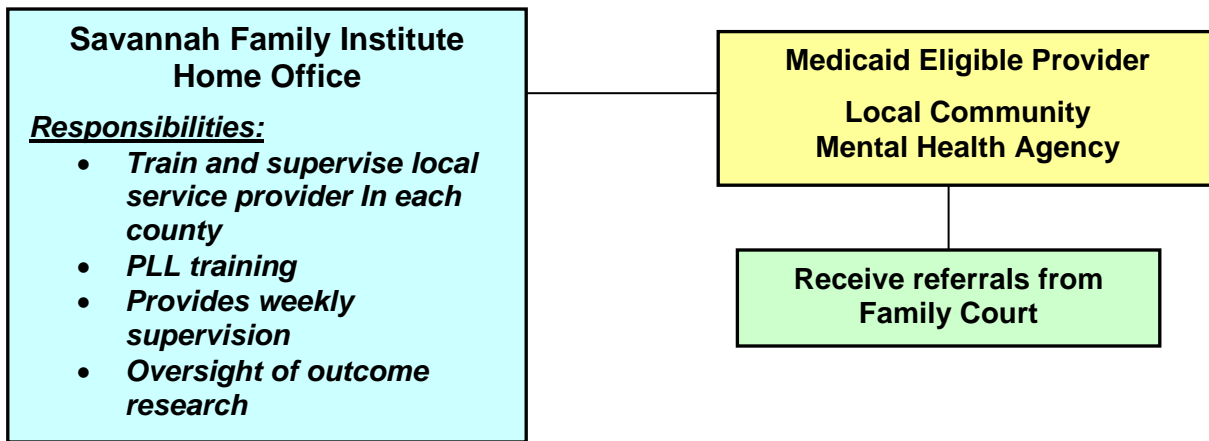
Adolescents who we determine to be high risk should be assigned PLL Family Therapy first and then PLL Group Therapy if needed or desired by family. High Risk behaviors:

<input type="checkbox"/> Running away repeatedly	<input type="checkbox"/> High risk of violating probation
<input type="checkbox"/> Threats or acts of suicide	<input type="checkbox"/> Setting fires
<input type="checkbox"/> Threats or acts of violence	<input type="checkbox"/> Rampant alcohol or drug abuse

Adolescents who we determine to be moderate to low risk should attend the PLL Group Therapy first and then move on to PLL Family Therapy. Moderate to low risk behaviors:

<input type="checkbox"/> Persistent and serious lying	<input type="checkbox"/> Ditching school repeatedly
<input type="checkbox"/> Physical cruelty to people or animals	<input type="checkbox"/> Stealing
<input type="checkbox"/> Low to moderate risk of probation violation	<input type="checkbox"/> Bullying or threatening others
<input type="checkbox"/> Destruction of property	<input type="checkbox"/> Defying adult requests/rules
<input type="checkbox"/> Quickly loses temper	<input type="checkbox"/> Experimental drug or alcohol use

How *Parenting with Love and Limits*[®] (PLL) Is Implemented



The *Parenting with Love and Limits*[®] System of Care is broken down into two interwoven components:

1) *Parenting with Love and Limits*[®] (PLL) Group Therapy Program - Parents and Youth Together

PLL Group Therapy is a six-week program that includes caregivers, parents and their adolescents, 11 - 18 years old, and given the diagnosis of conduct disorder or oppositional defiant disorder - according to the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV; American Psychiatric Association, 1994). PLL is currently listed as a Model Program through OJJDP.

- Two group facilitators lead a small group of parents, caregivers, and their adolescents (no more than 8 families with no more than 20 people total in the group) in six classes, each two hours long.
- Two co-facilitators are needed because breakout groups are used in the program.
- Parents and teens meet together as a group during the first hour, but break into separate breakout groups during the second hour.
- The rationale for these breakouts is that, often both parents and teens need to meet separately in order to address issues that they cannot address collectively, such as venting their frustrations with one another or developing effective consequences.

Class One: Understanding Why Your Teen Misbehaves.

Parents learn why their teen creatively uses things like substance abuse, disrespect, running away, or violence to commit acts of "parent abuse" to continually defeat parents when they try to regain control of their household. During the second hour, facilitators help parents vent their feelings and frustrations about the problems with their teenager.

Class Two: Button Pushing:

Parents learn how their teen skillfully "pushes their hot buttons" (e.g., whining, disgusted look, swearing) and teens learn about how parents push theirs (e.g., lecturing, criticizing, talking in chapters). During the second hour, parents learn a series of "anti-button pushing strategies" such as "exit and wait, short and to the point, and secret signs" to stop their buttons from being pushed during an argument with their teenager.

