

# IDAHO DEPARTMENT OF HEALTH AND WELFARE

## Results of PLL Program



**Parenting with Love and Limits<sup>®</sup>**

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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







# **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?**

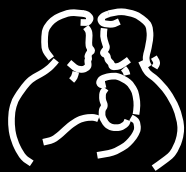




# **Question #1: Will PLL significantly improve parental engagement and total family involvement by 70% or greater?**

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

**\* 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

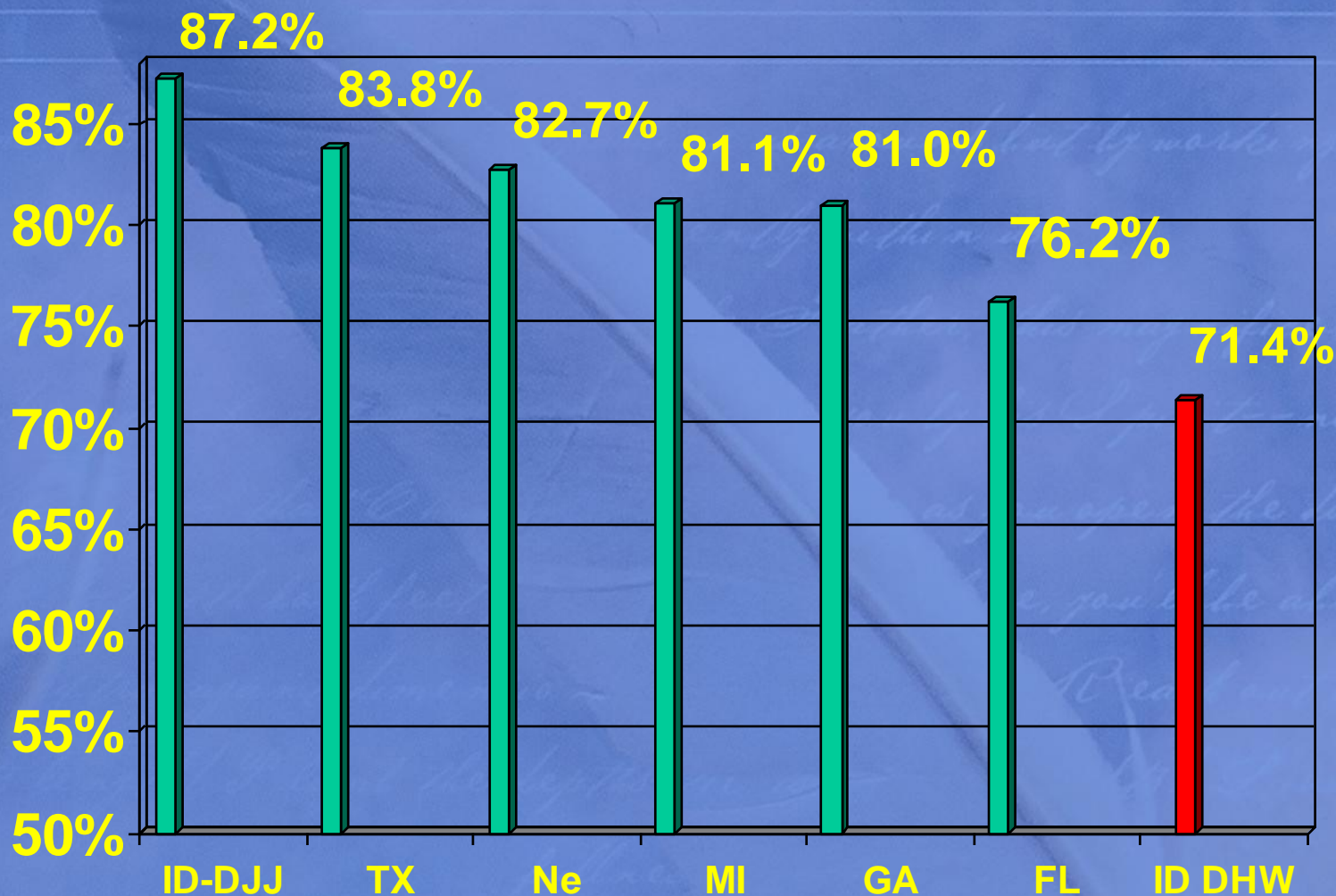
# PLL's Treatment Package

Week	PLL Group-Parent Management	PLL Individual Family Therapy Coaching
<b>Week #1</b>	Group 1 – Venting	<b>No coaching 1<sup>st</sup> week</b>
<b>Week #2</b>	Group 2 – Button Pushing + →	Coaching #1 – Getting “Battle Ready” for Your Child to Come Home
<b>Week #3</b>	Group 3 – Contracting + →	Coaching #2 – Writing a Loophole Free Contract-
<b>Week #4</b>	Group 4- Putting the Contract Together As a Group + →	Coaching #3 – Present Typed Contract
<b>Week #5</b>	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.
<b>Week #6</b>	Group 6- How to Start Liking Each Other Again- Restore Closeness	Coaching #5- WOUND WORK
<b>Week #7</b>	<b>No Group</b>	Coaching #6 – Wound Work Contract-Dress Rehearsals
<b>Week #8</b>	<b>No Group</b>	Coaching #7- - See if contract worked or tweak contract so it will work better
<b>Week #9</b>	<b>No Group</b>	Coaching #8 Relapse Prevention
<b>Week #10</b>	<b>No Group</b>	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?**

