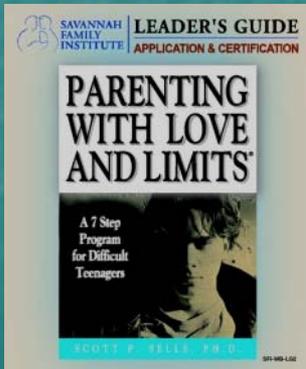
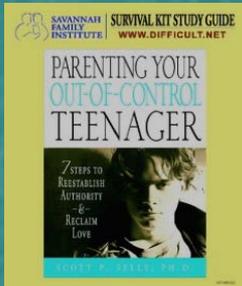
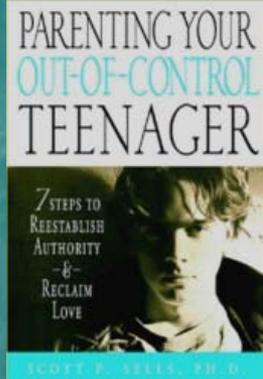


Peninsula Community Health Services of Alaska And The Department of Juvenile Justice



- Presents -

**TREATING THE OUT OF CONTROL
ADOLESCENT AND CHILD:**

**A 7-STEP EVIDENCE-BASED APPROACH
TO RESTORE LOVE AND LIMITS**

Why PLL Helps



- **Specific Areas that PLL Can Help:**
 - **Dual Diagnosis Youth**
 - **System of Care for Substance Abuse**
 - **Alternative to Commitment Program**
 - **Building a village around a family**
 - **Can assist in keeping a child in their home and community**

PROGRAM STRENGTHS

- **Evidence-Based Model:**
 - Office of Juvenile Justice and Delinquency Prevention (OJJDP)
 - Substance Abuse and Mental Health Services Administration (SAMHSA)
 - National Registry of Evidence-based Programs and Practices (NREP)
- **Standardized Care and Quality Assurance:**
 - Manuals for Group and Family Therapy Coaching Components
 - Video tape supervision
- **Parent Engagement Rates- 70% or Higher Regardless of Court Order:**
 - Only Evidence-Based Model Combining Group + Family + Wound Work
 - Use of motivational interviewing
 - Strategic home visits
- **Key Research Outcomes:**
 - High Success with Dual Diagnosis and Substance-Abuse
 - Higher Risk Juveniles Safely in Community & Out of Residential



PLL's Unique Treatment Package

Week	PLL Parent Management Group	PLL Individual Coaching
<i>Week #1</i>	Group 1 – Venting	No coaching 1 st week
<i>Week #2</i>	Group 2 – Button Pushing + →	Coaching #1 – Deciding on the Problem to Fix Fast
<i>Week #3</i>	Group 3 – Contracting + →	Coaching #2 – Writing a Loophole Free Contract
<i>Week #4</i>	Group 4- Putting the Contract Together As a Group + →	Coaching #3 – Present Typed Contract to Teenager with Role Plays to Practice
<i>Week #5</i>	Group 5 – Creative Consequences + → (to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)	Coaching #4- Relapse Prevention: See if contract worked or tweak contract so it will work better.
<i>Week #6</i>	Group 6- How to Start Liking Each Other Again-Restore Closeness	Coaching #5- Wound Work: Produce a Wound Workbook and Role Play
<i>Week #7</i>	No Group	Coaching #6- Relapse Prevention: Determine if Wounds Healed – Benchmark Meetings
<i>Week #8</i>	No Group	Coaching #7- - Tune-ups or More if Needed
<i>Week #9</i>	No Group	Coaching #8- - Relapse Prevention
<i>Week #10</i>	No Group	Coaching #9 --Tune-Ups or more if needed



7-Step Model to Restore Love and Limits

Step #1: **Why Youth Are Out of Control**

Step #2: **Button-Pushing**

Step #3: **Writing Ironclad Contracts**

Step #4: **Troubleshooting**

Step #5: **Strategic Consequences**

Step #6: **Mobilizing the Village**

Step #7: **Reclaim Lost Nurturance**

Consequences of an Unchanged Parent

“A review of all available research data show that youth will return to past behavioral problems if their parents remain unchanged in the areas of *consistent limit setting, rebuilding emotional attachments, and improved communication.*”

