



Rhode Island Department of Children, Youth & Families



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Parenting with Love & Limits, 2011-2015

Data and Evaluation

June 2016

Highlights

Parenting with Love & Limits (PLL) is a program within the Rhode Island Department of Children, Youth & Families service array aimed at supporting and improving the well-being of children, youth and families involved with the Department. This report can inform its readers about the characteristics of youth who receive PLL in Rhode Island and the percentage of youth who experience child welfare or juvenile justice outcomes after completing PLL. This analysis does not compare PLL related outcomes to outcomes for youth who did not receive PLL or who received other services.

Admissions and Programming Option: Between calendar years 2011 and 2015, 273 youth were referred for PLL: 69 were referrals only and 204 were admitted to PLL.

Discharges and Completion Status: Between calendar years 2011 and 2015, 188 youth were discharged (graduated, dropped out or administratively discharged) from PLL. The percentage of youth who graduated PLL (out of those who graduated or dropped out) increased from 55.2% in 2012, the first full year that PLL services were offered in Rhode Island, to 82.1% in 2015.

2011 to 2014 Exit Cohort: An exit cohort of 147 youth discharged from PLL between 2011 and 2014 was used to assess child welfare and juvenile justice outcomes one year post completion. Of the 147 youth discharged from PLL, 58 graduated, 32 dropped out, and 57 were administratively discharged. Among the 58 youth who graduated PLL, a majority, 84.5% (49), started PLL while in placement and 15.5% (9) started PLL while living at home. The figure below shows the outcomes of youth who started PLL while in placement and graduated PLL 2011-2014. The observed reduction in the percentage of youth with an adjudication or stay at the RITS 1 year post PLL graduation is noteworthy given that age alone increases the probability of juvenile justice involvement in this population.

Of the 49 youth who started PLL while in placement and graduated in 2011-2014:

- Gender: 79.6% were male
- Race: 44.4% were Caucasian American, 33.3% African American, 22.2% mixed race
- Age: 57.2% were ages 14 and 15
- Family Structure: 61.2% participated with a single parent
- Primary Offense when PLL began: 66.7% had no charges, 22.2% mischief/misbehavior, 11.1% other primary offenses (includes other misdemeanor, other felony youth)
- Length of PLL: Median length of time to graduate PLL was approximately 7 months

Among youth who started PLL IN PLACEMENT and graduated PLL 2011-2014, outcome status prior to PLL start and within one year post PLL completion (n=49)

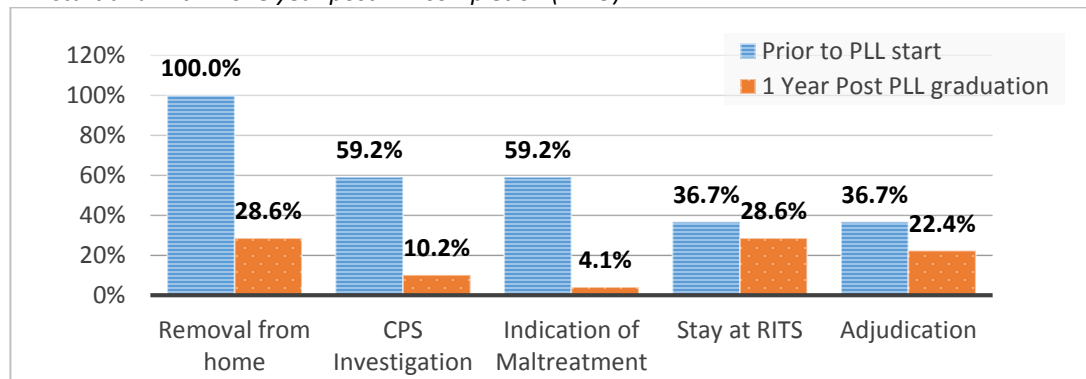


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Introduction and Background

Introduction

Rhode Island Department of Children, Youth and Families has been referring youth for Parenting with Love and Limits (PLL) since 2011, with services provided through North American Family Institute (NAFI).

This report provides a brief summary of PLL admissions and discharges between 2011 and 2015, and a more detailed look at the characteristics and outcomes of 147 youth discharged from PLL between 2011 and 2014. Data were obtained from the national PLL database and matched with RICHIST (Rhode Island Child Information System) for child welfare and juvenile justice information. All youth who successfully completed PLL were able to be matched with RICHIST data. For the purposes of this report, a PLL graduate is a youth and their family who successfully completed PLL.

