

# A New Family Systems Approach to Reentry

Scott P. Sells, PhD, LCSW, LMFT

**PLL-FST**

Parenting with Love and Limits<sup>®</sup>  
Family Systems Trauma

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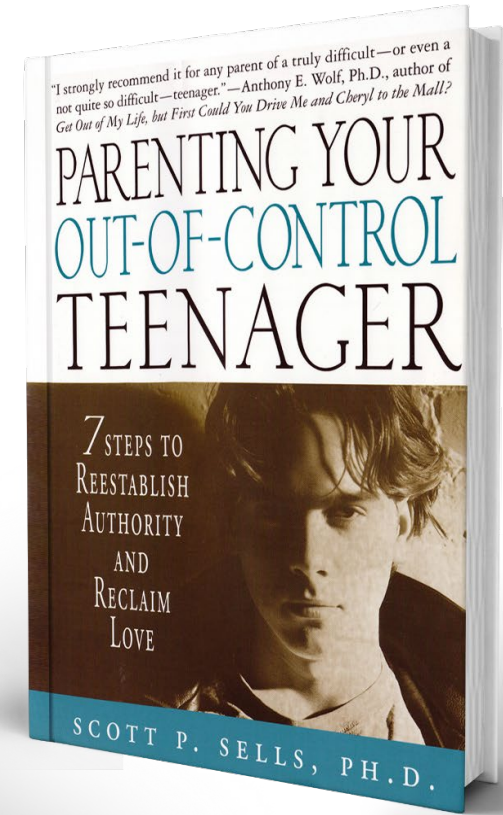
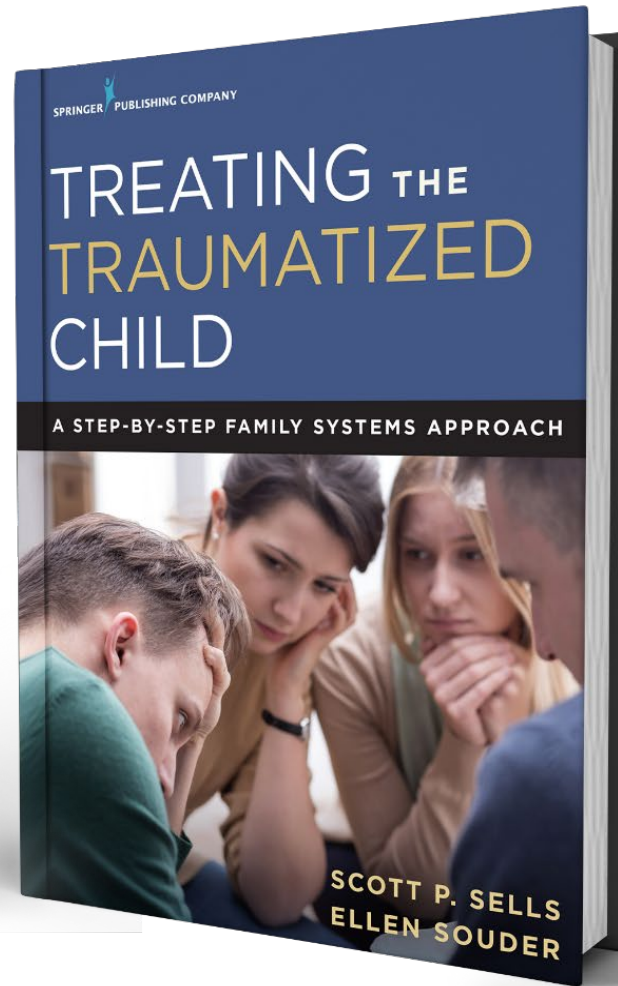
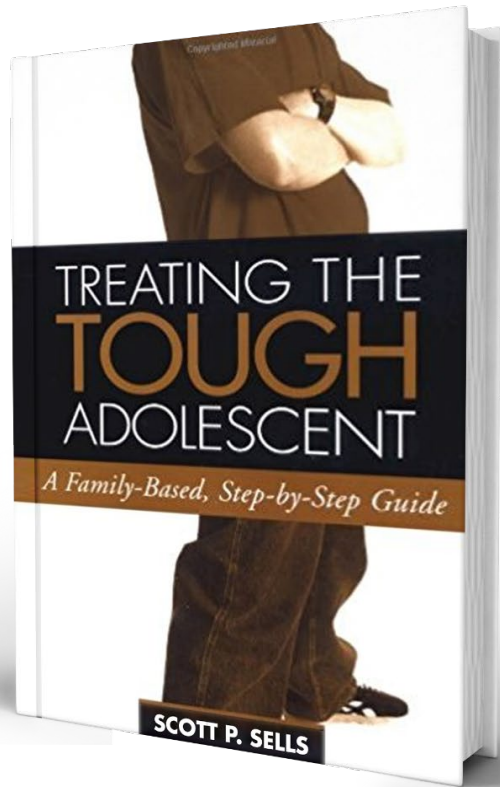
**Owner and Model Developer  
of PLL and FST**



