IDAHO DEPARTMENT OF HEALTH AND WELFARE

Results of PLL Program

Parenting with Love and Limits®

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Division of Behavioral Health Brought in Parenting With Love and Limits (PLL) to Address these Current Gaps in Service

- Increase Parent or Family Involvement
- High Lengths of Stay and Cases Not Getting Closed- CMH-12 months; PSR-24 months
- High Costs of Care
- Lack of Outcome Research and Oversight of Providers
- Lack of Effective Services with Severe Behavioral Problems in Juvenile Justice

As Senator Stegner stated in the WICHE Report,

"One of the biggest gaps involves oversight of local providers. We have a multitude of providers delivering services with varying degrees of competence and effectiveness."

Scope of Pilot Project

- Parenting with Love and Limits (PLL) trained Children's Mental Health Workers (CMH), child welfare, juvenile probation officers in Regions 1 thru 7 to use the PLL evidence-based model
- Pilot ran from 6/13/08 to 6/13/09- Still Ongoing
- Total number of families = 143
- PLL also trained juvenile justice in Bannock County who have seen an additional 48 families
- PLL requires 2 x per month phone supervision to provide oversight & quality assurance with outcome research

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 (NREPP)

Standardized Care and Quality Assurance:

- Manuals for group and family therapy components
- Phone and Video tape supervision twice monthly

Brief Treatment with High Parent Engagement Rates:

- Instead of 12 to 24 mts treatment completed in 2 to 3 months
- 70% or higher parental graduation rates
- Motivational interviewing

Cost of Care Much Less:

- CMH avg. cost per child= $3,097; PSR avg. cost per child =$6,100
- PLL avg. cost per child = $1,500

Other PLL Sites in the US and Europe

4°
5°
6°
7°
Schiermonnikoog
Nes
Ameland
West Frisian Islands
Terschelling
Waddenzee
Vlieland
Friesland
Leeuwarden
Harlingen
Van Harinxma Kanaal
Margrietkanaal
Pingela
Delfzijl
Eemskanaal
Groningen
Groningen
Texel
Den Burg
Sneek
Assen
Heerenveen
Den Helder
Drenthe
Emmen
Noord- Holland
Hoogeveen
Meppel
Emmeloord
Coevorden
Hoorn
Alkmaar
North
Purmerend
Dronten
Zwolle
Beverwijk
Zaandam
Noordzeekanaal
Lelystad
Flevoland
Overijssel
Haarlem
Amsterdam
Raalte
Almelo
Ringvaart
Amstel
Deventer
Hengelo
Sea
Hilversum
Apeldoorn
Enschede
Leiden
Ijssel
Amersfoort
Hoek van Holland
The Hague
Aalsland
Utrecht
Zeist
Ede
Gelderland
Gouda
Utrecht
Nieuwe Waterweg
Delft
Zuid- Holland
Lek
Arnhem
Europoort
(International Seaport)
Rotterdam
Doetinchem
Haringvliet
Vlaardingen
Nederrijn
Waal
Nijmegen
Germany
Dordrecht
Maas
Oss
Rhine
s-Hertogenbosch
Waalwijk
Noord- Brabant
Mark
Breda
Zuid-Willemsvaart
Zeeland
Tilburg
Maas
Bergen op Zoom
Middelburg
Roosendaal
Wilhelminakanaal
Helmond
Vlissingen
Eindhoven
Ruhr
Baarle- Hertog (Belgium)
Venlo
Terneuzen
Weert
Limburg
Roermond
Belgium
Schelde
Meuse
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Sittard
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Brussels
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The 4 Research Questions for the CMH Statewide Evaluation of PLL

Question #1: **Will the PLL program significantly improve parental engagement and total family involvement by 70% or greater?**

Question #2: **Will the PLL program lower overall lengths of stay from the current CMH average of 12 months (366 days) and a current Psychosocial Rehabilitation (PSR) average of 24 months and help close existing cases without sacrificing effectiveness?**

Question #3: **Does the PLL program significantly lower the costs of care per child as compared with other services in CMH and PSR?**

Question #4: **Will the PLL program help expand and improve services with CMH from a traditional SED (severely emotionally disturbed) population into the areas of probation and diversion youth referred within the juvenile justice system?**

Question #1:

Will the PLL program significantly improve parental engagement and total family involvement by 70% or greater?

Question #1: Will PLL significantly improve parental engagement and total family involvement by 70% or greater?

