Program Components:
Phases of PLL

**Motivation & Engagement Intervention**
- **Goal:** Motivate and engage resistant parent or youth to participate in PLL program and sign a Participation & Graduation Agreement.

**Group Intervention**
- **Goals:** Teach parents and/or adolescents six core skills to establish or reestablish lost parental authority and inject nurturance between parent and youth. Increase readiness for change using Prochaska's model.

**Family Systems Stabilization (FSS)**
- **Goal:** Integrate and customize core skills learned in group into the family through behavioral contracts and role plays. Improve family interactions within extended family and community.

**Family Systems Trauma (FST)**
- **Goal:** Use strategic family therapy directives to address the family or individual unhealed wounds in the here and now from a family systems perspective.

**Community Intervention**
- **Goal:** Improve family connections with both core services (e.g., education, housing, medical, etc.) and pro-social services (e.g., faith-based activities, recreation, mentors, etc.) and address community risk factors.

Proximal/Short-Term Outcomes

- **Youth Remains In Home or No Return to Care/ Placement**
- **Increased Positive Behavior and Mental Health**
- **Increase Parent Involvement**
- **Decreased Trauma Levels**
- **Increased Family Functioning**

Distal/Long-Term Outcomes

- **Decrease in Recidivism and/or Return to Out-of-Home Care or Placement**
- **Fewer Days In Out-of-Home Care or Placement**
- **Increased Behavior & Mental Health**

PLL targets children ages 9-18 years old who exhibit moderate to severe emotional and behavioral problems and their parents/family.
**Program Components**
PLL Alternative to Placement is delivered over 3-4 months. PLL Reentry/Reunification is delivered over 6-8 months. A PLL Therapist meets with the parents and/or youth for 6 consecutive weeks of group and family therapy, in the home, through four phases. Families are seen weekly, but sessions can occur more often if needed.

**Intervention Strategies**
Specific strategies, methods, and techniques are used to accomplish the program goals.

**Targeted Risk & Protective Factors**
Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, violent behavior, incarceration) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Proximal Outcomes**
Outcomes impacted by the program immediately following program completion that have been demonstrated through research. Studies compared PLL to “usual services” or a range of alternatives, including individual, other family therapies, probation, social work services, and no treatment.

**Distal Outcomes**
Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

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**Motivation & Engagement Intervention**
**Goal**: Motivate and engage resistant parent or youth to participate in PLL program and sign a Participation & Graduation Agreement.

**Group Intervention**
**Goals**: Teach parents and/or adolescents six core skills to reestablish lost parental authority and inject nurturance between parent and youth. Increase readiness for change using Prochaska's model.

**Family Systems Stabilization**
**Goal**: Integrate and customize core skills learned in group into the family through behavioral contracts and role plays. Improve family interactions within extended family and community.

**Family Systems Trauma**
**Goal**: Use structural and strategic family therapy directives to address the family or individual unhealed wounds in the here and now from a family systems perspective.

**Community Intervention**
**Goal**: Improve family connections with both core services (e.g., education, housing, medical, etc) and pro-social services (e.g. faith-based activities, recreation, mentors, etc.) and address community risk.

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**Solution-Focused Questions**
- Show actual PLL workbooks or video samples from PLL
- Review Participation/Graduation Agreement & obtain family signatures
- Modeling expert use of each core skill through video clips
- Role Plays/Dress Rehearsals
- Inner/Outer Circle Performance Feedback
- Transfer and customize skills in family therapy sessions
- Behavioral Contracts, Playbooks, & Relapse Plans
- Structural and Strategic Family Therapy Techniques
- Role plays/Dress Rehearsals and Troubleshooting "What if?" Scenarios
- Strategic Family Directives
- Role Plays/Dress Rehearsals
- Use of a Who What Where & How Written Trauma Playbook
- Create CBAT (community-based action) Teams
- Develop Playbook With Everyone's Roles Specified

**Risk Factors:**
- **Family**
  - Parent or Caregiver stuck in Prochaska's Precontemplative Stage of Readiness
  - Poor nurturing relations between youth and family members
  - Harsh or inconsistent discipline
  - High family conflict
  - Lack of family cohesion & support
  - High unresolved PTSD & family trauma
- **Individual**
  - Conduct/oppositional defiant
  - Severe emotional problems
  - Externalizing and Internalizing problems
- **School or Employment**
  - High rates of truancy
  - Teacher/Parent Conflict
  - Behavior problems at school
  - Academic failure
- **Community**
  - Lack of community support
  - Family lacks food, clothing, shelter
  - High community stress/violence

**Protective Factors:**
- **Family**
  - Parent/caregiver moves into Prochaska's action readiness stage
  - Nurturance, support, & cohesion increases along with consistent discipline
  - Family conflict decreases
  - Family trauma or wounds healed
- **Individual**
  - Significant decrease in PTSD symptoms, conduct or oppositional disorders
- **School or Employment**
  - Positive school-family relations
- **Community**
  - Positive family-community relations
- **Therapy-Level**
  - High therapeutic alliance

**Youth Remains In Home or Not Recommitted**
- Less likely to be placed in out-of-home placement
- If returning to community after residential or foster care less likely to be re-incarcerated or return back to foster care

**Increased behavior and Mental Health**
- Significant improvement in both internalizing and externalizing problems
- Decrease in delinquent behavior

**Increased Parent Involvement**
- Parent graduation rates at 75% or higher than alternative treatment
- Parent moves to higher levels of readiness to change

**Decreased Trauma Levels**
- Significant decrease in family and youth levels of trauma

**Increased Family Functioning**
- Improved communication
- Increased family cohesion
- Less verbal aggression
- Less family conflict/interactional trauma
- Improved family structure

**Decrease in Criminal Recidivism or Return to Foster Care**
- Substantially lower rates of court referral/arrest after referral to PLL up to 12 months post discharge or reports of maltreatment
- Less likely to be re-incarcerated or placed back into foster care 6-12 months post discharge or reunification

**Fewer Days Residential or Foster Care**
- Reduction in days spent in residential placement or foster care after referral to PLL

**Increased Behavior & Mental Health**
- Fewer psychiatric and behavioral diagnoses 12 months post-treatment, compared to pre-treatment