

A New Family Trauma Reentry System with High Parent Involvement

Scott P. Sells, PhD, LCSW, LMFT

Rob McCartney, MSW- CEO Barry Robinson Center (BRC)

Charlene Hoobler, LCSW, LMFT- COO Barry Robinson Center

PLL-FST

Parenting with Love and Limits®
Family Systems Trauma



The Barry Robinson Center
A Behavioral Health System for Youth



**Scott Sells, Ph.D.,
MSW, LCSW, LMFT,
Owner of PLL and FST**



www.gopll.com

www.familytrauma.com



**Charlene Hoobler,
Chief Operations Officer**



The Barry Robinson Center
A Behavioral Health System for Youth



**Rob McCartney
Chief Executive Officer**



Mission

Provide a powerful voice for
residential interventions through
relationships, leadership, advocacy,

And the promotion of innovative
treatment and best practices.

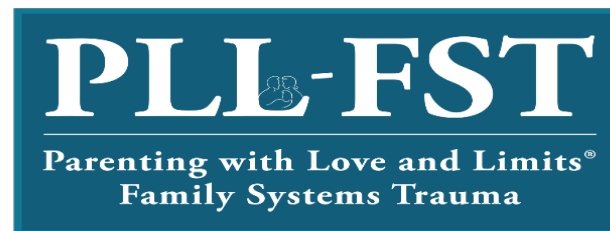
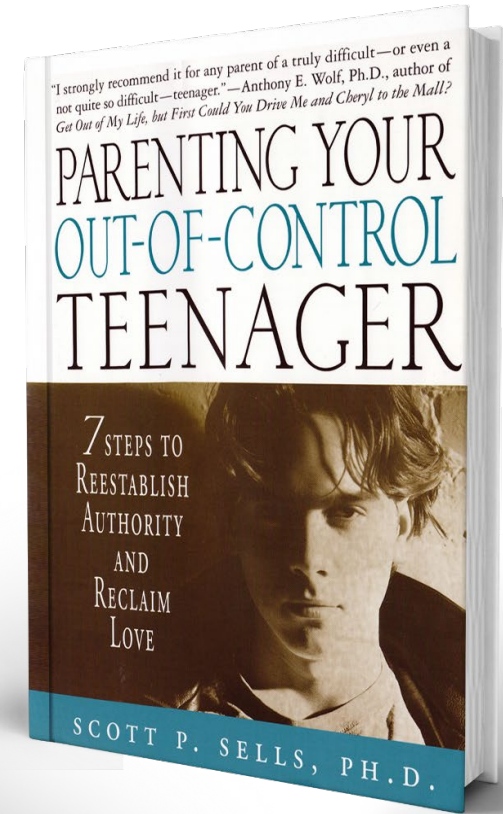
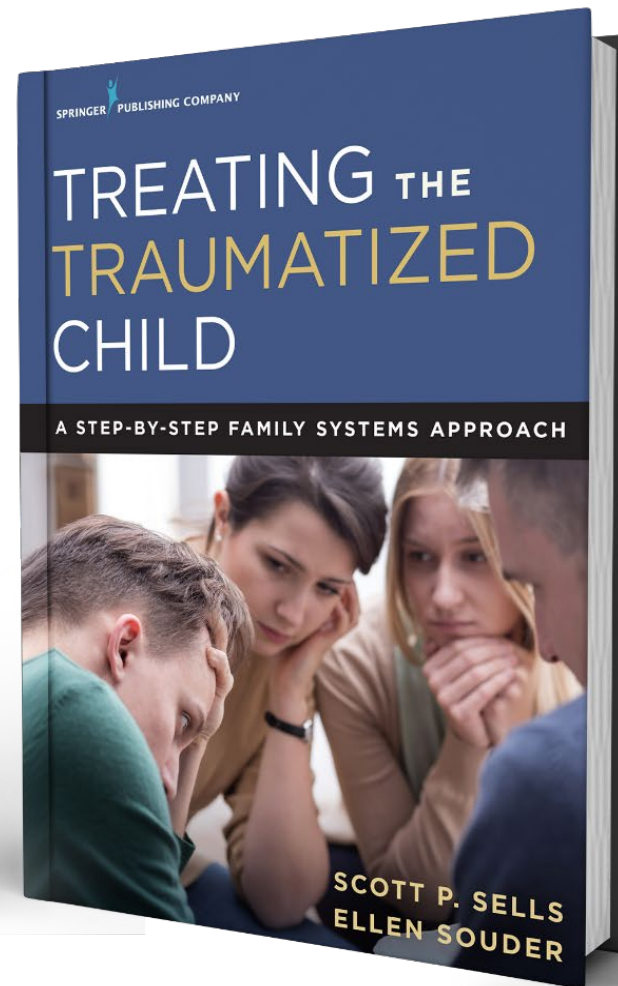
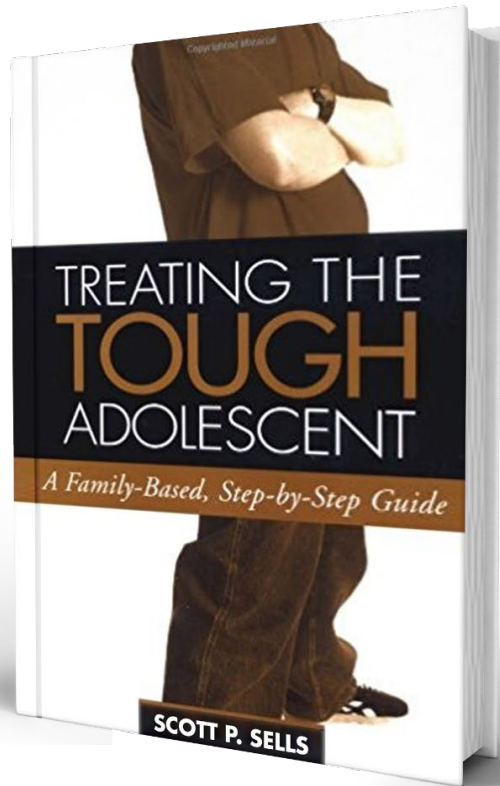
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RECOGNIZED AS EVIDENCED-BASED