**Charlene Hoobler,  
LCSW, LMFT,  
Chief Operations Office**



**The Barry Robinson Center**  
*A Behavioral Health System for Youth*





# 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)

www.gopl.com



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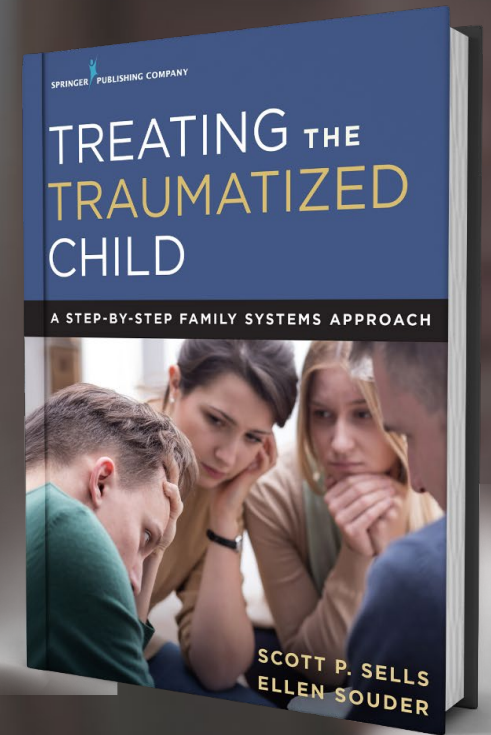
# An Evidence-Based Family Treatment Model

Let's Talk

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**By The End Of Our Time Together...**





## Tool #1

**The game changer benefits of a new reentry operating system**  
***Intensive family systems trauma involvement Day #1*** of residential treatment and into aftercare



## Tool #2

Imagine if..

**Aftercare and Residential therapists spoke the same family systems trauma language and worked in tandem with one another and the family**