Williams and Chang, p. 159



Providers of PLL in Alaska At PCHS/HOMER/SEWARD:



Lead Clinician:

Jalanie Johnson, MS

Co-Facilitators:

Joe Cannava, MS, LPC

Lisa Harbold-Pitta

Margarete Wisner, BSW

Anchorage DJJ

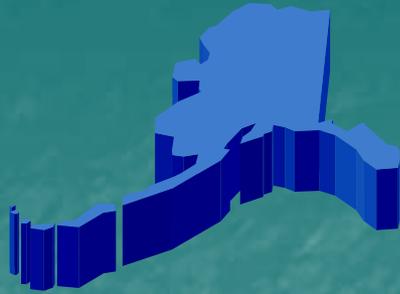
Lead Clinician:

Dr. Robert Bagley

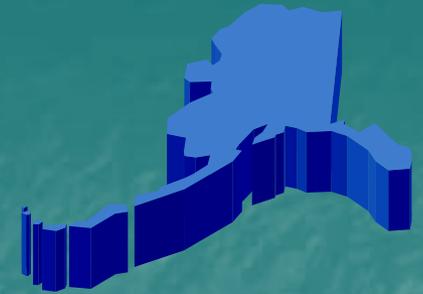
Co-Facilitator

Janice Anderson, JPO





