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.

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 pro-social 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 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 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 out-of-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 post-treatment, compared to pre-treatment.