

# Parenting with Love and Limits (PLL) System of Care Logic Model

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## 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.

## Targets

Decrease  
Risk  
Factors

Increase  
Protective  
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.



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

- Solution-Focused Questions
- Show actual PLL workbooks or video samples from PLL
- Review Participation/ Graduation Agreement & obtain family signatures

**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.

- 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

**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.

- Behavioral Contracts, Playbooks, & Relapse Plans
- Structural and Strategic Family Therapy Techniques
- Role plays/Dress Rehearsals and Troubleshooting "What if?" Scenarios

**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.

- Strategic Family Directives
- Role Plays/Dress Rehearsals
- Use of a Who What Where & How Written Trauma Playbook

**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

- 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 Recommited**

- 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 a 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