PLL Target Population

Parenting with Love and Limits (PLL) is an evidence-based program that combines group therapy and family therapy for children and adolescents, ages 10-18, who have severe emotional and behavioral problems.

PLL Treatment Model

The PLL treatment model is comprised of a 6-week parent education and group therapy program and 6 or more individual “coaching” (family therapy) sessions. Core skills are provided in the group therapy sessions, then parents and adolescents practice their new skills in individual family therapy sessions. PLL delivers services through the following system of care¹:

WEEK	DESCRIPTION	PLL GROUP	PLL INDIVIDUAL COACHING*
WEEK 1:	Understanding why your teen misbehaves	Group 1: Venting	No coaching 1 st week
WEEK 2:	Button pushing	Group 2: Button Pushing	Coaching 1: Deciding on the Problem to Fix Fast
WEEK 3:	Why traditional contracts fail and the art of negotiation	Group 3: Contracting	Coaching 2: Writing a Loophole Free Contract
WEEK 4:	Writing new contracts and the use of emotional warm-ups	Group 4: Putting the Contract Together as a Group	Coaching 3: Present Typed Contract to Teenager with Role Plays to Practice
WEEK 5:	Pulling it all together	Group 5: Creative Consequences	Coaching 4: Relapse Prevention: Assess whether contract worked or tweak contract so it will work better
WEEK 6:	Restoring lost nurturance and tenderness	Group 6: How to Start Liking Each Other Again	Coaching 5: Wound Work: Produce a Wound Workbook and Role Play
WEEK 7 AND BEYOND:	Coaching continues (<i>especially for youth on probation or youth exiting residential or group homes</i>) until: <i>In Home (No running away)</i> <i>In School (No truancy, suspension)</i> <i>No Law Violations (2 consecutive weeks)</i>	No Group	Coaching 6: Relapse Prevention: Determine if Wounds Healed

To graduate from PLL, youth must meet the following criteria:

- Attend 5 out of 6 group meetings (first meeting is mandatory),
- Attend the minimum required individual (family) coaching sessions (varies for each youth), and
- Continue in coaching until the following benchmarks are met:
 - In Home – no further reports of curfew violations or running away
 - In School – no further reports of truancy or failing grades
 - Out of trouble with the law – no further reports of law violations
 - Remain drug free, if applicable
 - Follow the PLL Contract 80% or greater as reported by parents
 - Participation in extracurricular activities, working, or doing community service, as well as meeting all court requirements (i.e., paying restitution, etc.)

The minimum number of required family coaching sessions is dependent on which programming option a youth receives. More specifically, PLL provides two programming options to youth depending on their living arrangement at the start of PLL:

- (1) Alternative to Placement (“Started PLL While Living at Home”): This group includes youth who, at the start of PLL, are living at home on juvenile probation or child welfare and are at high risk for out-of-home placement or detention/training school. The minimum number of required family coaching sessions to graduate PLL is 6. For the purposes of this report, the Alternative to Placement group will be labeled “Started PLL while Living at Home”.
- (2) Reentry from Residential (“Started PLL While In Placement”): This group includes youth who, at the start of PLL, are in out-of-home placement and will be returning back into the community. The minimum number of required family coaching sessions to graduate PLL is 12. For the purposes of this report, the Re-entry from Residential group will be labeled “Started PLL While In Placement”.²

After graduation, PLL therapists call the family every 30 days for a period of 3 months to collaboratively determine if there have been any relapses and if “tune-up” family therapy sessions are warranted.³

PLL Fidelity

To ensure that PLL treatment is delivered as intended, several measures are utilized for both Group and Family therapy⁴:

- **Video Supervision Measure (VSM)**: The VSM is a checklist that assesses the content and process of adherence to PLL model. PLL supervisors review videos twice per month.
- **PLL Dashboard**: The PLL Dashboard is an application that calculates outcomes such as completion/attrition rates, average length of stay in PLL, assessment outcomes, etc. It is available 24/7 to illustrate how therapists are engaging and graduating families.
- **Group Protocol Checklist**: The Group Protocol Checklist is used to assess whether key concepts for the 6 group sessions were addressed. The checklist is completed after each group session until 80% adherence is achieved with group protocol checklist and content VSM.
- **Family Therapy (Coaching) Protocol Measures**: To assess adherence to the PLL Family Therapy Coaching Manual, two items are used. The first measure is the Family Therapy Coaching Family Plan, a step by step PowerPoint that is completed after each family coaching session and reviewed by supervisors to ensure model fidelity. The second measure is the Family Session Phase Two Pre-Session Preparation Worksheet, which is completed after Phase One until the therapist achieves Intermediate Level of Model Adherence.