PLL Program	Idaho Department of Health and Welfare – All Regions Combined
Total # of families that started the PLL Program	143*
Number that Graduated from PLL	106
% that Graduated PLL % in Bannock County DJJ	74.1% 87.2%
Total PLL Attrition In Bannock County DJJ	25.9% 12.8%

* These statistics do not include youth who are still enrolled in PLL, only those who are not "In Process," (i.e., Graduated or Dropped Out). These statistics also do not include Siblings of Primary Clients.

Consequences of No Parent Involvement

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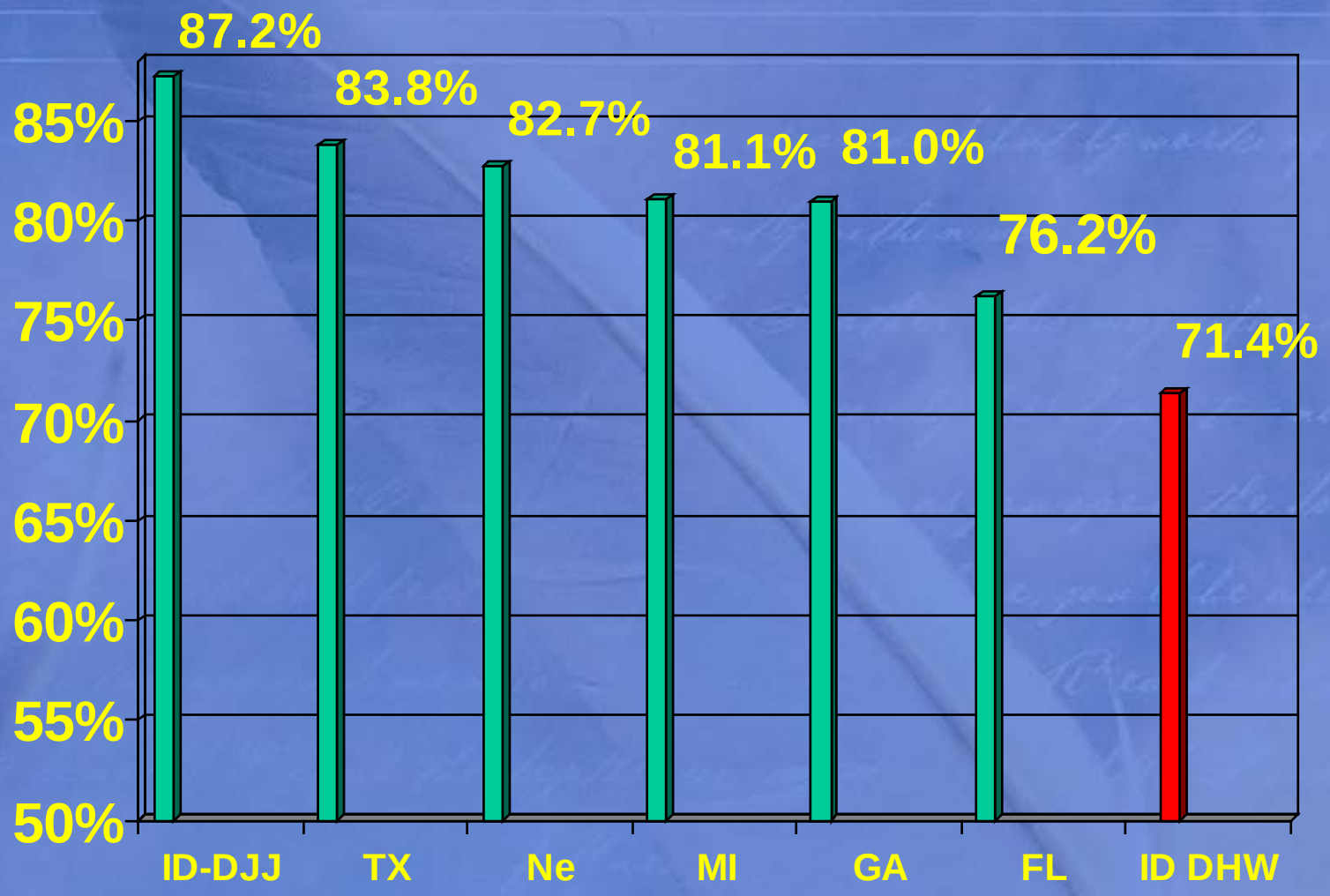
"A review of all available research data show that youth will return to past behavioral problems *if their parents remain unchanged* in the areas of consistent limit setting, rebuilding emotional attachments, and improved communication."