PLL in Alaska

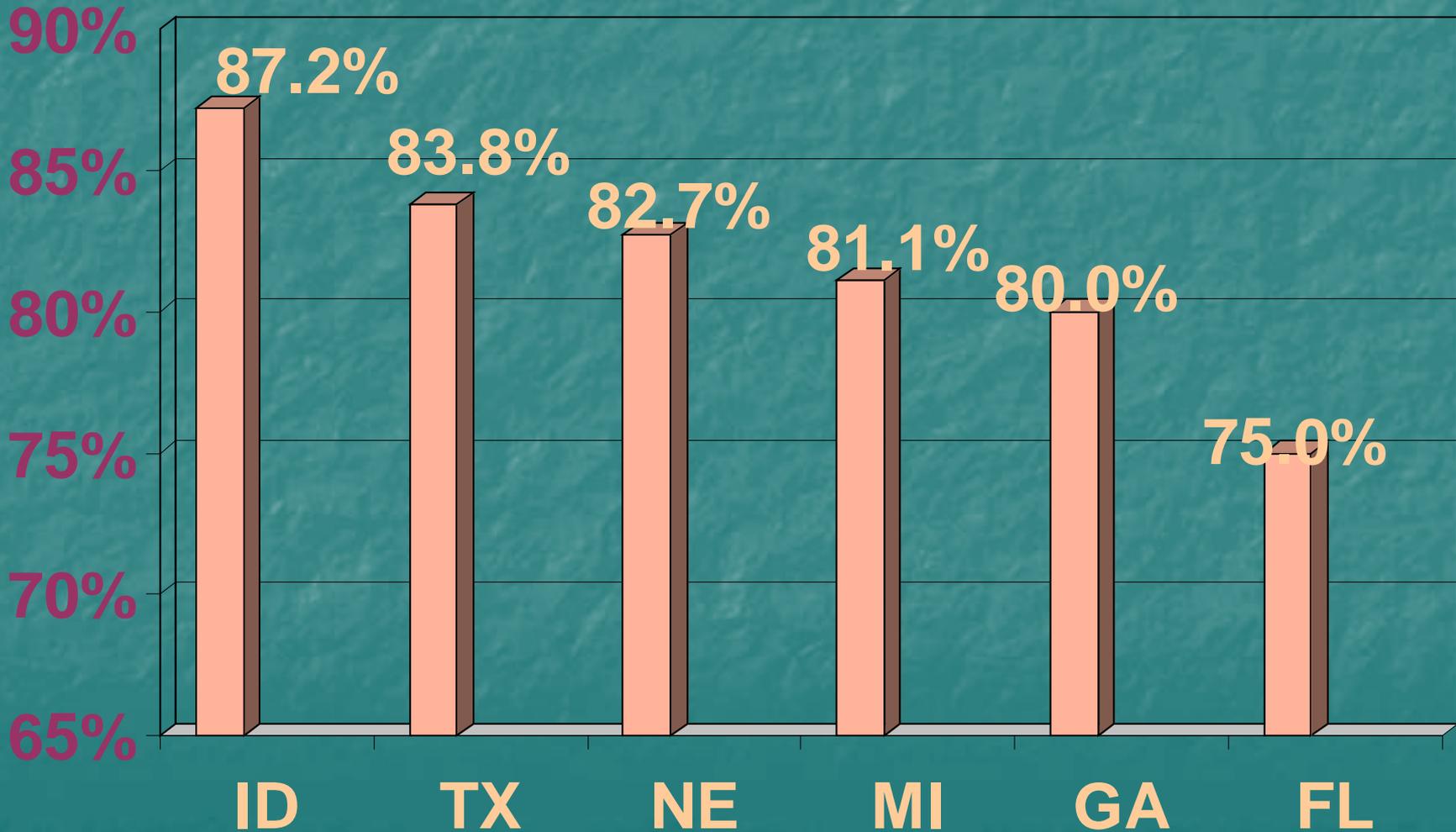


- 1. Good Track Record of Engaging Resistant Parents**
- 2. Keeps the child in the home**
- 3. Its offered in Anchorage, Soldotna/Kenai, Homer, and Seward**
- 4. It Creates a village in our home community**



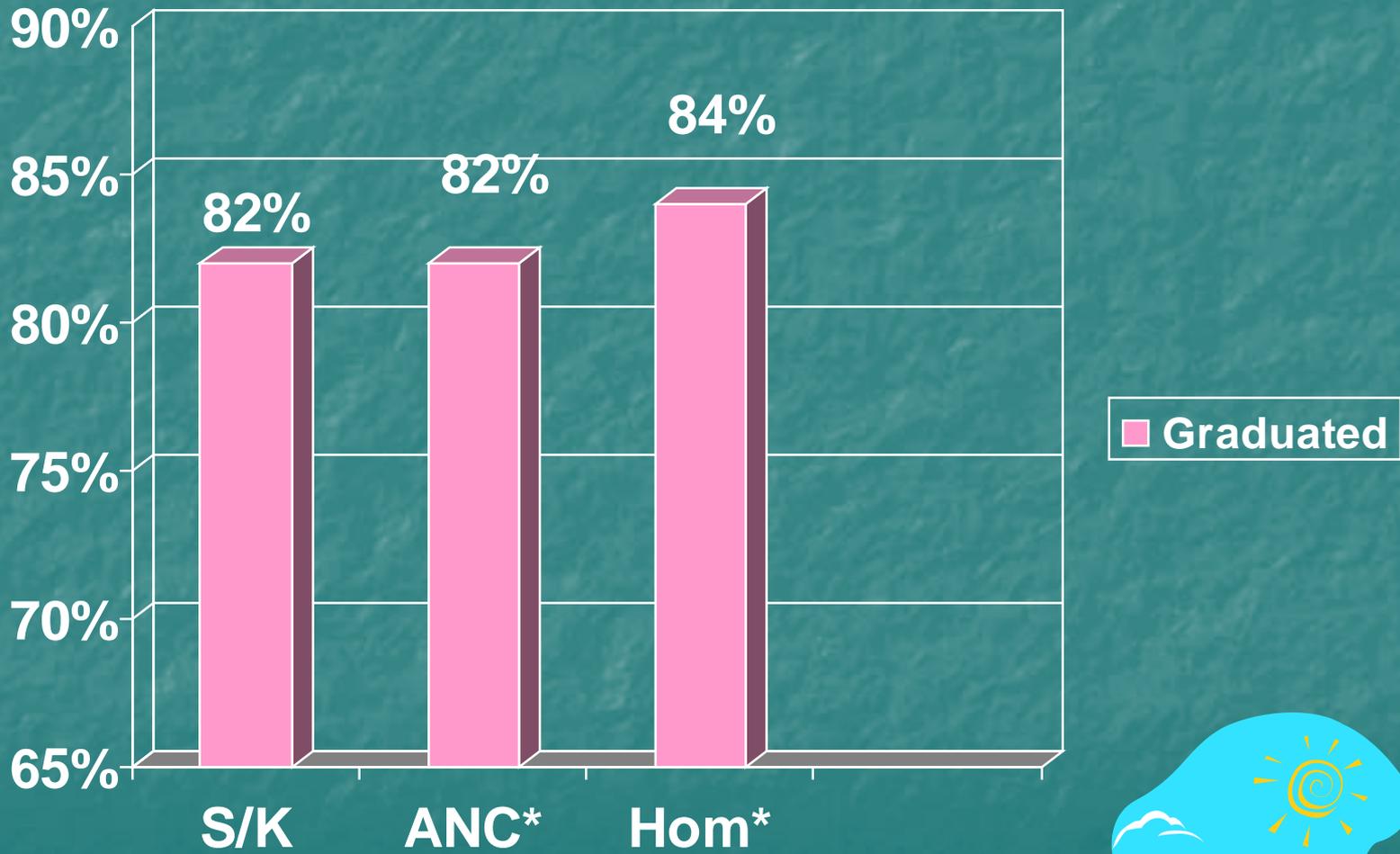
PLL Parent Graduation Rates in Other Places