TREND DATA: PLL Admissions

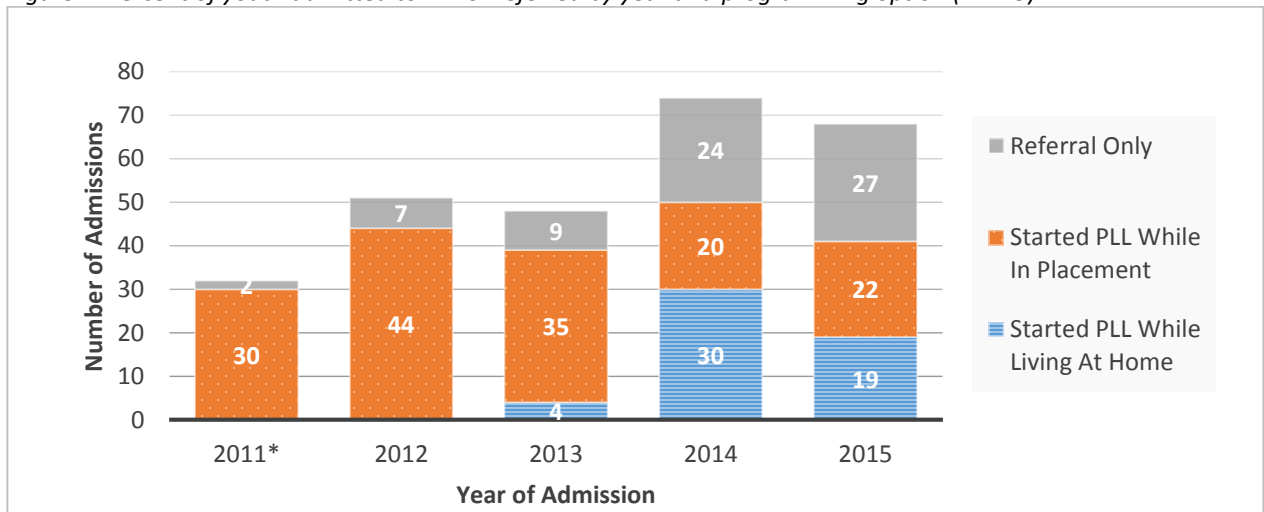
Programming Option by Year

PLL provides two programming options (described below) to youth depending on their living arrangement at the start of PLL. The graduation requirements and lengths of time in PLL vary for each group.

- (1) Alternative to Placement (“Started PLL While Living at Home”): This group includes youth who, at the start of PLL, are living at home on juvenile probation or child welfare and are at high risk for out-of-home placement or detention/training school. The minimum number of required family coaching sessions to graduate PLL is 6. For the purposes of this report, the Alternative to Placement group will be labeled “Started PLL while Living at Home”.
- (2) Reentry from Residential (“Started PLL While In Placement”): This group includes youth who, at the start of PLL, are in out-of-home placement and will be returning back into the home/community. The minimum number of required family coaching sessions to graduate PLL is 12. For the purposes of this report, the Re-entry from Residential group will be labeled “Started PLL While In Placement”.²

There were 273 youth referred for Parenting with Love and Limits between calendar years 2011 and 2015. Of these youth, 69 were referrals only and 204 were admitted to PLL. Some reasons a youth be a referral only include not falling within PLL criteria or parent declined to participate. Of the 204 Rhode Island youth admitted to PLL between 2011 and 2015, 74.0% (151) started PLL while in placement and 26.0% (53) were living at home.

Figure 1. Percent of youth admitted to PLL or referred by year and programming option (n=273)



*Data for 2011 reflect a partial year (May-December), as PLL was implemented in RI in May 2011.