Williams and Chang, 2000, p. 159

PLL's Treatment Package

Week	PLL Group-Parent Management	PLL Individual Family Therapy Coaching
Week #1	Group 1 – Venting	**No coaching 1st week**
Week #2	Group 2 – Button Pushing **+ →**	Coaching #1 – Getting "Battle Ready" for Your Child to Come Home
Week #3	Group 3 – Contracting **+ →**	Coaching #2 – Writing a Loophole Free Contract-
Week #4	Group 4- Putting the Contract **+ →** **Together As a Group**	Coaching #3 – Present Typed Contract
Week #5	Group 5 – Creative Consequences **+ →** *(to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)*	Coaching #4- See if contract worked or tweak contract so it will work better.
Week #6	Group 6- How to Start Liking Each Other Again- Restore Closeness	Coaching #5- WOUND WORK
Week #7	**No Group**	Coaching #6 – Wound Work Contract-Dress Rehearsals
Week #8	**No Group**	Coaching #7- - See if contract worked or tweak contract so it will work better
Week #9	**No Group**	Coaching #8 Relapse Prevention
Week #10	**No Group**	Coaching #9 or More- Tune-Ups if needed

PLL Graduation Rates Compared to Other States



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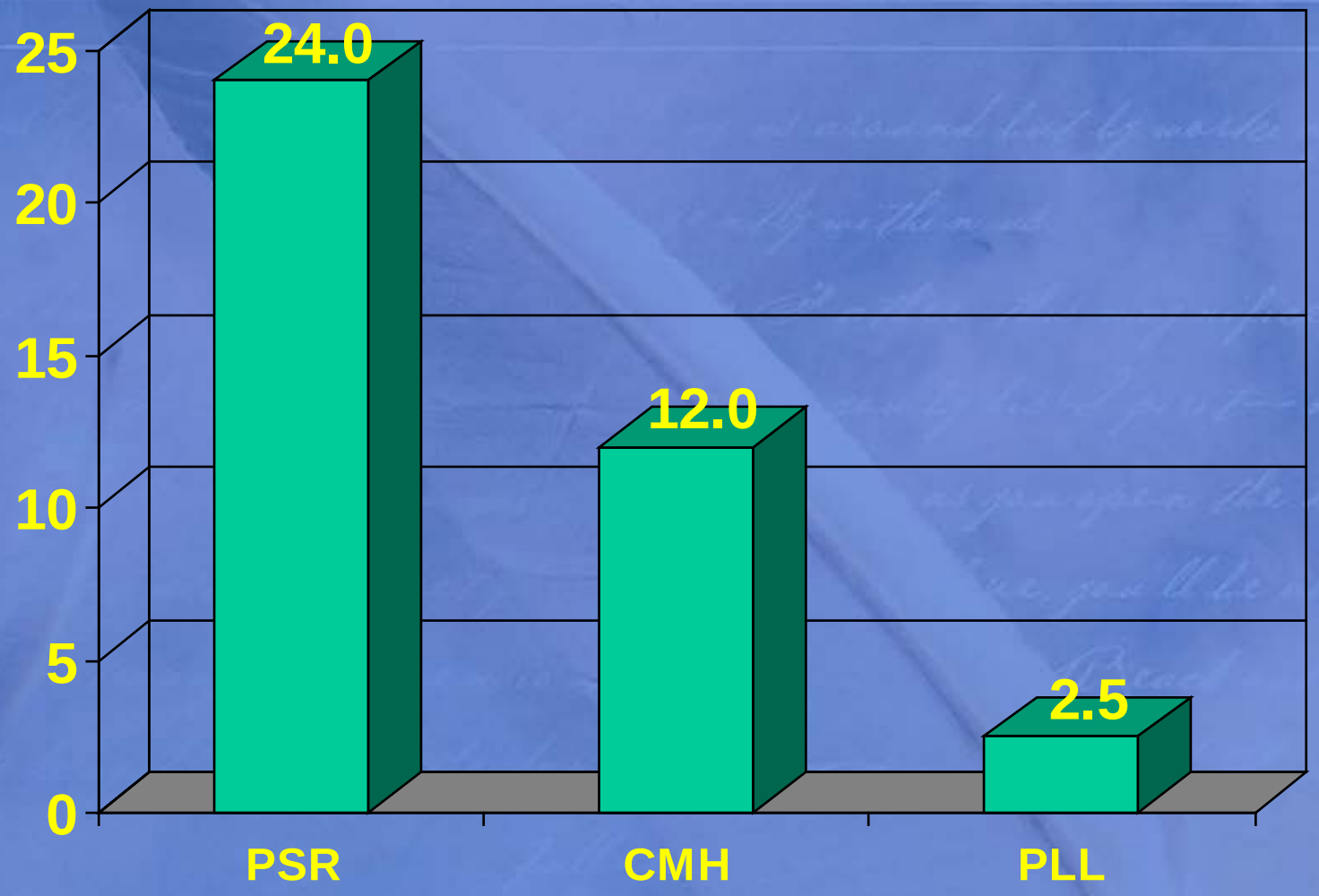
Question #2:

