

Parenting with Love and Limits



**The next 6 weeks of class begin
November 13, 2012, and will
end on December 18, 2012.
Class location: 3402 Franklin
RD, Caldwell Idaho, Health
and Welfare Office.
Time: 6:30 PM to 8:30 PM
No cost to participants**

Have you ever heard something like:

“Get out of my life, but could you first drive me and my friends to the mall?”

“You can’t *make* me do chores!”

“I hate school. I’m not going any more.”

“I don’t care what my punishment will be. I live for today!”

“If you don’t let me do what I want, I will *really* hurt myself next time.”

**Then you may consider Group and Individual Coaching Sessions for only 6 weeks
To fix your out-of-control 10-17 year-old child’s problems FAST.**

Some of the topics that will be covered:

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 – Nurturance and Reclaiming Lost Love

**For more information or to sign up for this class -
Please contact April Auker, LCSW (Children’s Mental Health)
208-455-7016 or aukera@dhw.idaho.gov**

Classes fill up fast.

Benefits of PLL

You will learn:

- ◆ PLL is different, brief—and NOT traditional counseling
- ◆ Why your current rules and consequences repeatedly fail
- ◆ How your 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.
- ◆ Creative Consequences to stop behaviors of (a) Extreme Disrespect, (b) Running Away, (c) Alcohol and Drug Use, (d) Sexual Promiscuity, (e) Threats or Acts of Violence, and (f) Threats of Suicide.
- ◆ How and Why Button Pushing Creates Conflict and Confrontation between Parents and Teenagers.
- ◆ How to write a Loophole Free Contract and how to use role plays to deliver the contracts without your buttons being successfully pushed.
- ◆ About the fine line between love and dislike and why there is a current lack of nurturance. You will learn why you love your child, but no longer like them.

How do I get started?

Getting started is easy! Just call us to setup a screening appointment.

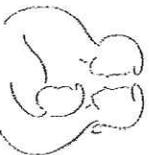
We will meet with you and your youth to discuss how PLL can benefit your family, discuss the eligibility process and answer any questions you may have. For more information, contact:

Region 3 - Children's Mental Health

April K. Auker, LCSW

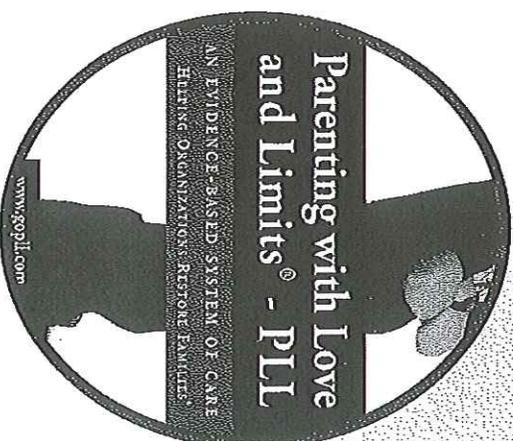
208-455-7016

AukerA@dhw.idaho.gov



Parenting with Love and Limits
program information:
www.difficult.net

Parenting with Love and Limits®



IDAHO DEPARTMENT OF
HEALTH & WELFARE
Division of Behavioral Health





What is Parenting with Love and Limits®?

Parenting with Love and Limits® (PLL), is an evidence-based family education, skill-building and therapeutic intervention model which 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 currently recognized as a Model Program through SAMSHA's National Registry of Evidence-Based Programs and Practices. PLL utilizes assessment, group sessions and individual coaching sessions throughout the program.

How does PLL Work?

Assessment:

The question now becomes "why?" or "How did my teen go from having only a few problems to becoming completely out of control?" Parents ask these questions all the time. Assessment is like the auto mechanic who works on your car. He must understand why your car is making those funny noises before he can fix the problem. We will meet with you and your teen to assess this.

Group Classes:

Parents and youth attend 6 classes, held one evening a week for six weeks:

- 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:

We acknowledge it is very difficult and frustrating to turn things around without someone at your side. We provide six (6) [or more sessions, if needed] of individual family coaching so what you read in a book and learn from classes will be custom designed to fit your unique family situation. We work with you and your teen to empower you to achieve your goals for your teen and family.

What happens after we finish PLL?

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

PLL Therapists maintain periodic phone contact and will arrange for meetings if needed to resolve new issues or to tighten any glitches in the contract. PLL 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.