## Tool #3

### Sample PLL-FST Techniques

**#1- Battle for Structure**

**#2- Engage the Extended Family**



## Tool #1

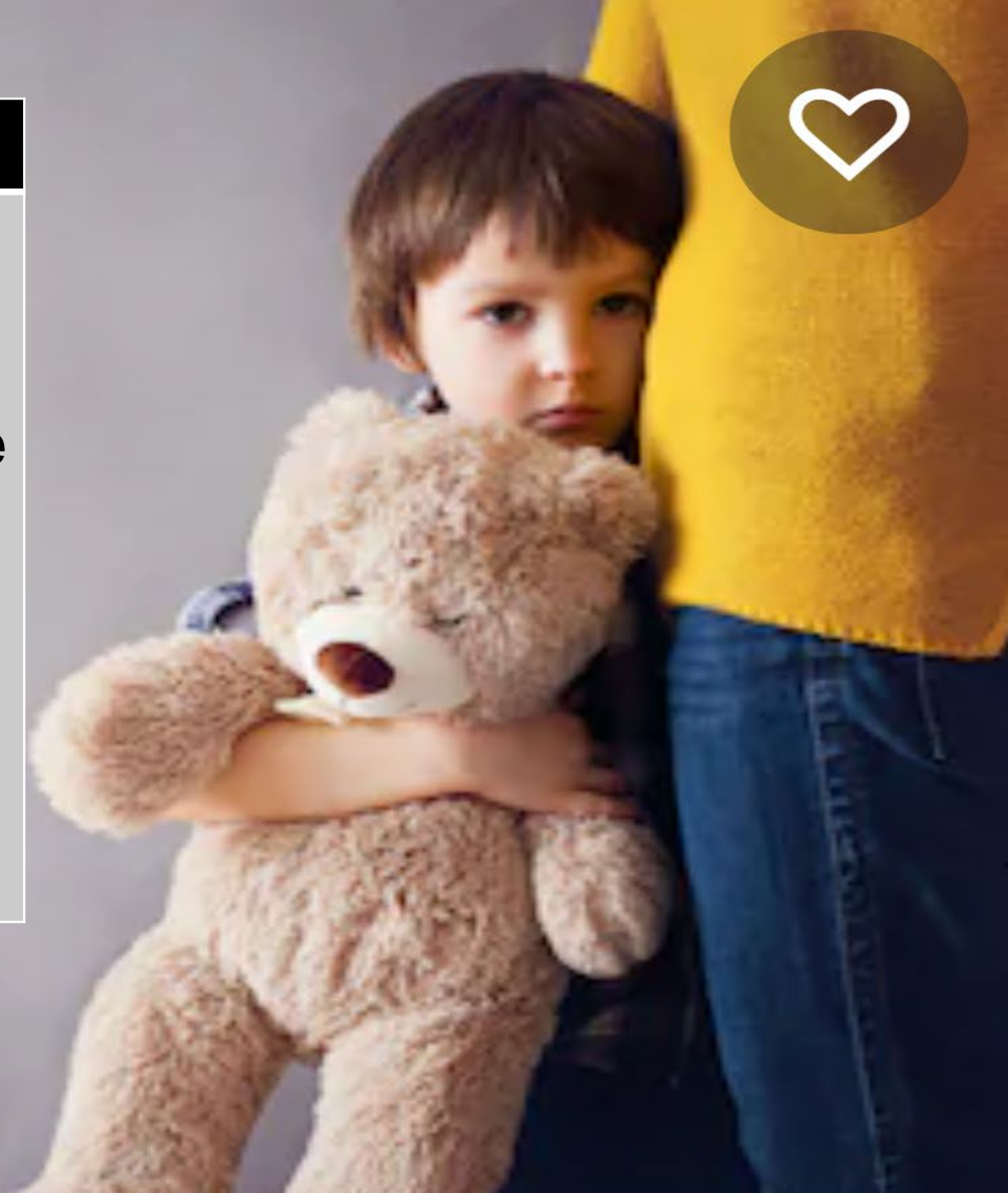
**The game changer benefits of a new reentry operating system**  
***Intensive family systems trauma involvement Day #1*** of residential treatment and into aftercare

