



INAUGURAL ISSUE: HELPING ORGANIZATIONS RESTORE FAMILIES



In our first newsletter issue, we are pleased to share three innovative developments in PLL's history:

- Summary of Latest Research Findings in Reentry and Community-Based Alternatives
- Awards and Recognitions
- Video Supervision: Combining Research and Clinical Practice

On deep reflection, I am proud of where PLL is today in only 15 years. In 1998, it began with a simple question:

“Was it possible to build a better system of care by actively engaging our most resistant parents?”

I intuitively knew that if the parent or caregiver remained unchanged in the areas of nurturance, consistent discipline, and communication it was only a matter of time before the child or teenager would return to past emotional or behavioral problems. The parent was the key game changer. Unfortunately, all I kept hearing in the early years from colleagues, probation officers, judges, and case managers was parents would never change and had to be court-ordered to treatment.

A teenager blurted out: “Dr. Sells, you know why I am so oppositional...the system treating us is more unhealthy than we are!”

I realized there had to be a better way and a better treatment package. But to create this model package it had to be grassroots. Therefore, instead of building PLL in a university-based clinic, I took to the streets literally. I intensely interviewed 82 of the toughest adolescents in Las Vegas, NV from 1995-1997. I knew that I had to first answer the question “How does it Work?” before answering the question “Does it Work?” It was definitely the road less traveled and took years and years to answer with no short cuts.

The result was my first book entitled: *Treating the Tough Adolescent*. If you are interested in this intense process please read [Chapter 12](#) from the book.

Rich micro steps of how to successfully engage the toughest parents and kids along with the “secret sauce” of combining group and family therapy together emerged from this journey.

It is with great satisfaction, that after years of grassroots model development, we are now answering the question “Does it Work?” with quasi-experimental outcome results.

But the journey did not end here. In 2002, I realized that there was a parallel process between hurting families and hurting organizations. To restore families, we had to first help restore the organizations that treat them. This was highlighted for me when a teenager blurted out: “Dr. Sells, you know why I am so oppositional...because me and my family are part of an oppositional system; the system treating us is more unhealthy than we are! So I can divide and conquer at will”. He went on to give me a whole list of concrete examples. Everything from five different therapists with five different treatment approaches to the right hand not knowing what the left one is doing.

There is a parallel process between hurting families and hurting providers that treat them. The question was; what do we do about it?

This was the beginning of a major paradigm shift for PLL. Now, when we team up with a state, county, and local treatment provider to use the PLL model it is a partnership, or what we call enhanced hospitality- “The ability to make the customer feel that we are on their side, value their business, and are willing to go the extra mile to keep it.” When PLL acts as a catalyst to break down silos and unhealthy coalitions in the family, the same process is mirrored in our partnership with multiple systems. This transformation is reflected in an article we published in the *Psychotherapy Networker* entitled “[Behind the One Way Mirror](#)” It is a fascinating story and painful at times but well worth the read.

Therefore, it is with great honor that this newsletter highlights some of the PLL work being done across the country. Upcoming newsletters will highlight our quarterly videotape analysis supervision as well as other new developments.

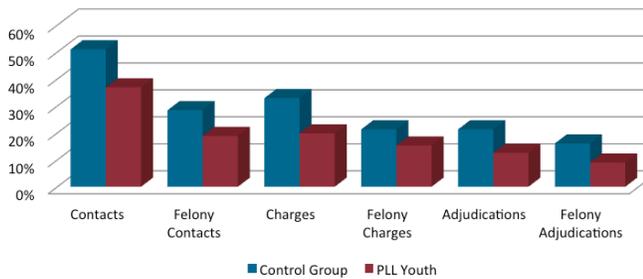
Thank you everyone for the last 15 years. We have accomplished much together in our goal of restoring families and organizations. When the parent or caregiver gets engaged and the therapist working long hours are nurtured and praised great things can happen!

THE RESULTS ARE IN!!!

A Quasi Experimental research study was just completed by Hornby Zeller Associates, Inc. on the PLL Champaign Extend-ed Care program in Champaign County, Illinois.

The outcomes of this study clearly demonstrate, with statistical significance, the positive impact PLL has on at-risk families who participated in the program. Some of the highlights of this study include:

PLL Reduced Recidivism in Champaign County, Illinois



- ✓ High Completion Rate: 72% or 111 out of 144 PLL families completed the program voluntarily;
- ✓ Low Recidivism: PLL re-adjudications only 12.6% vs. 21.3% for juveniles who received treatment as usual.
- ✓ Similar results for felony adjudications, with only 9% for PLL services vs. 16% for those not receiving PLL.
- ✓ Re-arrest rates (charges) also dropped to only 19.8% vs. 32.9% for those juveniles not receiving PLL.

