

## Benefits of PLL

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### You will learn

- PLL is different, brief-and NOT traditional counseling
- Why your current rules and consequences repeatedly fail.
- How your teen creatively uses things like substance abuse, disrespect, running away, or violence to commit acts of "parent abuse" to continually defeat parents who try to regain control of their household.
- Creative Consequences to stop behaviors of (a) Extreme Disrespect, (b) Running Away, (c) Alcohol and Drug Use, (d) Sexual Promiscuity, (e) Threats or Acts of Violence, and (f) Threats of Suicide.
- How and Why Button Pushing Creates Conflict and Confrontation between Parents and Teenagers.
- How to write a Loophole Free Contract and how to use role plays to deliver the contracts without your buttons being successfully pushed.
- About the fine line between love and dislike and why there is a current lack of nurturance. You will learn why you love your child, but no longer like them.

## Eligibility & Criteria

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Every Youth is eligible for PLL except if one of the following exclusionary criteria apply:

- No parent or caregiver present– foster parents and kinship care are welcome
- Youth below age of 10 or over 18
- Adjudicated Sex Offender (On case-by-case basis)
- Severe developmental disorder— IQ lower than 50
- Substance Use is Appropriate Unless Heavy Narcotic Addiction Present (Heroin, Meth, Crack)
- Dual Diagnosis is Appropriate (Bi-polar, depression, self-mutilation, etc.) Unless there is a Schizophrenia Diagnosis

## Parenting with Love and Limits

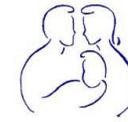
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### *To Make A Referral Contact*

**Rudy Multz**  
**3948 Ben Walters Lane**  
**Homer, Alaska 99603**

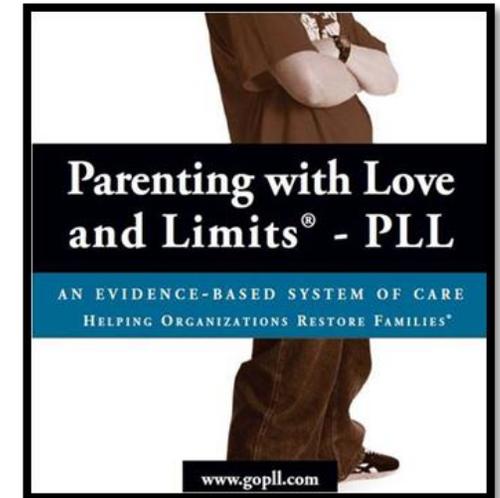
**Phone: 907.235.7701 ext. 248**

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## Parenting with Love and Limits (PLL)

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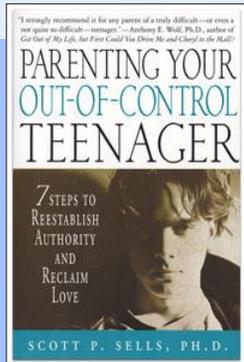


**South Peninsula  
Behavioral Health Services, Inc.**

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## What is Parenting with Love and Limits® ?

**Parenting with Love and Limits® (PLL)** is an evidence-based family education, skill-building and therapeutic intervention model which has demonstrated effectiveness in significantly reducing aggressive behaviors, depression, attention deficit disorder problems, externalizing problems and substance use while also reducing recidivism and improving family communication.

The program targets specific risk and protective factors related to delinquency and other emotional and behavioral problems. PLL is currently recognized as a Model Program through OJJDP and SAMSHA's National Registry of Evidence-Based Programs and Practices (<http://www.difficult.net>).

PLL utilizes assessment, group sessions and individual coaching sessions throughout the program.

## How does PLL Work?

### Assessment

The question now becomes "why?" or "How did my teen go from having only a few problems to becoming completely out of control?" Parents ask these questions all the time. Assessment is a series of questions to find the root of the problem. Knowing what is causing the behavior is the first step to change. We will meet with you and your teen to assess his/her problem(s).

### Group Classes

Parents and youth attend 6 classes, held one evening a week for six weeks:

- Class 1- Understanding why your Teen Misbehaves
- Class 2- Button Pushing
- Class 3- Ironclad Contracting
- Class 4- Troubleshooting
- Class 5- Stopping the Seven Aces
- Class 6- Reclaiming Lost Love

### Family Coaching

We acknowledge it is very difficult and frustrating to turn things around without someone at your side. We provide six (6) (or more sessions, if needed) of individual family coaching so what you read in a book and learn in the classes comes to life in your home. We work with you and your teen to empower you to achieve your goals for your teen and family.

## What happens after we finish PLL?

In the community, PLL therapists continue with the family until the family has met all of the graduation requirements that consist of completing groups, family sessions, sufficiently complying with the contract in school or work, and remaining out of trouble with the law.

PLL Therapists maintain periodic phone contact and will arrange for meetings, if needed to resolve new issues or to tighten any glitches in the contract. PLL provides 30, 60 and 90 day call-backs after the case has been closed to ensure the treatment is sticking and provide a tune-up session if needed.