## Family First Act

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

**The services and programs must be trauma-informed**

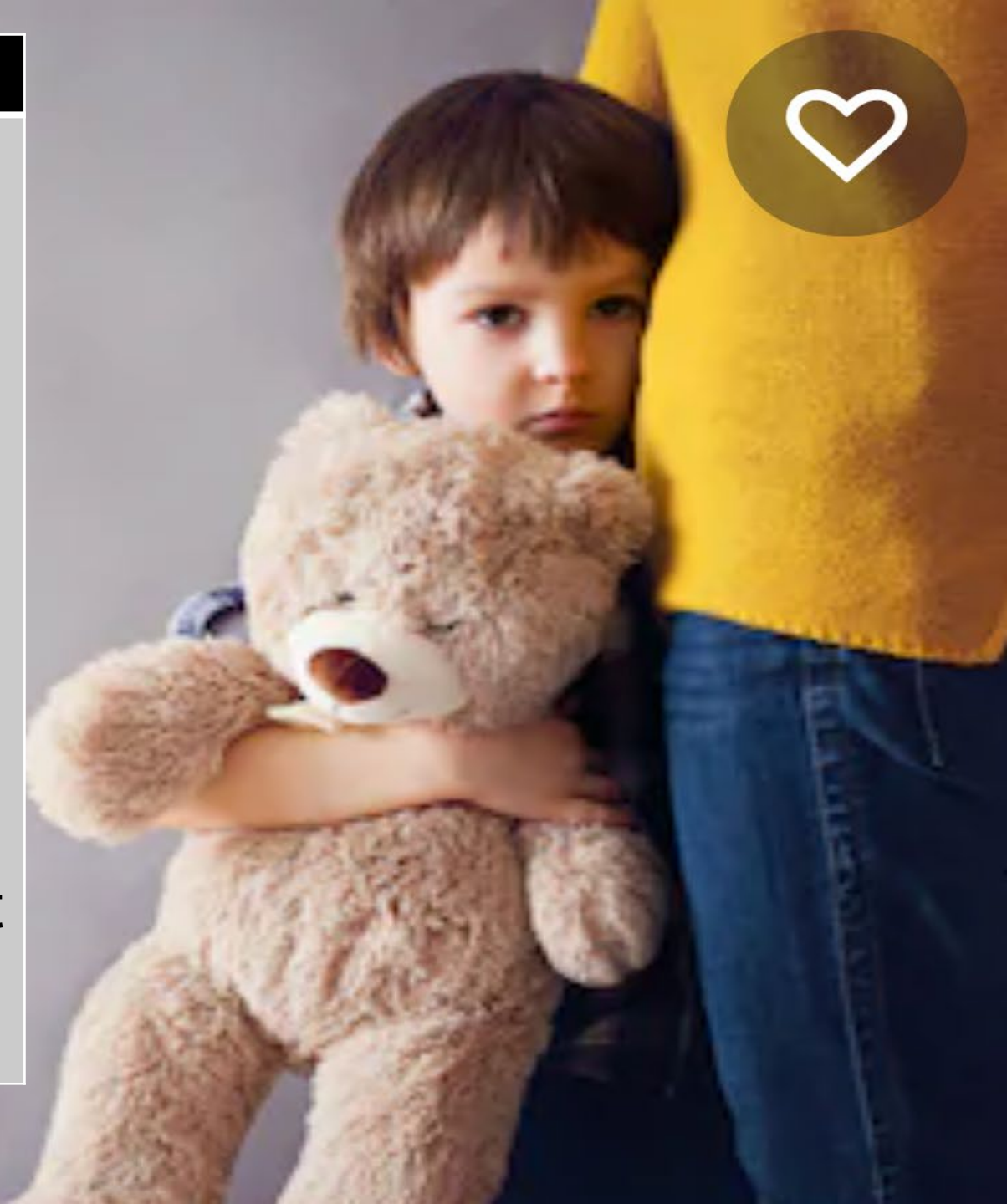
with high involvement of the parents and kin caregivers



## Family First Act

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

- ✓ Has a trauma-informed treatment model
- ✓ Facilitates family participation
- ✓ Facilitates family outreach, documents how this outreach is made,
- ✓ Provides discharge planning and family-based aftercare supports for at least 6 months post-discharge.



# What is Reentry? (at a High Level)

Reentry is reintegrative services that prepare children and adolescents in residential treatment centers 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*

# 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 was actively involved the treatment process before discharge;
- (2) The stability of the place where child lives after discharge;
- (3) Availability of aftercare support for the youth 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.

# In Your Chat Box

**Type in “yes” if these 3 factors  
resonate with you?**



## Tool #2

Imagine if..