- California Clearinghouse
- Casey Family Programs FFPSA Recommendation List for “Well Supported”
- Child Trends
- Health Salt Lake
- Florida Sourcebook of Delinquency Interventions, Evidence Based Practice
- Promising Practices Network on Children, Families and Communities
- Rhode Island Resource Network (Evidence Based Programs)
- New York State Education Department (Approved Science-Based SDFSCA Programs)
- Youth.gov (Formerly FindYouthinfo.gov)

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An Evidence-Based Family Treatment Model

Let's Talk

WHAT HAPPENS?

There is Little to No *Family Change*
After the Child Returns Home?

A Reentry Problem We Must Solve Together

Instead, “**maintaining treatment gains**” made by the children or adolescent in residential after discharge into the community appeared to be associated with **three key factors**:

- (1) If the **child’s family** is *actively involved* the treatment process *and changing before discharge*;
- (2) The **stability of the place** where child lives after discharge;
- (3) **Availability of aftercare support** for the child and his/her family post-discharge (p.556).

Source: Hair, H.J. 2005. Outcomes for Children and Adolescents After Residential Treatment: A Review of Research from 1993 to 2003, Journal of Child and Family Studies, Vol. 14, No. 4: 551–575.

1ST Panel Question for Rob and Charlene

**Do you agree with Heather
Hair's research findings?**

**And do a lack of these 3 Factors
cause Reentry to fail?**

A Reentry Problem We Must Solve Together

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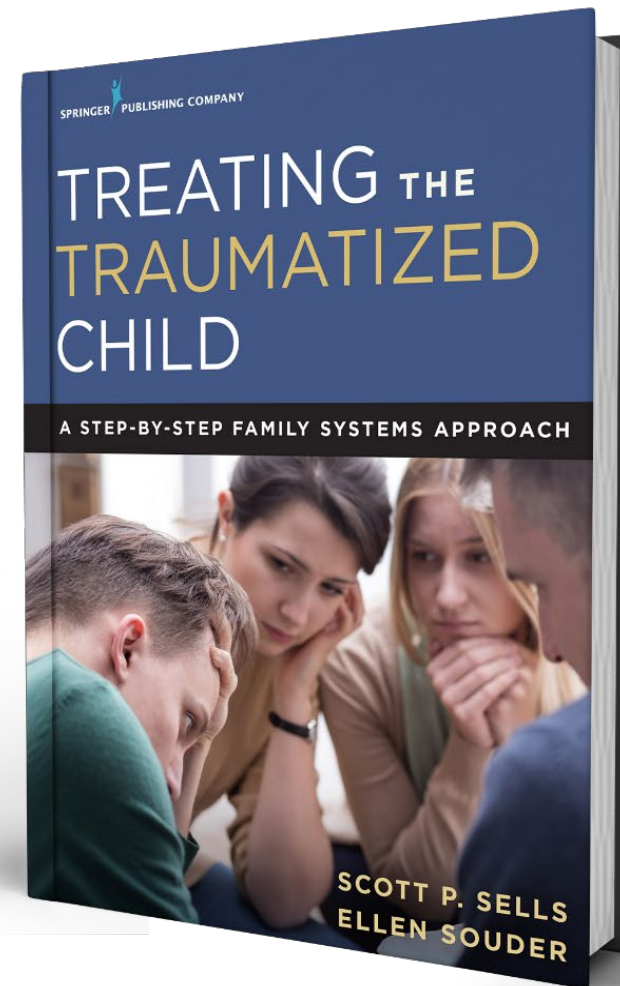
Watch How Maintaining Treatment Gains" Fail...

- ✓ What Happens when the **child's family is NOT *actively involved and changing* before discharge**;
- ✓ What Happens with **NO Stability of the place** where child lives **post discharge**;
- ✓ What Happens when **NO Availability of aftercare support** for the child and his/her family **post discharge**
- ✓ I will add What Happens when **NO FST| Family Systems Trauma Treatment before discharge**

What Happens with NO Family Systems Change in Reentry

What Did This Mom and Family Lack?

- ✓ Mom had no tools or intensive role play practice prior to re-entry
- ✓ No incorporation of the village
- ✓ No written playbook with clarity of roles
- ✓ No traumatized family systems focus
- ✓ No Safety Plan



12 Core PLL- Family Systems Trauma Techniques

1. Structural-Strategic Theory
2. Motivational Phone Call
3. Stress Chart
4. Seed/Tree Diagram
5. Stabilization vs. Active Trauma
6. Engaging the Extended Family
7. Safety First Contracts
8. Nutrition and Trauma
9. Feedback Loops & Undercurrents
10. Trauma Playbooks
11. Troubleshooting & Dress Rehearsals
12. Relapse Prevention

#1-PLL-FST Family Trauma [using Zoom]:

**Day #1 of residential treatment and
continue into aftercare**



**#2- Aftercare and Residential therapists
speaking the same family systems
language and working in tandem
with one another and the family**



#3- PLL-FST Motivational Tactics to quickly engage your parents and the extended family



#4-See Reentry in Action when PLL-FST used at the Barry Robinson Center as the case study (2 cases)



Family First Act

Types of Prevention and Family Services and Programs (Sec. 50711):

The services and programs must be trauma-informed

with high involvement of the parents and kin caregivers



Family First Act

Qualified Residential Treatment Programs (QRTP) (Sec. 50741): - must be discharged within 12 months

- ✓ Trauma-informed and [trauma-responsive]
- ✓ **Facilitates family participation**
- ✓ **How the child's family is integrated into the child's treatment, including post-discharge,**
- ✓ **Provides discharge planning and family-based aftercare for at least 6 months post-discharge.**

What is Reentry? (at a High Level)

Reentry prepares children and adolescents in residential treatment for transition back into their family and community.