Will the PLL program lower overall lengths of stay from the current CMH average of 12 months (366 days) and a current Psychosocial Rehabilitation (PSR) average of 24 months and help close existing cases without sacrificing effectiveness?

Length of Stay (Mo.)



PARENTING WITH LOVE AND LIMITS

6/13/08 to 6/13/09
PLL CMH Cases Closed

Regions	# of PLL Graduates	# of cases closed from CMH completely		# of cases that remained open to only receive med management		# of cases that remained open to receive CMH clinical services	
Region 1	14	7	50.0%	0	0.0%	7	50.0%
Region 2	13	1	7.7%	0	0.0%	12	92.3%
Region 3	21	13	62.0%	0	0.0%	8	38.0%
Region 4	17	10	58.8%	0	0.0%	7	41.0%
Region 5	14	2	14.3%	3	21.4%	9	64.3%
Region 6	5	4	80.0%	1	20.0%	0	0.0%
Region 7	22	17	77.3%	0	0.0%	5	22.7%
All Regions Combined	106	54	**51.0%**	4	.037%	48	45.2%

Closing Cases in Only 2 to 3 Months Did Not Compromise Effective Outcomes

	PLL Treatment (n=41)		
CBCL Measures	Pretest	Posttest	
	Treatment Mean	Treatment Mean	t-score
Aggressive Behaviors	18.05	13.59	4.474
Rule Breaking	11.71	9.15	3.644
Conduct Disorder	13.17	10.07	4.371
Oppositional Defiant Behavior	6.88	5.22	4.557
Externalizing Behaviors	29.76	22.73	4.549
Internalizing Behaviors	17.05	13.49	3.135
Total Score	75.34	60.00	4.091

*All results were significant at the <.05 level.

Question #3:

Does the PLL program significantly lower the costs of care per child as compared with other services in CMH and PSR?

Cost Saving of Using PLL and Reducing Lengths of Stay

Treatment Model	Average Cost Per Youth
Parenting with Love and Limits (PLL)	$1,500
Children's Mental Health (CMH)	$3,097
Psychosocial Rehabilitation (PSR)	$6,100

