

PARTICIPATION AND GRADUATION AGREEMENT

To participate and graduate the **Parenting with Love and Limits (PLL)** program, I understand and agree to follow these requirements:

- Attend at least 5 out of 6 group meetings with exception of first group.**
- Attend a minimum of 12 individual (family) coaching sessions and continue on in coaching as needed.**
- Successful completion will be determined by completing the below requirements and when the family and PLL team agree upon significant improvement in PLL goals which may include the following:**

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| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>In Home- Obeying Curfew and No Leaving Home Without Permission</i> <input checked="" type="checkbox"/> <i>In School--Attend school and no ditching, and achieve passing grades</i> <input checked="" type="checkbox"/> <i>Employment – Seeking and/or maintaining employment (age appropriate youth only)</i> | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>Out of Trouble With the Law (No further violations)</i> <input checked="" type="checkbox"/> <i>Following the PLL Contract 80% or greater as Reported by Parents</i> <input checked="" type="checkbox"/> <i>If Applicable, Remains Drug Free</i> |
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Instead of the standard 12-14 months of residential treatment, by completing the requirements below with your child the odds dramatically increase that they will receive an “earned release” and be home safely in 9-11 months giving you enough time to rest and them enough time to change and appreciate all you have done for them over the years.

Months 1-4	Months 5 and 6	Month 7	Months 8-9	Months 10 th and 11 th or 12 th
Entrance into TYC	PLL Foundations (Months 5-6)	PLL Intensive (Month 7)	PLL Transitional Phase (Months 8-9)	PLL Aftercare (Months 10-12)
Overall Goals	Overall Goals	Overall Goals	Overall Goals	Overall Goals
<ul style="list-style-type: none"> • Identify Youth /Families • Agreement to Participate Explained and Signed • Respite Time for Parents • Youth Time To Get Acclimated To Program <hr/> <ul style="list-style-type: none"> • Pre-Pre Test Administered • If needed, One on One Coaching YOUTH & FAMILY • PLL CM Monthly Contacts with Residential Program • Genogram completed 	<ul style="list-style-type: none"> • First 3 of 6 PLL Parents Only Group Modules in Community or Onsite at Facility • First 2 or 3 PLL Family Therapy Coaching Session with Youth Onsite or with Video/Speakerphone <hr/> <p>Group 1: Why Your Teen Misbehaves?</p> <p>One on One Coaching YOUTH & FAMILY Putting all the Protective Factors on Radar Screen</p> <p>Group 2: How to Stop Button Pushing</p> <p>One on One Coaching YOUTH & FAMILY Determining the Undercurrents, Feedback loops & Aftercare Plan</p> <p>Group 3: Building a Loophole Free Contract or Playbook</p> <p>One on One Coaching YOUTH + FAMILY Begin Writing Aftercare Plan Multi Disciplinary Team Meeting – 120 Days Prior to Release</p>	<ul style="list-style-type: none"> • Last 3 PLL Parents Only Group Modules in Community or Onsite at Facility • 2 or 3 Additional PLL Family Therapy Coaching Session with Youth Onsite or Video/Speakerphone • Day Benchmark Meeting <hr/> <p>Group 4: Dress Rehearsals of Aftercare Plan Contracts</p> <p>Group 5: Building Creative Consequences + Positive Teen Report</p> <p>Group 6: Restoring Lost Nurturance</p> <p>2 or 3 Additional One on One Coaching YOUTH + FAMILY- Developing a Countermeasures Checklist, Additional Contracts</p> <p>Benchmark Meeting- Family, PLL Therapist, & Residential Staff Meet to look at risk-levels, youth performance on residential level systems, aftercare plan, and family participation Decision made for early discharge or not</p>	<ul style="list-style-type: none"> • Establish the CBAT Team (Community Based Action Team) • Family Therapy Coaching and Wound Work with Youth Onsite or Video/Speakerphone • Finalize Aftercare Plan and Contracts/Playbooks with Dress Rehearsals <hr/> <p>Additional One on One PLL Coaching YOUTH + FAMILY</p> <ul style="list-style-type: none"> ➢ Finalize Aftercare Plan ➢ Intensive Dress Rehearsals ➢ Wound Work if Needed <p>Establish a CBAT Team Using Wraparound Philosophy</p> <ul style="list-style-type: none"> ➢ Educational Issues- GED, High School, College ➢ Job Placement ➢ Mental Health Issues 	<ul style="list-style-type: none"> • Aftercare Begins With the Same PLL Therapist a Minimum of 90 Days Post-Discharge • After 90 Days- “Red Flags” Checklist, Callbacks, & Tune Ups As Needed • PLL Case Manager Coordinates CBAT and Arranges Meetings <hr/> <p>One on One PLL Coaching YOUTH + FAMILY in Community</p> <ul style="list-style-type: none"> ➢ Make Sure Aftercare Plan Sticks ➢ Coordinate with PLL Case Manager and CBAT Team ➢ Additional Wound Work if Needed ➢ Red Flags Checklist Established and Tune Ups if Needed <p>CBAT Team Meets Minimum 1 x Per Month</p> <ul style="list-style-type: none"> ➢ PLL Case Manager Takes Lead and Coordinates CBAT Meeting ➢ Community Goals Prioritized and Roles Clarified