Ideally, reentry starts immediately after enters residential, continues throughout their residential stay and back into the community, which is commonly called “aftercare.”

The Perfect Storm

Not Maintaining Treatment Gains



Maintain Treatment Gains and Lengths of Stay

Research studies reveal that length of stay in residential **do not** reduce future relapse or **maintain treatment gains** made in residential treatment.

The analysis found essentially no difference in future relapse rates [underline added] for youth held 3–6 months vs. 6–9 months, 9–12 months, or more than 12 months

Source: Loughran, T.A., E.P. Mulvey, C.A. Schubert, J. Fagan, A.R. Piquero, & S.H. Losoya. 2009. Estimating a Dose-Response Relationship Between Length of Stay and Future Recidivism in Serious Juvenile Offenders, Criminology, Vol. 47, No. 3, 2009

Maintaining Treatment Gains" Fail...

- ✓ When the **child's family** is **NOT *actively involved and changing*** **before discharge**;
- ✓ **NO Stability of the place** where child lives **post discharge**;
- ✓ **NO Availability of aftercare support** for the child and his/her family **post discharge**
- ✓ **NO FST| Family Systems Trauma Treatment** **before discharge**

#1-PLL Family Trauma using Zoom:

**Intensive family therapy day #1 of
residential treatment and
continues into aftercare**



**#2- Aftercare and Residential therapists
speaking the same family systems
language and working in tandem
with one another and the family**



PLL and Barry Robinson Center Participation Agreement

PLL is research-based and specialized treatment reentry model designed to *maintain the gains* your child will make at Barry Robinson Center (BRC) and prevent *from relapsing* when they return home.

However, the PLL Models effectiveness will depend on your level of *consistency and participation* before, during, and after inpatient care. So, how you show up matters.

Therefore, in order to participate and graduate, I understand and agree to the following terms and requirements:

<https://familytrauma.com/wp-content/uploads/2020/12/PLL-Reentry-Roadmap.pdf>

PLL Reentry Stages of Treatment and Aftercare

Stages	Stage I: Intensive 3 Months	Stage II: Transition 2 Months	Stage III: Aftercare 3 Months
	Your Child or Teen at Barry Robinson	Your Child or Teen at Barry Robinson	Your Child or Teen At Home
	Setting the Goals for Aftercare When Returning Home	Getting Ready to Return Home and Prevent Relapse	Maintaining Gains, Prevent Relapse, and a New Normal of Health and Happiness

Stage I: Intensive 3 Months (Estimate)

Your Child or Teen at Barry Robinson

Setting the Goals for Aftercare Before Returning Home

Your Participation Roles

ATTEND 6-8 PLL-FST Family Sessions with Your Extended Family – on Zoom (internet) and/or in person

Goals or Deliverables

1. **Engage You and Your Extended Family When Possible**
2. **Complete Homework Between Sessions**
3. **Show Up on Time and Ready**
4. **Attend: 90 Day Benchmark**