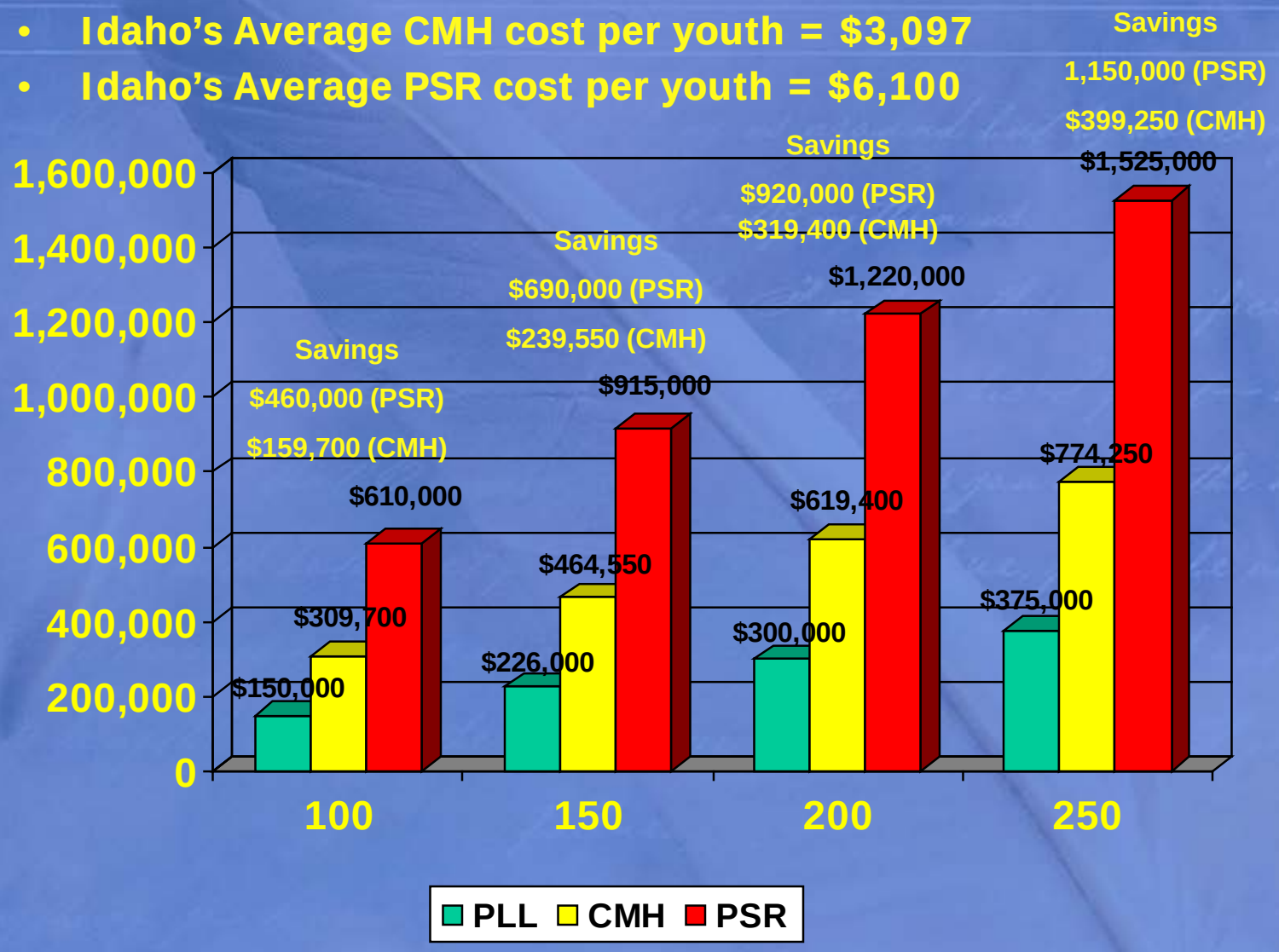
- **Using PLL lengths of stay were reduced from 12 months to 2-3 months.**
- **143 families - 2-3 months in PLL @ $1,500 per family = $214,500**
- **Same 143 families - 12 months in CMH @ $3,097 per family = $442,871**
- **Same 143 families- 12 months in PSR @ $6,100 per family = $872,300**

Diverting just 143 families into PLL led to a potential cost savings for the state of $228,371 or a 51.5% cost saving compared to CMH.

Diverting just 143 families into PLL led to a potential cost savings for the state of $657,800 or a 75.4% cost saving compared to PSR.

PLL Cost Savings

- Average total cost for PLL = $1,500
- Idaho's Average CMH cost per youth = $3,097
- Idaho's Average PSR cost per youth = $6,100



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Question #4:

Will the PLL program help expand and improve services with CMH from a traditional SED (severely emotionally disturbed) population into the areas of probation and diversion youth referred within the juvenile justice system?