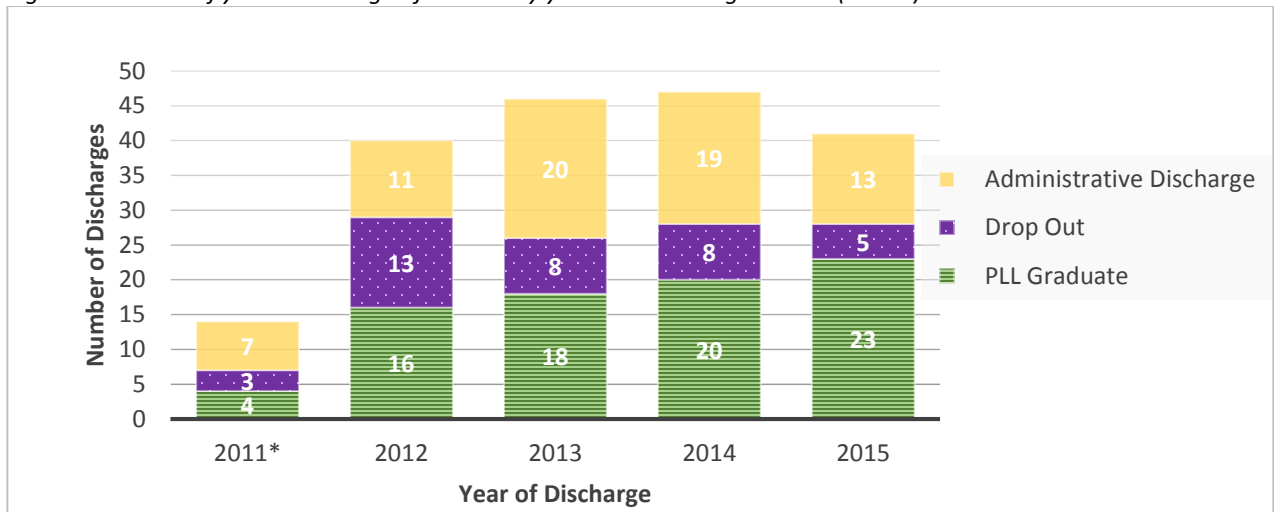
TREND DATA: PLL Discharges

Completion Status by Year

To “graduate” or successfully complete PLL, a family had to attend 5 of 6 group sessions and 4 core coaching phases, as well as meeting benchmarks in the areas of home, school, and legal (see Background section for additional details). Reasons for dropping out include parent non-compliance or non-participation, youth commitment/re-commitment for charges during PLL, no show/unable to contact family, youth non-compliance, and other. Reasons for administrative discharge include family not following through with more than one session, family not falling within the permissible treatment criteria, youth commitment or pending placement for charges prior to PLL (i.e. violation of probation), loss of jurisdiction or family moves out of the service area, or judge/referral provider removes youth from PLL (i.e. change in service plan where reunification is no longer the goal).

Between 2011 and 2015, 188 youth were discharged from PLL. Of the 188 youth discharged, 81 (43.1%) graduated, 37 (19.7%) dropped out and 70 (37.2%) were administratively discharged. See Figure 2.

Figure 2. Percent of youth discharged from PLL by year and discharge reason (n=188)

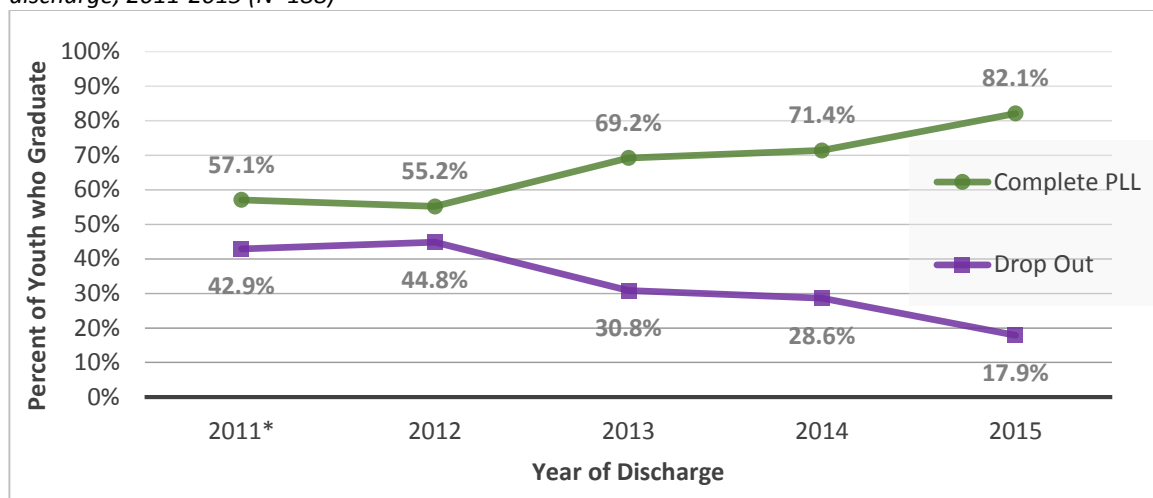


*Data for 2011 reflect a partial year (May-December), as PLL was implemented in RI in May 2011.

