

Parenting with Love and Limits (PLL)

Logic Model

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Program Components: Phases of PLL

Motivation & Engagement Intervention

Goal: Motivate and engage resistant families to participate in the PLL program and sign a Participation & Graduation Agreement.

Group Intervention

Goals: Teach parents and/or adolescents 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 through behavioral contracts and role plays. Improve family interactions within the 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 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 Not
Recommitted

Improved
Behavior and
Mental Health

Increased
Parent
Involvement

Decreased
Trauma
Levels

Increased
Family
Functioning

Distal/Long-Term Outcomes

Decrease in
Criminal
Recidivism or
Maltreatment

Fewer Days in
Residential or
Foster Care

Improved
Behavior &
Mental Health

PLL targets youth ages 10-18 years old who exhibit moderate to severe emotional and behavioral problems and their family.

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.