**Aftercare and Residential therapists spoke the same family systems trauma language and worked 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:*

# 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
	<b>Setting the Goals for Aftercare When Returning Home</b>	<b>Getting Ready to Return Home and Prevent Relapse</b>	<b>Maintaining Gains, Prevent Relapse, and a New Normal of Health and Happiness</b>



# Question for Participants

**Why is it important for the (1) family, (2) BRC staff, and (3) Aftercare therapist to have a Reentry Grid at the very beginning of the child or adolescent's residential stay?**

# 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,**
- ✓ **Provide discharge planning and family-based aftercare for at least 6 months post-discharge.**

# The PLL-FST Reentry Participation Grid

# Question for Participants

**Why is it important for the (1) family, (2) BRC staff, and (3) Aftercare therapist to have a Reentry Grid at the very beginning of the child or adolescent's residential stay?**



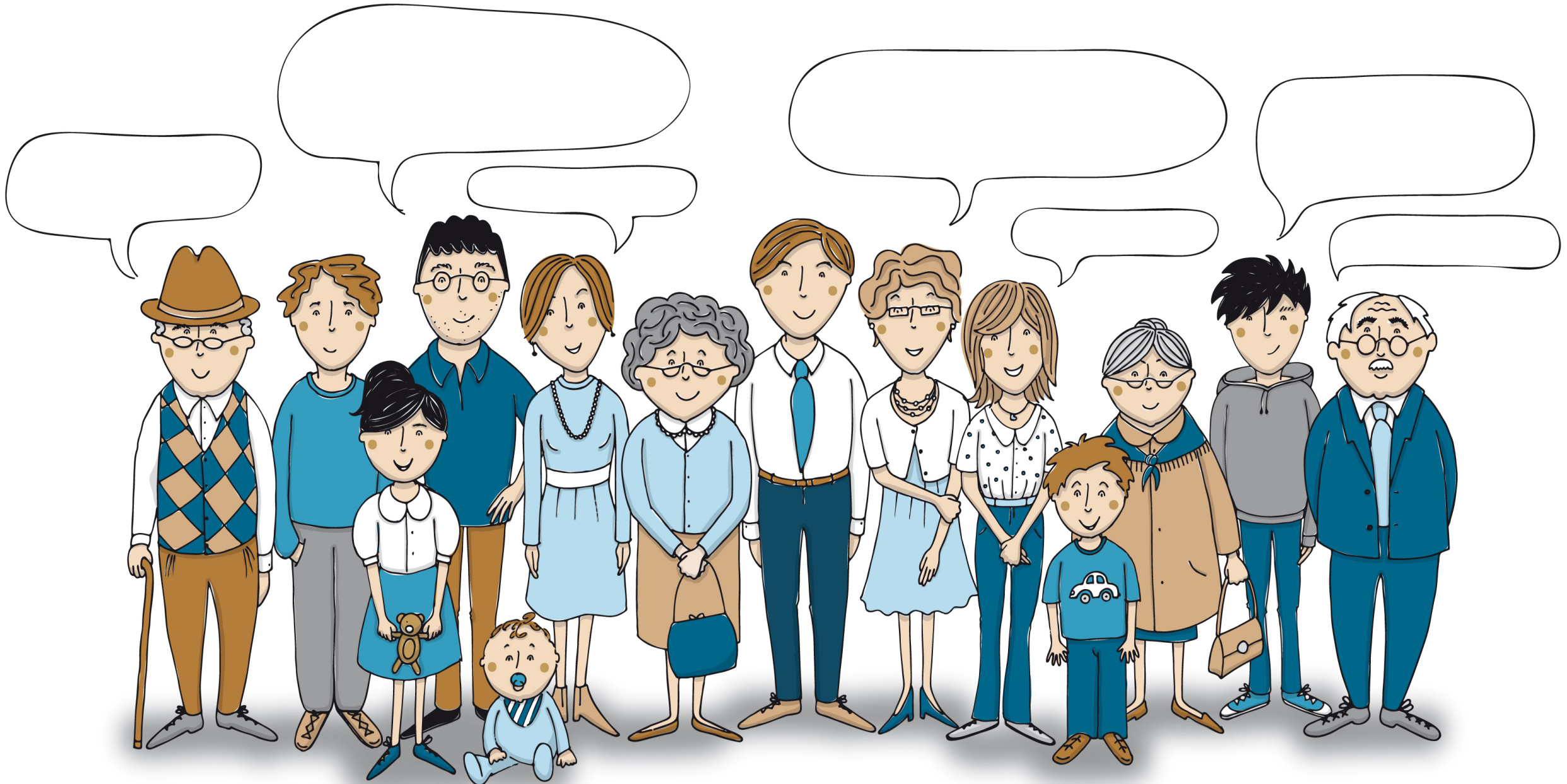
## Tool #3

### Sample PLL-FST Techniques

**#1- Battle for Structure**

**#2- Engage the Extended Family**

# WHO? Before WHAT?





# FIRST WHO, THEN WHAT



“Make sure you have the right people on the bus and the right people in the key seats before you figure out where to drive the bus.” ~ *Jim Collins*