PARENTING WITH LOVE AND LIMITS





Graduation Rates in Alaska



*Projected Graduation Rate



Children Served From July to Present

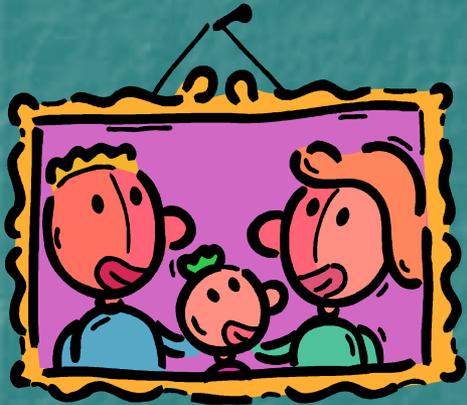


- 14 Children have been served in Soldotna
- 6 Children have been served in Homer
- 11 Children have been served in Anchorage.

- **UPCOMING**
 - ~Group beginning Wednesday in Soldotna has 12 children enrolled for this 6-week course
 - ~Current Anchorage group has 9 families enrolled.

Types of Families Served

- Single Parent Families
- Dual Parent Families
- Step/Blended Families
- Adoptive Families



Challenges and Positive Outcomes

CHALLENGES

- Weather to travel to other locations
- Getting someone hired to co-facilitate in Seward
- Meeting Spaces
- Technology difficulties
- Ongoing training-not offered in AK regularly



Positive Outcomes

- Increased communication between DJJ, OCS, and PCHS
- Positive experience in working with Homer
- Video/Webcam Joint Supervision with PCHS, Homer, and DJJ
- Families participating and reporting they feel successful
- Proven to be effective with difficult clients



SUCCESS STORIES



- One Father that had a substance abuse problem for years had turned over parenting to his mother and by being involved in PLL has now shown great strides in resuming his role as a father to his children
- One single mother whose daughter was very rude and cold towards her mother has softened as her mother has focused on giving her positive teen reports and being consistent on rewards and consequences.
- One mother cried as her son hugged her when saying positive phrases to each other-she reported that they had not hugged in over 6 months
- One mom reported she felt "every parent should do this program"



LONGTERM PROJECTIONS

- Participation in PLL will lower recidivism rates
- Lower rates of teenagers being put in residential treatment facilities because we are creating a supportive village around the home
- Parents will have better skills/tools and will be more consistent so that their children do not have to enter the state system
- More referrals to PLL as a diversion versus reaching a level of being in an out of home placement



Any Questions