Meet Dylan and His Family

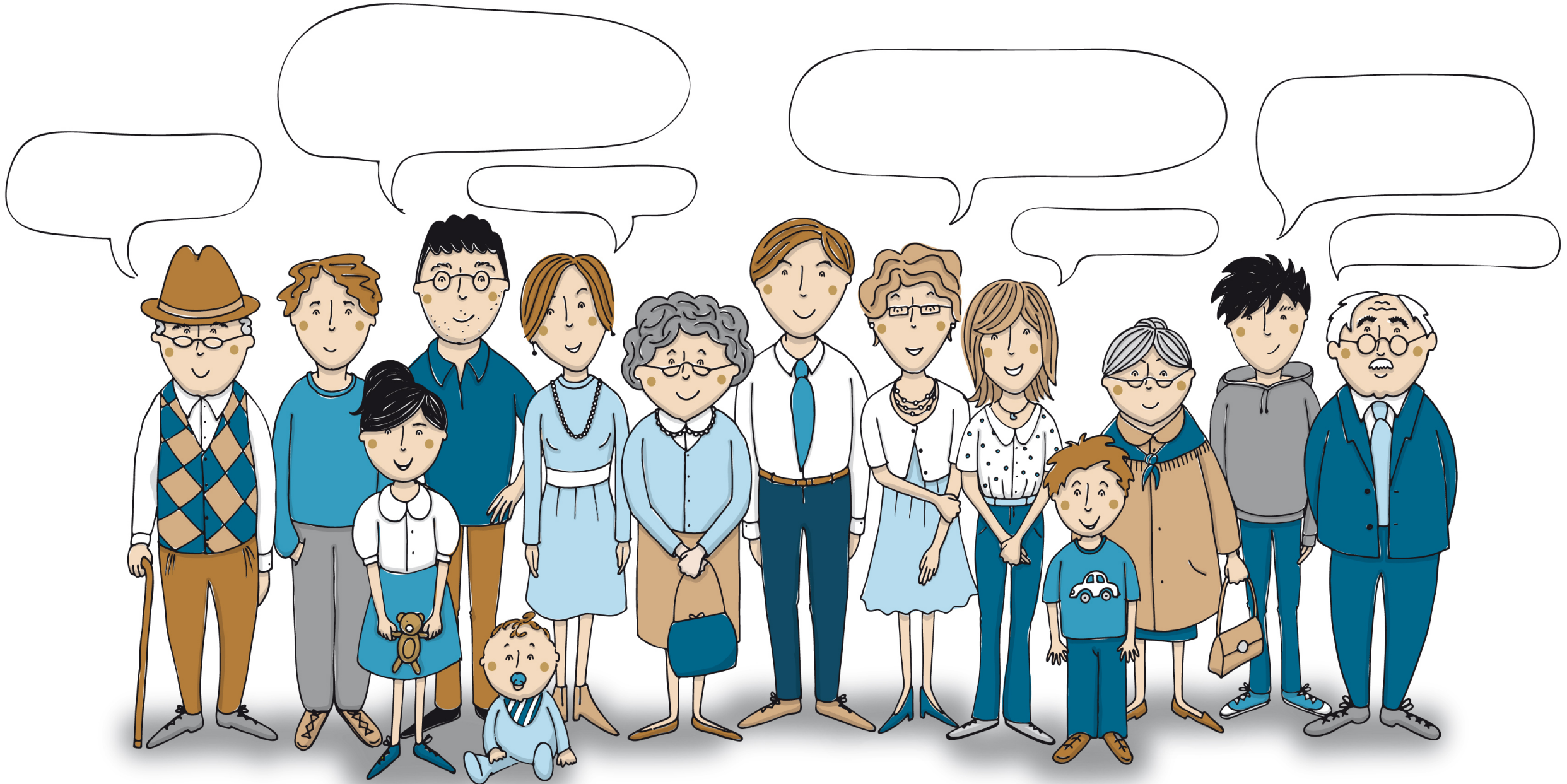
- Dylan is 15 years old
- Aggression
- Residential Treatment
- Parents Not on Same Page
- Village Not Engaged
- Bitter Divorce/Custody

2nd Panel Question for Rob and Charlene

**Why is Engaging the Family
traditionally so difficult in a
Residential Environment?**

Yet So Important?

WHO? Before WHAT?



Start with “**who?**” in treatment before “what?”...

- Get the right people on the bus
- The wrong people off the bus
- The right people in the right seats.

Source: Jim Collins- *Good to Great- Why Some Companies Make the Leap*

Right People on the Bus and Motivated



Otherwise Our Trauma Cases Will Get Stuck

TABLE 1: VILLAGE HANDOUT

Type of Villager	Name	Supportive or Non-Supportive
Spouse or Significant Other		
Ex-Spouse or Significant Other		
Boyfriend/Girlfriend		
Sibling		
Grandmother		
Grandfather		

Stage I: Intensive 3 Months (Estimate)

Your Child or Teen at Barry Robinson

Setting the Goals for Aftercare Before Returning Home

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A thick, light-brown rope is stretched horizontally across the frame. On the left, a single hand grips the rope. On the right, four hands are visible, each gripping the rope, suggesting a group effort or a tug-of-war. The background is a plain, light-colored wall.