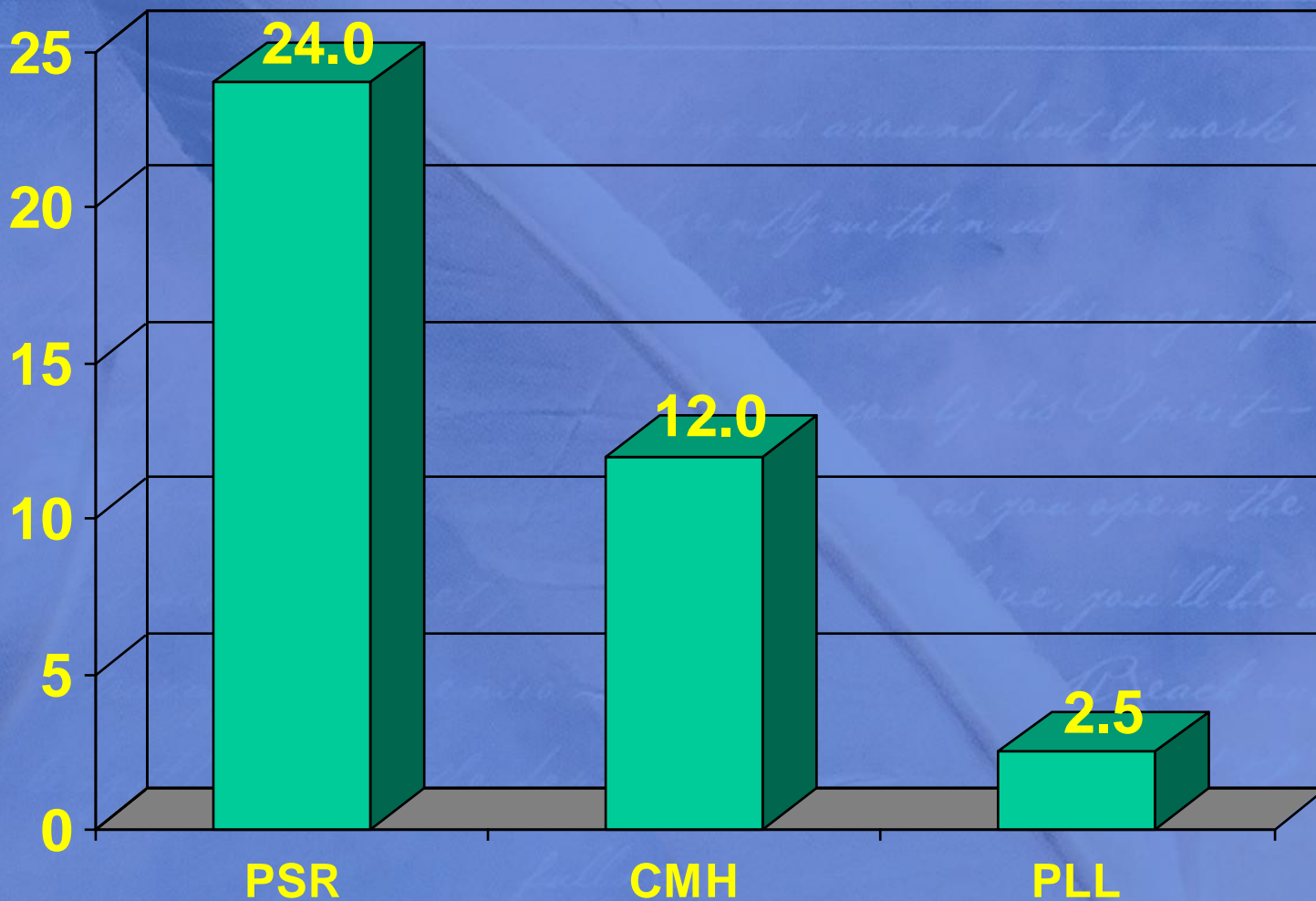






# Length of Stay (Mo.)

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# 6/13/08 to 6/13/09

## PLL CMH Cases Closed

Regions	# of PLL Graduates	# of cases closed from CMH <u>completely</u>	# of cases that remained open to <u>only</u> 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 <b>51.0%</b>	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
<b>Aggressive Behaviors</b>	<b>18.05</b>	<b>13.59</b>	<b>4.474</b>
<b>Rule Breaking</b>	<b>11.71</b>	<b>9.15</b>	<b>3.644</b>
<b>Conduct Disorder</b>	<b>13.17</b>	<b>10.07</b>	<b>4.371</b>
<b>Oppositional Defiant Behavior</b>	<b>6.88</b>	<b>5.22</b>	<b>4.557</b>