Class Three: Ironclad Contracting

Parents learn how and why their traditional methods of contracting have been ineffective and five operational strategies to create improved contracts with innovative use of both positive and negative consequences.

Class Four: Troubleshooting

Parents learn how to troubleshoot teens' efforts to defeat the newly developed contracts.

Class Five: Stopping the 7 Aces

Parents choose from a menu of creative consequences to stop the teens' "seven aces:" disrespect, truancy, running away, drug or alcohol use and abuse, sexual promiscuity, violence, and threats of suicide.

Class Six: Reclaiming Lost Love

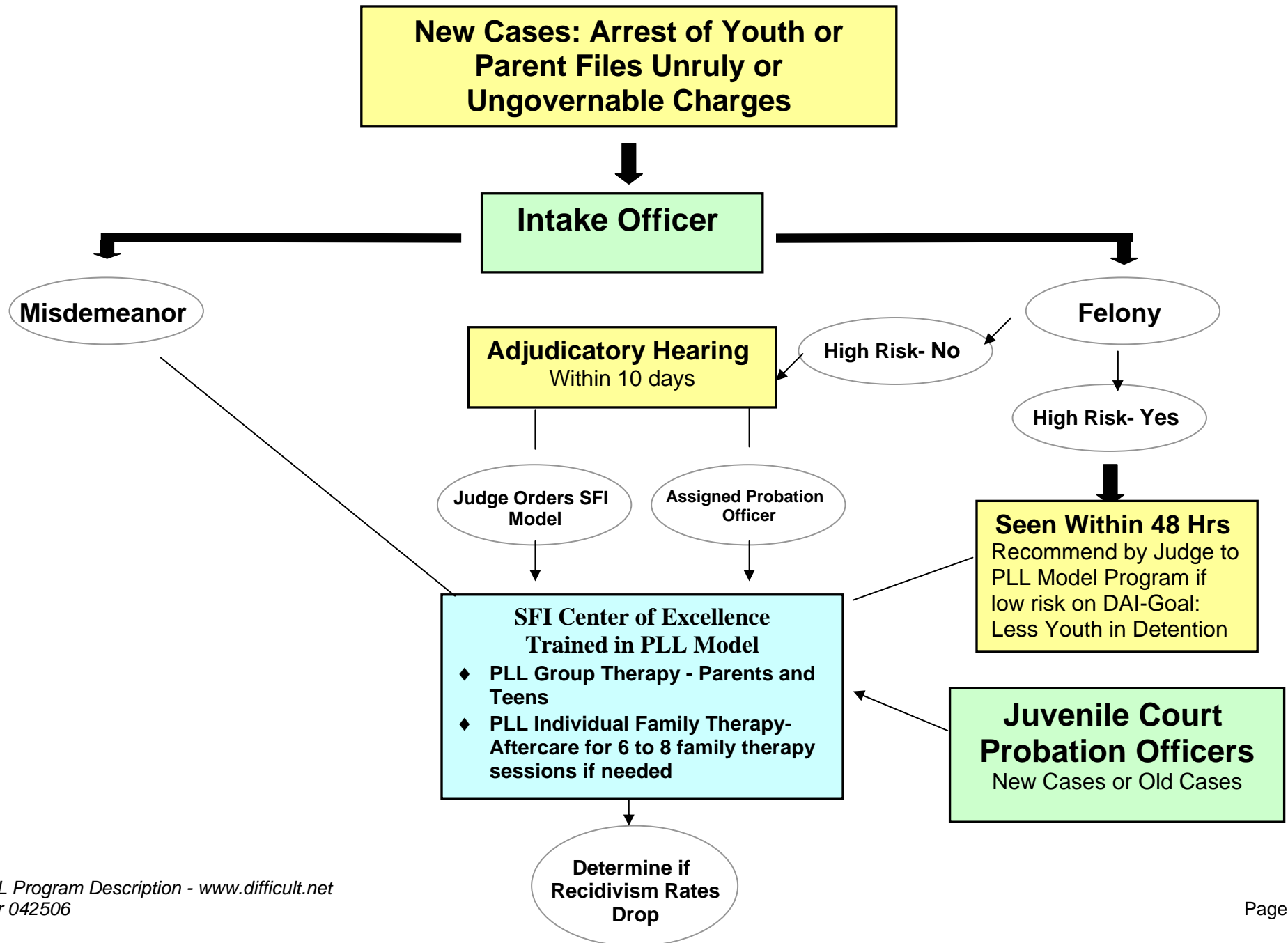
Parents learn how years of conflict have reduced parents' ability to nurture their teens and six strategies needed to reclaim this lost capability.

2) Parenting with Love and Limits[®] (PLL) - Family Therapy Aftercare Model

The PLL Family Therapy Model is a 15-Step program developed from a three-year process research study (Sells, 1998; Sells, Smith & Sprenkle, 1995).