- ✓ The average PLL service duration was only 2.7 months vs. traditional community mental health at 7 months and probation at 20 months.
- ✓ Parents also reported significant changes in behavioral and mental health issues (see table) as reported by the Child Behavioral Checklist.
- ✓ These positive outcomes were achieved with the most violent offenders at 49.7% and those juveniles that committed felony offenses at 50.3%
- ✓ The program also showed high cultural competency with a 69.7% African American population.

Behavioral Scale	Pre-Test		Post-Test		t-Test for Equality of		Effect Size*		
	Mean	Standard Deviation	Mean	Standard Deviation	t-Statistic	p-Value	Cohen's d	Common Interpretation	
Internalizing Subscales	Anxious	3.99	4.45	3.09	3.41	3.094	0.001	-0.229	Small
	Withdrawn	3.79	3.15	2.70	2.66	4.834	<0.001	-0.378	Medium
	Somatic	2.54	3.27	1.89	2.34	2.742	0.003	-0.228	Small
Total Internalizing	10.38	9.22	7.75	7.07	3.969	<0.001	-0.322	Medium	
Externalizing Subscales	Rule-Breaking	8.99	5.53	6.62	4.60	6.383	<0.001	-0.467	Medium
	Aggressive	11.67	7.81	8.63	6.78	6.538	<0.001	-0.417	Medium
Total Externalizing	20.63	12.12	15.02	10.18	7.294	<0.001	-0.503	Medium	
Social Problems	3.44	3.58	2.58	2.80	3.528	<0.001	-0.267	Small	
Thought Problems	3.04	3.39	2.15	2.51	4.047	<0.001	-0.299	Small	
Attention Problems	7.01	4.33	5.36	3.63	6.293	<0.001	-0.414	Medium	
Oppositional/Defiant	5.26	2.80	3.87	2.52	7.344	<0.001	-0.525	Medium	
Conduct Disorder	9.82	6.12	6.69	4.98	7.443	<0.001	-0.563	Medium	



A big thank you and congratulations goes to all of the folks in Champaign County who have worked collaboratively to make the PLL program a huge success. Those specifically involved in this initiative include: The Champaign County Mental Health Board, The State Attorney's Office, Joe Gordon, Director of Probation and Court Services, Teresa Zebe at the Juvenile Probation Department, and Connie Kaiser at the Juvenile Detention Center. A special thanks goes to the service delivery provider, Prairie Center and the PLL team led by Leon Bryson.

Pictured left to right – Leon Bryson (PLL Clinical Coordinator and Coaching Therapist); Erin Grace (PLL Coaching Therapist), Jennifer Ellis (PLL Coaching Therapist), Montel Smith (PLL Case Manager)

If you would like to see the report in its entirety, please [click here](#).

PLL PANEL DISCUSSION

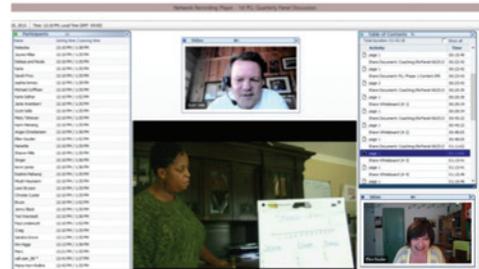
PLL was pleased to roll out its first quarterly Webinar on June 25, 2013. We had a huge turnout of 33 clinicians representing 22 PLL licensed sites from 11 states; Illinois, Alaska, Texas, Idaho, Michigan, Missouri, Pennsylvania, Rhode Island, South Carolina, Wyoming, and the District of Columbia.

We analyzed an edited video from a therapist in South Carolina who presented a case which made for rich discussion. We thank Constance Keener for being the first.

Each quarter a Webinar will be offered to all PLL Clinicians to enhance and grow their skills in working with family systems. Dr. Scott Sells, the model developer, and Ellen Souder, PLL Clinical Director, facilitates each webinar, and each participant receives 1.5 CEU hours for attendance.