Note: Of the 70 administrative discharges between 2011 and 2015, 27 were due to the family not following through with more than one session. In order for a family to be considered “engaged” in the intervention, attendance at two sessions is required. For additional details by year see Appendix.

As shown in Figure 3, the percentage of youth who graduated PLL (out of PLL discharges, excluding administrative discharge), increased from 55.2% in 2012, the first full year that PLL services were offered in Rhode Island, to 82.1% in 2015.

Figure 3. Percent of youth who completed PLL or dropped out (excludes administrative discharge), by year of discharge, 2011-2015 (N=188)



*Data for 2011 reflect a partial year (May-December), as PLL was implemented in RI in May 2011.

Table 1. Number and percent of youth discharged from PLL, by completion status and year of discharge, 2011-2015 (N=188)

Completion Status	Year of Discharge										TOTAL	
	2011*		2012		2013		2014		2015			
PLL Graduate	4	57.1%	16	55.2%	18	69.2%	20	71.4%	23	82.1%	81	68.6%
Drop Out	3	42.9%	13	44.8%	8	30.8%	8	28.6%	5	17.9%	37	31.4%
Administrative Discharge	7	--	11	--	20	--	19	--	13	--	70	--
TOTAL DISCHARGES	14		40		46		47		41		188	

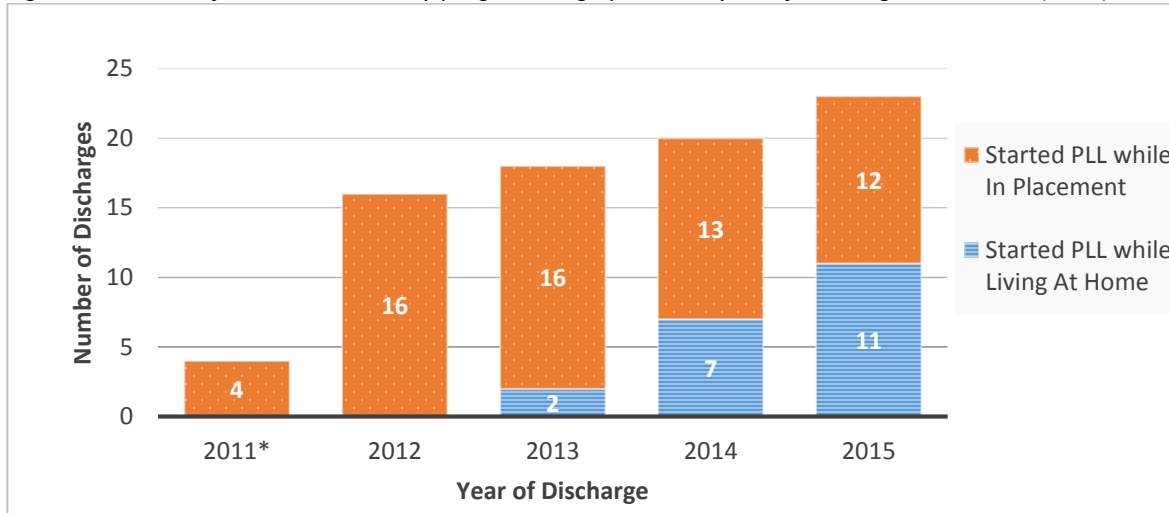
*Data for 2011 reflect a partial year (May-December), as PLL was implemented in RI in May 2011.

Note: Of the 70 administrative discharges between 2011 and 2015, 27 were due to the family not following through with more than one session. In order for a family to be considered “engaged” in the intervention, attendance at two sessions is required. For additional details by year see Appendix.

Programming Option for PLL Graduates by Year of Discharge

Of the 81 youth who graduated PLL, a majority began treatment while in placement. Figure 4 below shows the number of youth who began PLL while in a placement or living at home, by year of discharge.

Figure 4. Number of PLL GRADUATES by programming option and year of discharge, 2011-2015 (n=81)



*Data for 2011 reflect a partial year (May-December), as PLL was implemented in RI in May 2011.