- Parents, caregivers, and their adolescent meet 1.5 hrs weekly for a family therapy session with an individual therapist. The typical number of sessions required is six to eight.
- To assist in service delivery, each therapist uses the program in the same manner, through a published Parent Survival Kit, to address all 15-Steps (Sells, 2002).
- Adolescents are 10 – 18 years old, often with the diagnosis of conduct disorder or oppositional defiant disorder - according to the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV; American Psychiatric Association, 1994), or they may just have some of the symptoms indicating an emotional or behavioral problem.
- A continuum of care exists whereby parents and their adolescents receive new parenting skills and group support from PLL Group Therapy and then move on to working with an individual family therapist who uses the PLL Family Therapy Model to resolve any underlying family issues that would prevent the successful implementation of these new parenting skills.

Typical Juvenile Court Referral Procedures for PLL Model



The Goals: As the diagram shows above, the overall goal is both prevention and treatment:

- Prevention - The PLL program is used to prevent unruly cases or ungovernable cases from getting worse and to give your intake officers a direct program to offer their angry and frustrated parents. Plus the COE will be trained to call them back within 48 hours. *Subgoal:* Provide resources and support to the intake officers to increase their morale.
- Prevention – To reach misdemeanor youth “now” to prevent reoffense or further penetration into the system later. PLL can serve as a good diversion program. Plus the intake officers, with your approval, can communicate this message to the parents or caregivers:

*Minors who have been charged with a first or second offense misdemeanor may elect, prior to a hearing on the offense, to attend the Parenting with Love and Limits group with their parent(s) or legal custodian. Upon documented attendance by both the minor and their parent(s) or legal custodian of all required classes in the parenting program, the charge for the first or second offense misdemeanor may, **at the judge’s discretion**, be expunged from the minor’s criminal record. A “minor” shall mean any competent individual who is no younger than 13 years of age and no older than 17 years of age who (i) has pending arrest warrants, (ii) has been charged with or convicted of a felony or (iii) has been convicted of a misdemeanor.*

This “leverage” of possible expunging of a criminal record may be very appealing to some parents if they are made to understand the possible alternative of the pain, time and effort it will cost them if their child further penetrates into the system. Even through the parents may have only taken three out of the six classes before their court date; we can report their progress to you.

- Alternative to Detention - The family court will assess the risk for a felony youth as to whether the youth can remain at home or has to be confined to detention. If the family support services are available through PLL, either through individual family therapy or group, the judge’s comfort level will likely increase so that he or she releases even more youth to the home than normally under the present system.
- Treatment on Probation - For those youth committed to a probation officer, PLL staff will work collaboratively with the PO to treat the youth and his or her family. We would like these youth to be court ordered into the PLL program.

SAMPLE REFERRAL FORM

Referral for: ____ Full PLL Program <i>Parenting with Love and Limits[®] Group Therapy</i>	or	_____ Family in Crisis PLL - Family Therapy
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Date of Referral: _____ Date of Disposition: _____ N/A

Referred By: _____ Is Treatment Court-Mandated? YES NO

Referring Agency: _____ E-mail: _____

Office Phone: _____ Fax: _____

Child's Name: _____ DOB: _____

Male Female **Circle One** SSN: _____ Medicaid NO YES if yes # _____

Home Phone: _____ Work Phone: _____ Cell: _____

Home Address: _____

Mother's Name: _____ Work Phone: _____ Home Phone: _____

Home Address (if different): _____

Father's Name: _____ Work Phone: _____ Home Phone: _____

Home Address (if different): _____

Reason(s) for Referral:

<input type="checkbox"/> Persistent and serious lying	<input type="checkbox"/> Ditching school repeatedly
<input type="checkbox"/> Physical cruelty to people or animals	<input type="checkbox"/> Stealing
<input type="checkbox"/> Running away repeatedly	<input type="checkbox"/> Bullying or threatening others
<input type="checkbox"/> Destruction of property	<input type="checkbox"/> Quickly loses their tempers
<input type="checkbox"/> Threats of suicide	<input type="checkbox"/> Defying adult requests/rules
<input type="checkbox"/> Using or possessing weapons	<input type="checkbox"/> Alcohol or drug abuse

Offense(s) and/or Charge(s) (If Applicable):

Pertinent Family/ Legal / Social History:

FAX COMPLETED FORM TO - ATTN: SFI PROGRAM DIRECTOR

FOR OFFICE USE ONLY:

Date Client Contacted: _____ Contacted By Whom: _____ Assessment Date: _____

Agency Referred to _____ Date Referral Form Faxed to Agency Delivering Services: _____

Name of Referral Agency Staff _____ Apt Date _____ Fax Form back to above #.