The first Webinar focused on the key structural therapy techniques of joining, restructuring and accommodating. Highlights included answers to these questions:

- ✓ Can you recognize and see on the video when a therapist is accommodating and when she is restructuring? Why is this important for your practice?
- ✓ What is Mimesis and How Do You Recognize It?
- ✓ How did joining occur or was blocked when the family secret that the father was really not the biological father was revealed?



MARK YOUR CALENDAR FOR THE NEXT PLL WEBINAR

WHEN:

Tuesday,
September 17th

TIME:

12:00pm-1:30pm EST

TOPIC: How to Maximize
the Use of Feedback
Loops in Your Session

CEU CREDITS:

1.5 CEU's for
Each Webinar

WHAT ARE THE PLL DEVELOPMENTAL LEVELS

The PLL Model is unique in that it recognizes the parallel processes between developmental growth in teenagers and families and the same type of growth in therapists and agencies.

By using video supervision, PLL supervisors can literally see behind closed doors and right before their eyes the growth and improvement in both the site and therapist. Because of this we can measure growth, and reward it accordingly.

Once a quarter PLL meets with both the agency and PLL therapists to use the matrix as a compass or road map to track improvement or quickly locate obstacles that need to be removed. As you see on the next page, both Alaska and Idaho featured this month are. In Alaska, Maria Horn-Rollins moved from a beginner level to intermediate level of model adherence! In Idaho, Ted Warstadt, Sandra Grove, and Karen Bailey also made the leap into the intermediate level. Future newsletters will bring new featured therapists that make the jump to intermediate or advanced level adherence!

SURVIVAL	STABLE	SUCCESS	SIGNIFICANCE
Therapist leaves in first 8 months (or new therapist has not yet reached 8 months)	No Therapist attrition in first 8 months	No Therapist attrition in first 10 months	No Therapist attrition in first 12 months
Clinical Minimum (CM) not met	Clinical Minimum Met	Clinical Minimum Met	Clinical Maximum Met (RE=30, ATP=36)
Graduation Rates below 70%	Graduation Rates 70% or higher	Graduation rates 75% or higher	Graduation rates 80% or higher
Video Supervision Baseline not attained	Video Supervision Baseline Attained	Intermediate (Video) Model Adherence	Advanced (Video) Model Adherence
Administration of internal measures below 80%	80% or higher on Administration of Internal Measures	85% or higher on Administration of Internal Measures	90% or higher on Administration of Internal Measures

MARIA HORN-ROLLINS AWARDED FOR ADVANCEMENT INTO THE INTERMEDIATE MODEL ADHERENCE LEVEL



Anchorage Community Mental Health Services' Maria Horn-Rollins was honored with a ceremony and handsome award in February of 2013. Dr. Sells, the PLL team, and Maria's supervisor Barry Andres were all present to acknowledge her hard work and persistence in advancing into the intermediate level of model adherence.

The award was presented by Barry Andres, wearing a set of white gloves as he uncovered the award as he revealed it to her. Maria stated that she was quite surprised and somewhat baffled at first, as she did not know what her direct supervisor was up to. While it made for a "weird moment" Maria said that it was nice to receive such recognition. Dr. Sells and the PLL team recognized that this was a well-de-

served award. Barry, recognized her achievement in an agency wide staff meeting as a big accomplishment.

Anchorage is one of the premier sites for implementing the PLL system of care. Maria is the primary coaching therapist at this site and has an undying passion for helping families. Her skills at case conceptualization in addition to being fluid with the PLL model are exemplary.

INTERMEDIATE MODEL ADHERENCE AWARD



Ted Warstadt, Sandra Grove and Karen Bailey are exceptional PLL Clinicians in the State of Idaho. They have demonstrated high levels of model adherence while also managing to integrate their unique clinical styles and skills within the model. Their commitment to fidelity, as well as to the families in which they serve in their communities has been remarkable.

Each of them has worked hard to achieve this milestone and they are truly valued members of our Idaho PLL team. It's with great honor that the "Intermediate Model

Adherence Award" is presented to Ted, Sandra and Karen.

Pictured (left to right): Janie Arambarri- PLL Clinical Supervisor / Ted Warstadt- Idaho CMH Region 1 PLL Therapist / Sandra Grove- Idaho CMH Region 2 PLL Therapist / Karen Bailey- Idaho CMH Region 7 PLL Therapist / Ross Edmunds- Idaho Behavioral Health Division Administrator.



**For more information,
please visit our website at
www.gopll.com**

**To speak with a PLL representative,
please call 800.735.9525 (within the USA)**