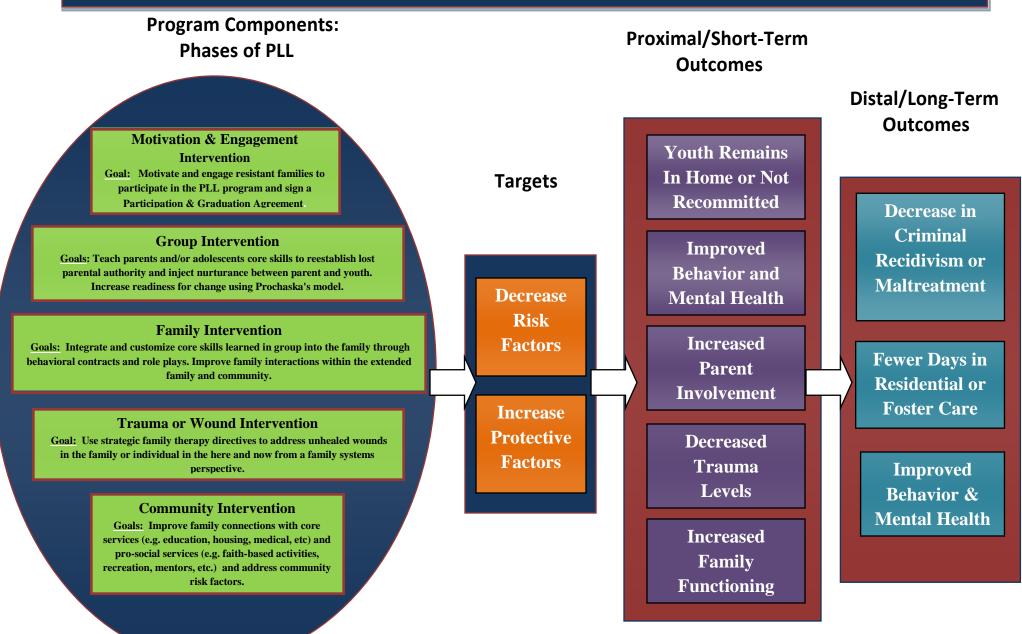
Parenting with Love and Limits (PLL) Logic Model

Program Developed by Scott Sells, Ph.D.



Program Components

PLL Alternative to Placement (ATP) is delivered over 3-4 months. PLL Reentry is delivered over 6-8 months. A PLL Therapist meets with the parents and/or youth for 6 consecutive weeks of group sessions and concurrently provides 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 to decrease.

Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted to 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 and/or 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.

Group Intervention: Goals:

Teach parents and/or youth core skills to reestablish lost parental authority and inject nurturance between parent and youth. Increase readiness for change using Prochaska's model.

Family Intervention: Goals:

Integrate and customize core skills learned in group into the family system through behavioral contracts and role plays. Improve family interactions within extended family and community.

Trauma or Wound Intervention:

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

Community Intervention: Goals:

Improve family connections with core services (e.g. education, housing, medical, etc) and prosocial services (e.g. faith-based activities, recreation, mentors, etc.) and address community risk factors.

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 when Where & How 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 family trauma *Individual*
- Conduct/oppositional defiant
- Severe emotional problems
- Externalizing problem

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' Action Readiness Stage
- Nurturance, support, & cohesion increase along with consistent discipline
- Family conflict decreases
- Family trauma or wounds healed *Individual*
- Significant decrease in conduct or oppositional defiant behaviors

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 outof-home placement
- If returning to community after residential or foster care less likely to be re-incarcerated or returned back to foster care

Improved Behavior and Mental Health

- Significant improvement in both internalizing and externalizing problems
- Decrease in delinquent behavior

Increased Parent Involvement

- Increase Parent graduation rates
- Parent moves to higher levels of a readiness to change

Decreased Trauma Levels

• Significant decrease in level of trauma for youth and family

Increased Family Functioning

- Improved communication
- Increased family cohesion
- Less verbal aggression
- Less family conflict
- Improved family structure

Decrease in Criminal Recidivism or Maltreatment

- Substantially lower rates of court referral/arrest after referral to PLL or reports of maltreatment for up to 12 months post discharge
- 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 or foster care after referral to PLL

Improved Behavior & Mental Health

 Fewer psychiatric and behavioral diagnoses 12 months posttreatment, compared to pretreatment