Who? will show up

for you online

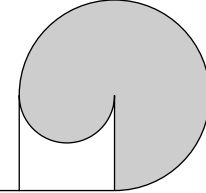
Or face to face session?

How to Motivate Even Your Toughest Parents

So They will Show Up and Cooperate



FST Motivational Script



Question #1 “What are some of the difficult experiences that you have had to suffer in the last year as the result of these problems?”

Question #2 “When I get to know you better what qualities and strengths would I come to admire about you as a (person, parent, spouse, etc.)?”

Question #3 “What do you think will happen to _____ (you child, marriage, or you personally) if the problems you described earlier remain unfixed in the next three months, six month, or even year from now?”

Question #4 “Have you have seen a counselor for any of these problems before?” If “yes”: “What have other counselors missed with you? The reason I ask is that I don’t want to make the same mistakes twice.”

Question #5 “Who is supportive or non supportive in your extended family of relatives, friends, or institutions that we should contact to help?”

The FST Motivational Script

Question #2 (Transformational)

“When I get to know you better what qualities and strengths would I come to admire about you as a (person, parent, spouse, etc.)?” *[Estimated time to complete = 5 min]*

The FST Motivational Script

Question #5 (It Takes a Village...)

“Who is supportive or non supportive in your extended family of relatives, friends, neighbors, or institutions that we should contact to help? *[Estimated time = 5 min]*.

TABLE 1: VILLAGE HANDOUT

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Who? will show up

for you online

Or face to face session?



TAKEAWAYS FROM PLL MI Technique

- ✓ **Motivate parents AND EXTENDED FAMILY to show up and cooperate**
- ✓ **A 5-question Motivational script (on phone or in person) to SOFT START-UP**
- ✓ **Move beyond the “just fix my kid” parent mindset**
- ✓ **How you can use this technique immediately**
- ✓ ***Video Case Example to Inspire***



3rd Panel Question for Rob and Charlene

In what way has Combining the PLL-FST Motivational Script with PLL-FST Engaging the Extended Family [WHO? BEFORE WHAT?] been a game changer for the BRC therapists and staff?

Stage II: Transition 2 Months (Estimate)

Your Child or Teen at Barry Robinson

**Get Ready to Return Home
and Prevent Relapse**

Goals or Deliverables

1- Put Together Your PLL-FST Playbook WITH YOUR AFTERCARE THERAPIST

2- PLL-FST Dress Rehearsals & Troubleshooting:

Role play practice the delivery of your playbook and troubleshoot transition obstacles and how to handle relapse

3- PLL-FST Clarity of Roles of the Extended Family

Clarify in writing on your Playbook everyone's roles and what they will do when, where, and how?

4- Attend: 60 Day Benchmark

Stage III: Aftercare 3 Months (Average)

Your Child or Teen Back Home

**Maintaining Gains, Prevention Relapse,
and a New Normal of Happiness**

ATTEND ONGOING PLL-FST Family Therapy Sessions with your aftercare therapist

Honeymoon Period: Expect and Prepare for It

Goals or Deliverables

1-Implement Your Playbook

2-More Dress Rehearsals & Troubleshooting

3-Relapse Prevention and a Red Flags Checklist



Pate



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The PLL-FST Reentry Participation Grid

Stage II: Transition 2 Months (Estimate)

Your Child or Teen at Barry Robinson

**Get Ready to Return Home
and Prevent Relapse**

Goals or Deliverables

- 1- Put Together Your PLL-FST Playbook WITH YOUR AFTERCARE THERAPIST
- 2- PLL-FST Dress Rehearsals & Troubleshooting:
- 3- PLL-FST Clarity of Roles of the Extended Family
- 4- Attend: 60 Day Benchmark

5th Panel Question for Rob and Charlene

FAILING FORWARD:

Why did Pate's family relapse and what can we learn from this treatment failure going forward?