<b>Externalizing Behaviors</b>	<b>29.76</b>	<b>22.73</b>	<b>4.549</b>
<b>Internalizing Behaviors</b>	<b>17.05</b>	<b>13.49</b>	<b>3.135</b>
<b>Total Score</b>	<b>75.34</b>	<b>60.00</b>	<b>4.091</b>

\*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
<i>Parenting with Love and Limits (PLL)</i>	<b>\$1,500</b>
<b>Children's Mental Health (CMH)</b>	<b>\$3,097</b>
<b>Psychosocial Rehabilitation (PSR)</b>	<b>\$6,100</b>

- 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

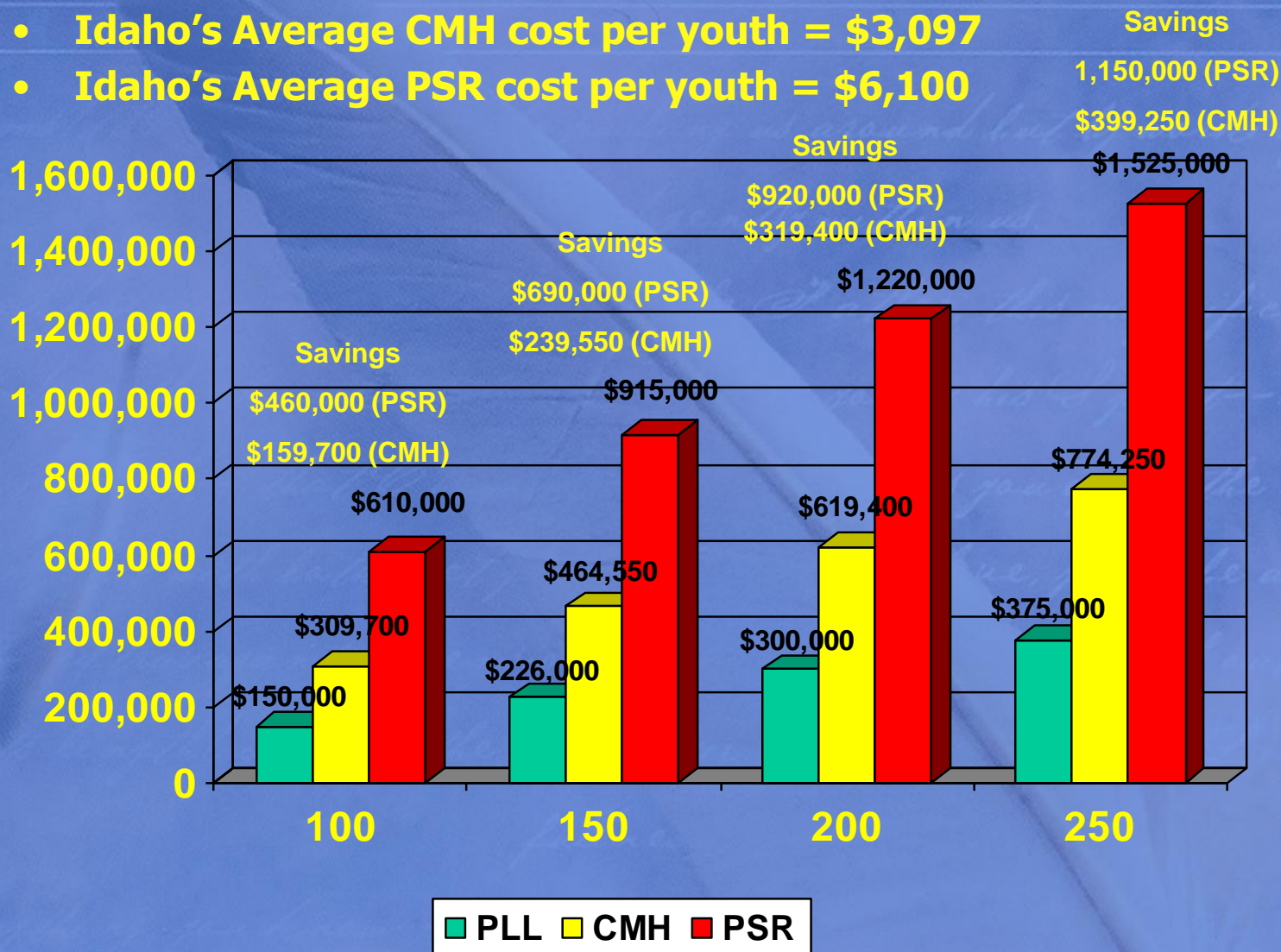
Diverting just 143 families into PLL led to a potential cost savings for the state of \$228,371 or a 51.5% cost saving compared to CMH.

