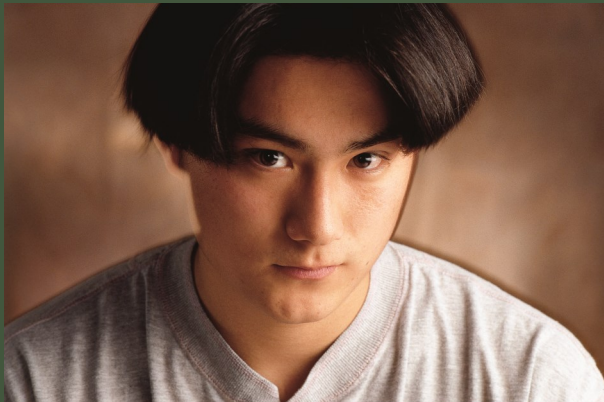


Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— July 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parenting with Love & Limits (PLL)

An Evidence-Based Practice

What is Parenting with Love and Limits (PLL)?

Parenting with Love and Limits (PLL) is an evidence-based program that combines parent education and group therapy with individual coaching (family therapy) sessions in order to stabilize and address trauma within the family system. PLL is designed for families with youth between the ages of ten and eighteen who are experiencing severe emotional and/or behavioral problems. PLL teaches families how to reestablish adult authority through consistent limits within the context of a loving relationship. Parents and youth learn specific skills in group therapy and then meet in individual family therapy to role-play and practice these new skills. The integration of group and family therapy is designed to enable parents/caregivers to transfer newly acquired skills to real-life situations and prevent relapse.



How does PLL work?

The PLL program consists of six group therapy sessions plus four or more family therapy sessions, as shown below:

- **Group Session 1. *Understanding Why Your Teen Misbehaves:*** Parents learn why their youth commits acts of parent abuse. Parents and youth go into their respective breakout groups to vent their feelings.
- **Group Session 2. *Button-Pushing:*** Parents learn how their youth pushes their "hot buttons" (whining, disgusted look, swearing, etc.), and youths learn how parents push theirs (lecturing, criticizing, talking in chapters, etc.).
- **First family session.** Parents and youth meet individually to practice anti-button-pushing strategies.
- **Group Session 3. *Ironclad Contracting:*** Parents learn how and why their old methods of contracting have failed, as well as the steps to assemble a contract that works. Youth meet in their breakout groups to help write their own contract.
- **Second family session.** Parents and youth meet individually to create their own contract.
- **Group Session 4. *Troubleshooting:*** Parents learn how youth have a special ability called "enhanced social perception" to think two steps ahead.

- **Third family session.** Parents and youth meet individually to review their contracts and troubleshoot any loopholes. Extensive role-plays are used to practice delivery of rewards and consequences.
- **Group Session 5. *Stopping the Seven Aces:*** Parents choose creative consequences to stop the seven "aces" of the youth who doesn't have a serious psychological problem, but is acting out of control: disrespect, ditching or failing school, running away, drugs or alcohol, sexual promiscuity, violence, and threats of suicide.
- **Fourth family session.** Parents and youth meet individually to review their progress.
- **Group Session 6. *Reclaiming Lost Love:*** Parents learn to understand how conflict hinders the parent-child relationship and strategies to repair it.
- **Fifth family session and beyond,** as needed. Parents and youth begin to solidify nurturance and to address any underlying family dysfunction.

For More Information

Discuss PLL eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.