Stage III: Aftercare 3 Months (Average)

Your Child or Teen Back Home

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A Behavioral Health System for Youth



Rob McCartney

Chief Operations Office

RMcCartney@barryrobinson.org

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choobler@barryrobinson.org**



POSSIBLE NEXT STEPS



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Chief Operations Office
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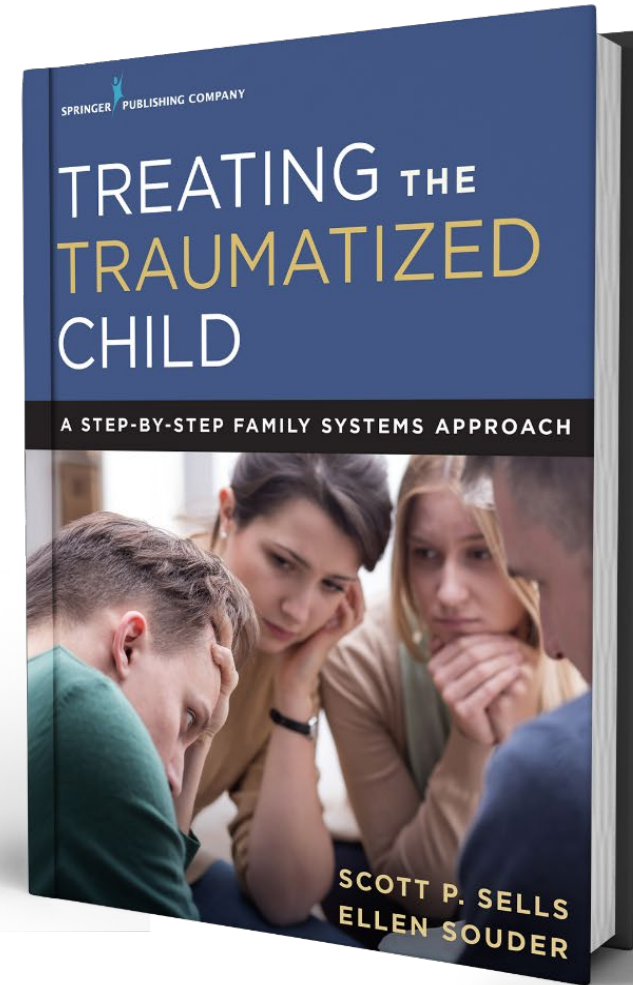


**Dr. Scott Sells
spsells@familytrauma.com
familytrauma.com**

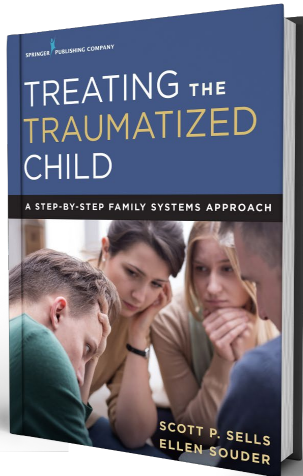


Family System Trauma Model

A Step-by-Step Family Systems Approach



FST Advanced Training Course



getFSTdigital.com



familytrauma.com

FST Digital Advanced Training Course & Community

A self-paced course with *step-by-step* tools for mental health professionals looking to specialize in treating the entire traumatized family, not just the child.

CE credit from ASWB and NBCC included.

[ENROLL NOW](#)



Look Inside the Course



Watch the video for details about the course.

Next Course Begins March 15, 2021

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Training Mental Health Professionals to become
Family Trauma Experts.

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Treating the Entire Traumatized Family: The Time is Now

March 2
12 - 1 pm EST

March 4
3 - 4 pm EST

March 9
7 - 8 pm EST

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Any Questions or Comments?
Open Mic