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



## **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 <b>52.6%</b>	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 <b>53.8%</b>	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 <b>75.0%</b>	1 5.0%	3 15.0%	0 0.0%	1 5.0%
Region 6	8	0 0.0%	0 0.0%	4 <b>50.0%</b>	0 0.0%	4 50.0%
Region 7	29	3 10.3%	0 0.0%	14 <b>48.3%</b>	0 0.0%	12 41.4%

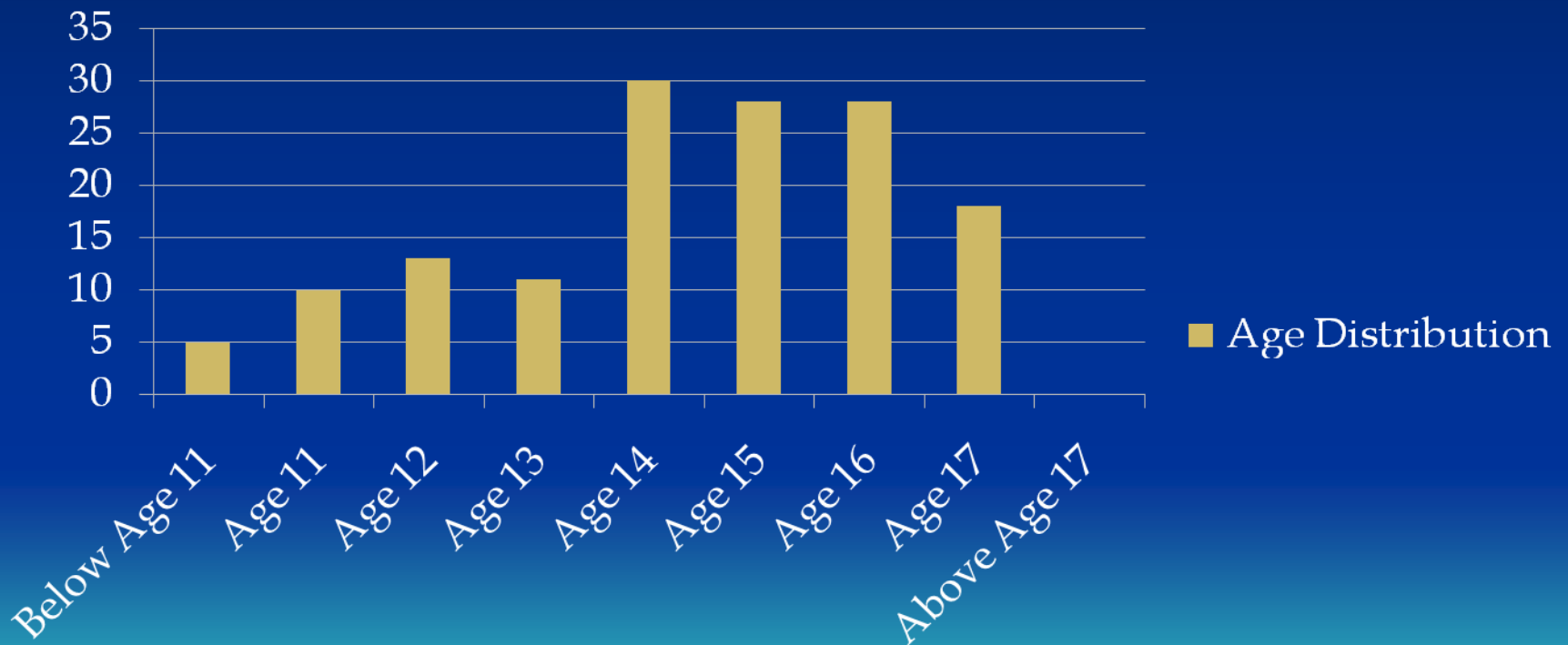
# 6/13/08 to 6/13/09 Demographics

Condition	Idaho Department of Health and Welfare – All Regions Combined	
Diversion (or 1 <sup>st</sup> 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

## Idaho Department of Health and Welfare – All Regions Combined



\* 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.

# PLL's Contact Information

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