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TRAINING PROFESSIONALS TO  
BECOME FAMILY TRAUMA EXPERTS



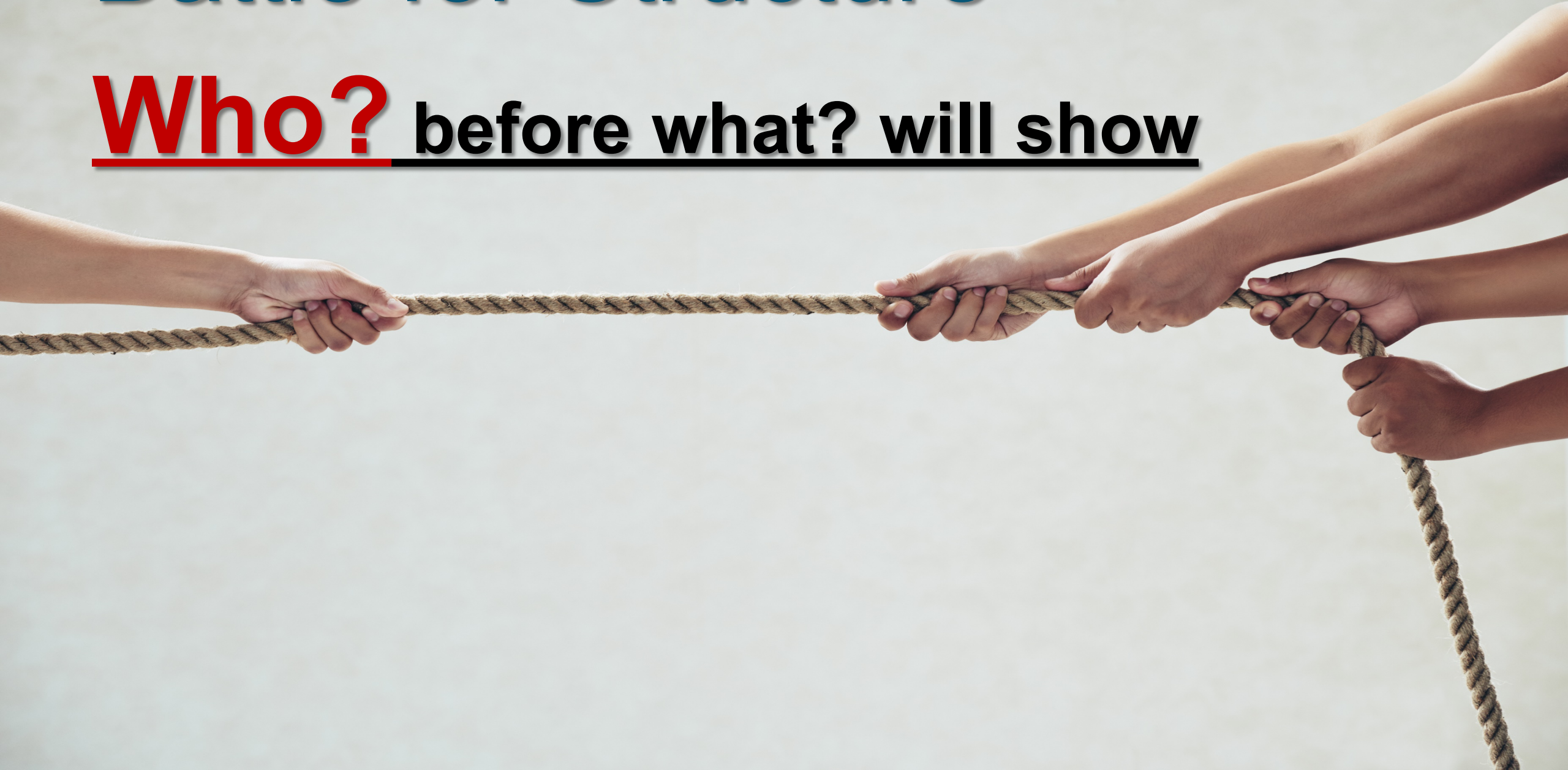
# Meet Dylan and His Family

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



# Battle for Structure

Who? before what? will show



# **What is the Battle for Structure?**

**#1- Your goals don't match up**

**#2- Disagrees with your diagnosis**

**#3- Or who should attend?**



**What tools are available to you to win the battle for structure?**

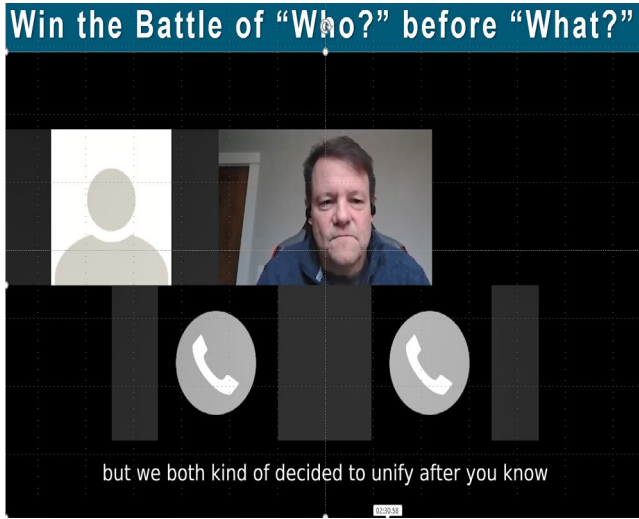
# **What Tools Are Available?**

**#1- Use Persuasive Reframing**

**#2- Perform a personal experiment**

**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		

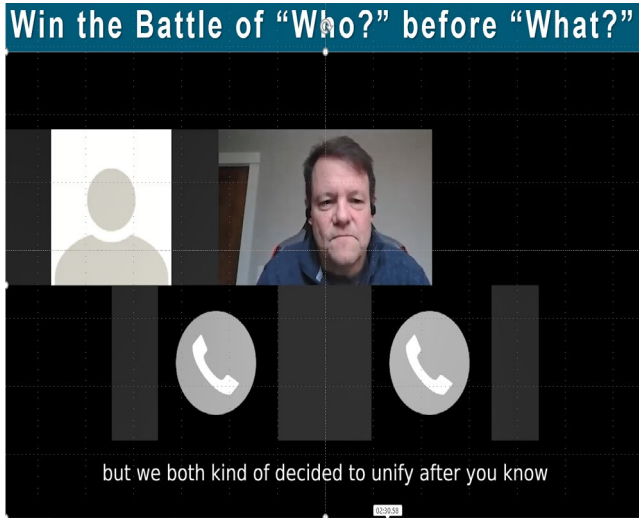


## Clip (Take the Poll or Type in Chat)

- How did I Win the Battle for Structure on “Who?” Before “What?”
  - A- Persuasive Reframing or
  - B- Perform a Personal Experiment



**Win the Battle of “Who?” before “What?”**



## Clip (Take the Poll or Type in Chat)

- How did I Win the Battle for Structure on “Who?” Before “What?”
  - A- Persuasive Reframing or
  - B- Perform a Personal Experiment



A person is silhouetted against a night sky filled with stars. The Milky Way galaxy is visible, stretching across the sky with a prominent purple and pinkish glow. The person is standing on a small rock or mound of earth in the foreground. The overall scene is dark and atmospheric, with the stars providing a bright, scattered light source.

Think Differently About  
Reentry and Reintegration  
Through a Family Systems Trauma Lens





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**Any Questions or Comments?**

**Open Mic**