PLL Foundation and Intensive While Your Child is In Residential

PLL Group In Community		PLL Individual Coaching with Parents and Youth in Facility & Community
PLL Intensive in Community-Parents or Caregivers Only		One on One In Facility or Video with Youth:
Month 5	Group 1 – Venting	No coaching 1st week
	Group 2 – Button Pushing + →	Coaching: Get “Battle Ready” for Your Child to Come Home Identify Wraparound Protective Factors
	Group 3 – Aftercare Plan + →	Coaching: Write a Loophole Free Aftercare Plan Begin Aftercare Plan, Assign Helping Roles to Case Manager
	Group 4- Dress Rehearse the Delivery of the Aftercare Plan Contracts Together As a Group	Coaching: Work on Aftercare Plan and Contracts
Month 6	Group 5 – Creative Consequences + → <i>(to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)</i>	Coaching: Work on Aftercare Plan and Contracts
	Group 6- How to Start Liking Each Other Again- Restore Closeness + →	Coaching: Present Typed Aftercare Plan to Youth

PLL Transition: Getting Your Child Ready to Come Home Without Relapse

PLL Individual Coaching with Parents and Youth in Facility & Community	
In Community:	
Month 7	Coaching: Using Wraparound to Make Sure Protective Factors in Place- (How will your youth gain employment? Will there be drug testing at home? Will they get a GED or Go Back to School? Etc.). Family Conference Benchmark Meeting to See If Youth is Ready for Count Down Procedures and Entrance into the Transition Phase- <i>Present Aftercare Plan to Everyone</i>
Month 8	No Group
Month 9	
	Coaching: Working with Family and Youth to get “Battle Ready” (Develop Backup Plans and Conduct Dress Rehearsals)
	Coaching: Working with Family and Youth to get “Battle Ready” (Develop Backup Plans and Conduct Dress Rehearsals)
	Coaching: Youth presents own button filter/counter moves plan to parents for approval, PLL Coach conducts massive amounts of dress rehearsals with parent and teen “countermove checklists” so that the family is ready to deliver the aftercare plan contracts from Day #1

PLL Aftercare: Making Sure the Aftercare Plan Works Without Relapses First 90 Days

First 3 Months		PLL Individual Coaching with Parents and Youth in Community
		In Community:
Month #10	No Group	Coaching: Making Sure the Aftercare Plan is Sticking and Community Factors Like Looking for a Job or Attending School Working
Month #11		Coaching: Honeymoon period over, risk increases for relapse and for youth to return back to old lifestyle. Relapse can occur. We are there to see you through the storm and hold firm
Month #12		Coaching: If graduation criteria is met of: in home, in school or work, and out of trouble with the law with clean drug tests, graduation occurs
Beyond Month #3		Tune-ups and Callbacks: We will call you proactively on Day 30, Day 60, and Day 90 post graduation to make sure there are no relapses and positive changes in your youth are permanent. You can call us at anytime for a one or two meeting tune up to quickly get back on track.

Youth's Signature

Parent/Guardian's Signature

PLL Coaches' Signature

Date