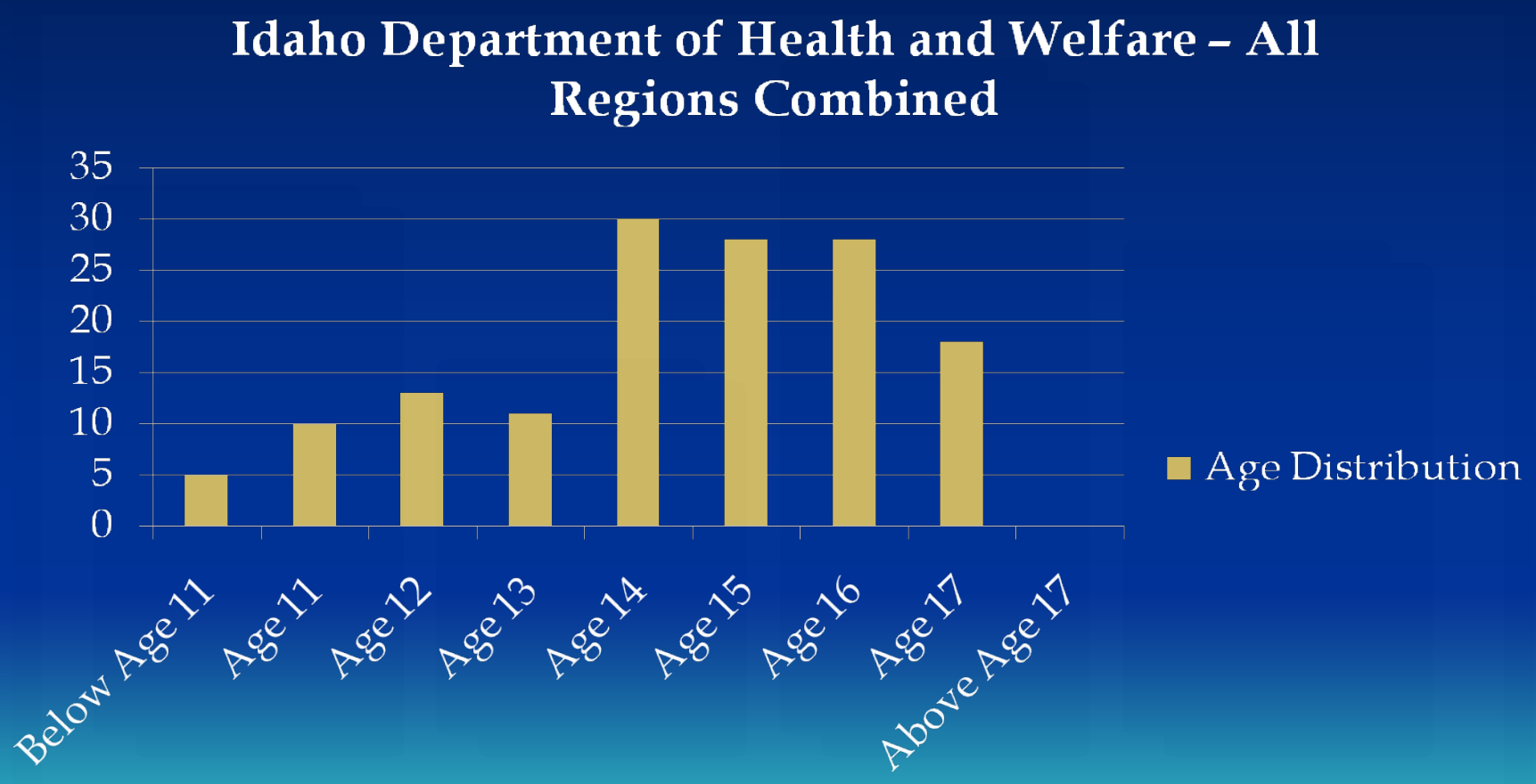
Expanding Services and Collaboration Between CMH & Juvenile Justice

Individual Regions	Total # of families that started the PLL Program	Diversion (or 1st Time Probation Condition)	Foster Care*	Probation*	Residential *	SED**
Region 1	19	2 10.5%	0 0.0%	10 **52.6%**	2 10.5%	5 26.3%
Region 2	15	4 26.7%	0 0.0%	4 26.7%	0 0.0%	7 46.7%
Region 3	26	14 **53.8%**	0 0.0%	3 11.5%	1 3.8%	8 30.8%
Region 4	26	0 0.0%	0 0.0%	0 0.0%	0 0.0%	26 100.0%
Region 5	20	15 **75.0%**	1 5.0%	3 15.0%	0 0.0%	1 5.0%
Region 6	8	0 0.0%	0 0.0%	4 **50.0%**	0 0.0%	4 50.0%
Region 7	29	3 10.3%	0 0.0%	14 **48.3%**	0 0.0%	12 41.4%

6/13/08 to 6/13/09 Demographics

Condition	Idaho Department of Health and Welfare – All Regions Combined	
Diversion (or 1st Time Probation)	38	26.6%
Foster Care	1	0.7%
Probation	38	26.6%
Residential	3	2.1%
SED	63	44.1%
All Conditions	143	100.0%
Sibling Participants impacted	31	

6/13/08 to 6/13/09 Demographics



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PLL's Contact Information

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