



Parenting with Love and Limits®

Brief Information Sheet

What is PLL?

- Evidence-based structural-strategic program that combines parent education and group therapy with individual family coaching
- Parents and teens *learn* concrete tools in group and *practice* them in individual coaching

How long is PLL?

- Group: meets for 2 hours a week for 6 weeks
- Individual Family Coaching: minimum of 6 weekly coaching sessions, 2 hours each

What are the graduation requirements for PLL?

- Must attend 5 out of 6 groups (1st group is mandatory) & a minimum of 6 coaching sessions
- Significant improvement in PLL goals: in home, in school, no further violations of the law, following the PLL behavioral contract 80% of the time, & drug free

Who is PLL for?

- Teens and their parents/care-givers - foster parents and kinship care is welcome

Inclusionary Criteria:

Youth, 10-18 years of age, who:

- Have difficult to manage behaviors
- May have Substance Use issues (but not heavy narcotic addiction - heroin, meth, crack, etc.)
- Dual diagnosis is appropriate (bipolar, major depression, PTSD), unless there is a diagnosis of schizophrenia
- Have exhibited at least 1 of the following behaviors that has caused problems with functioning in the home, school, or community:
 - Persistent & serious lying
 - Threats/acts of aggression
 - Running away/breaking curfew
 - Destroying property/fire setting
 - Extreme disrespect
 - Drug/alcohol abuse
 - Ditching school/truancy/failing grades
 - Stealing
 - Using/possessing weapons
 - Defying adult requests/rules
 - Suicidal threats or self-mutilation
 - Inappropriate sexual behavior

Exclusionary Criteria:

- Sex offender
- Severe developmental disorders (IQ lower than 50)
- Heavy narcotic addiction
- No parent or caregiver present
- Active psychosis

Who should I contact for more information?

Meghan Magone (Family Therapist & PLL Coach)

907.762.2814 or mmagone@acmhs.com

PLL website: www.gopll.com

ACMHS website: www.acmhs.com/





Parenting with Love and Limits®

www.gopll.com

PLL (Parenting with Love and Limits®)

- The first evidence-based program of its kind to combine a 6-week parent education and group therapy program with 6 or more individual “coaching” (family therapy) sessions for adolescents and their parents.
- PLL is designed for youth between 10 and 18 with extreme emotional or behavioral problems (running away, extreme disrespect, chronic truancy, depression, drug or alcohol abuse, etc.).
- Custom-Designed to prevent youth from going into out-of-home or residential care, and safely lowers lengths of stay for youth already in, or scheduled to be committed to residential care by giving parents/ caregivers specialized tools in group, then showing them how to use these tools through extensive role-plays during family coaching.

PLL is recognized as an evidence-based model by:

- NREPP: SAMHSA’s National Registry of Evidence-based Programs and Practices
- OJJDP Model Programs Guide - Exemplary Rating
- Promising Practices Network on Children, Families and Communities
- Find Youth Info.gov
- FFTA (Foster Family Based Treatment Organization) Resource Guide in Treatment Foster Care

Week	PLL Group	PLL One-on-One Family Coaching
Week #1	Group 1: Venting	No coaching 1st week
Week #2	Group 2: Button Pushing + →	Coaching #1: Deciding on the Problem to Fix Fast
Week #3	Group 3: Contracting + →	Coaching #2: Writing a Loophole Free Contract
Week #4	Group 4: Putting the Contract Together As a Group + →	Coaching #3: Continuing to draft written plan
Week #5	Group 5: Creative Consequences + → (to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)	Coaching #4: Developing Countermoves around written plans
Week #6	Group 6: How to Start Liking Each Other Again- Restore Closeness	Coaching #5: Continuing work from Coaching #4
Week #7	No Group	Coaching #6: Assess written plan
Week #8	No Group	Continued Coaching until program benchmarks are met

For More Information Please Contact **Meghan Magone** at **907.762.2814**

or email mmagone@acmhs.com