

Benefits of PLL

- No cost to the family for services
- PLL is different, brief-and NOT traditional counseling
- Parents will learn why current rules and consequences repeatedly fail, and how their teen creatively uses things like substance abuse, disrespect, running away, or violence to commit acts of "parent abuse" to continually defeat parents who try to regain control of their household.
- The NAFI therapists works with families to address behaviors such as: extreme disrespect, running away, alcohol and drug use, sexual promiscuity, and threats or acts of violence.
- Parents will learn why Button Pushing creates conflict and confrontation between Parents and Teenagers.
- With NAFI Therapist assistance, parents will learn how to create loophole free Behavior Contracts and maintain consistency.



Exclusionary Criteria

NAFI therapists engage with youth and families of all appropriate PLL referrals for DJJ re-entry services, except for the following exclusionary criteria:

- Youth below age of 10 or over 18
- Does not have a primary caregiver
- Adjudicated Sex Offender (On case-by-case basis)
- Severe developmental disorder— IQ lower than 50
- Current narcotic addiction to Heroin, Meth, or Cocaine.
- Schizophrenia Diagnosis

Partners and Contacts

North American Family Institute (NAFI) has been contracted by the Florida Department of Juvenile Justice to provide PLL services to youth and families as a part of the Department's Redirections Program in Circuits 4, and 10.



North American Family Institute (NAFI-FL)

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NAFI-FL

Parenting
with
Love &
Limits

*Polk, Highlands, Hardee
Duval, Clay Nassau & Counties*



www.nafi.com

North American Family Institute (NAFI-FL)

What is Parenting with Love & Limits?



Parenting with Love and Limits® (PLL) is an evidence-based family education, skill-building and therapeutic intervention model.

PLL has demonstrated effectiveness in significantly reducing aggressive behaviors, depression, attention deficit disorder problems, externalizing problems and substance use while also reducing recidivism and improving family communication. The program targets specific risk and protective factors related to delinquency and other emotional and behavioral problems.

PLL is designated as an Evidence-Based Practice in the Florida Sourcebook of Delinquency Interventions. PLL is also recognized on the Families First Prevention Services Act (FFPSA) National Registry of Evidence-Based Programs and Practices (www.gopll.com).

How does PLL Work?

NAFI staff work closely with DJJ Circuit staff to determine appropriate referrals while the youth is still in a residential setting (on rare occasions, a youth may already be in the community). Prior to receiving services, NAFI staff meet with families and youth to assess their needs and determine if PLL is an appropriate fit.

Family Group Classes

Held one evening a week for six weeks with topics that include:

Class 1- Understanding Why Your Teen Misbehaves

Class 2- Button Pushing

Class 3- Ironclad Contracting

Class 4- Troubleshooting

Class 5- Stopping the Seven Aces

Class 6- Reclaiming Lost Love

Family Coaching

The PLL model also provides a minimum of twelve individual family coaching sessions in the family's home to provide one-on-one assistance to parents and youth as they begin practicing what they have learned in class to empower the families achieve the goals they have set for their children and family.

What Happens after we finish PLL?

In the community, NAFI therapists continue with the family until the family has met all of the graduation requirements that consist of completing groups, family sessions, sufficiently complying with the contract in school or work, and remaining out of trouble with the law.

NAFI Therapists maintain periodic phone contact and will arrange for meetings, if needed, to resolve new issues or to tighten any glitches in services. The PLL model provides 30-, 60- and 90-day call-backs after the case has been closed to ensure the treatment is sticking and provide a tune-up session, if needed.

NAFI-FL Regional Director

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