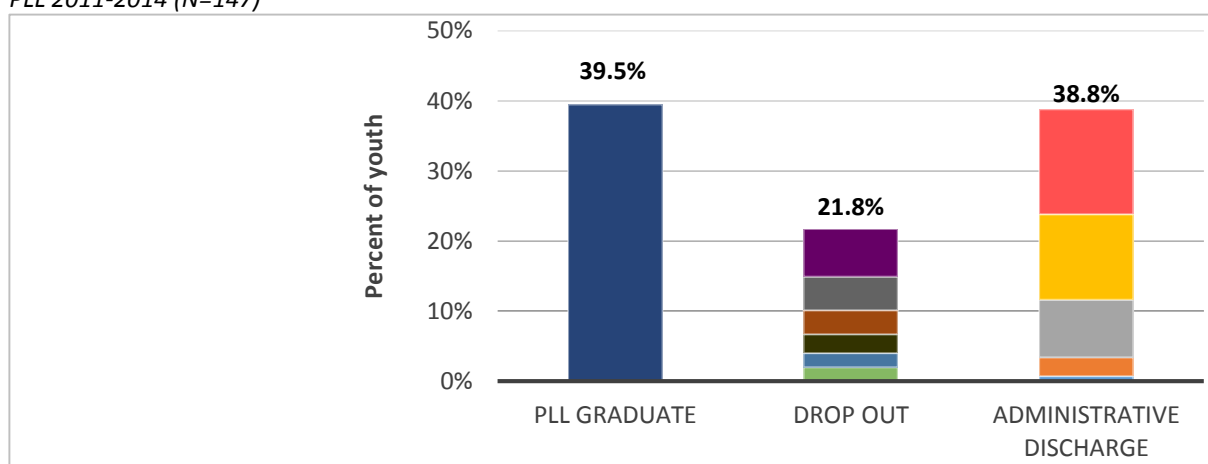
Note: One youth with missing PLL programming option was categorized as Started PLL while In Placement based on RICHIST placements at time of PLL.

EXIT COHORT: Completion Status

The remainder of the report focuses on 147 youth discharged from PLL between 2011 and 2014 in order to assess outcomes one year post completion. An entry cohort was not used due to the small sample size and time to follow-up. Future reports will include analysis using entry cohort.

Between 2011 and 2014, 147 youth were discharged from PLL: 39.5% (58) graduated PLL, 21.8% (32) dropped out, and 38.8% (57) were an administrative discharge. Figure 5 below shows the specific discharge reasons within each of these completion statuses.

Figure 5. Percent of participants by PLL completion status and discharge reason, for youth discharged from PLL 2011-2014 (N=147)



Family completes PLL	39.5% (58)		
Parent Non-Compliant or Non-Participation		6.8% (10)	
Youth re-/commitment (charges not prior to PLL)		4.8% (7)	
No Show/Lack of Contact/Unable to Contact Family		3.4% (5)	
Other		2.7% (4)	
Youth Non-Compliant		2.0% (3)	
Did not complete coaching/group sessions		2.0% (3)	
Family does not complete more than 1 session			15.0% (22)
Family not within Permissible Treatment Criteria			12.2% (18)
Youth committed/placement (charges prior to PLL)			8.2% (12)
Loss of jurisdiction/Family moves out of service area			2.7% (4)
Judge/Referral Provider removes youth from PLL			0.7% (1)

Note: Of the 57 administrative discharges between 2011 and 2014, 22 were due to the family not following through with more than one session. In order for a family to be considered “engaged” in the intervention, attendance at two sessions is required. For additional details by year see Appendix.

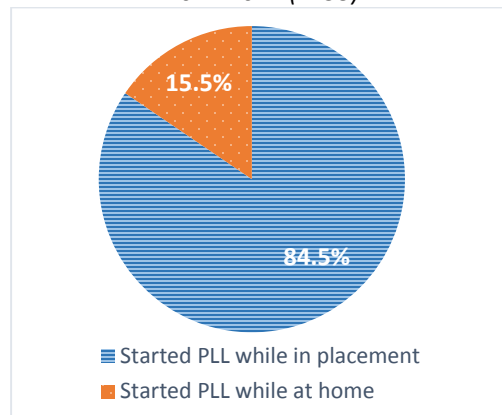
EXIT COHORT: Programming Option

PLL provides two distinct programming options:

- (1) Alternative to Placement (“Started PLL While Living at Home”): youth who are living at home on juvenile probation or child welfare and are at high risk for out-of-home placement or detention/training school; and
- (2) Reentry from Residential (“Started PLL While In Placement”): youth who are in foster care placement and will be returning back into the community AND who have a ‘viable’ home to return to with a primary caregiver.

Of the 58 Rhode Island youth who graduated PLL in 2011-2014, a majority, 84.5% (49), started PLL while in placement and 15.5% (9) started PLL while living at home.

Figure 6. Programming option among youth who graduated PLL in 2011-2014 (n=58)



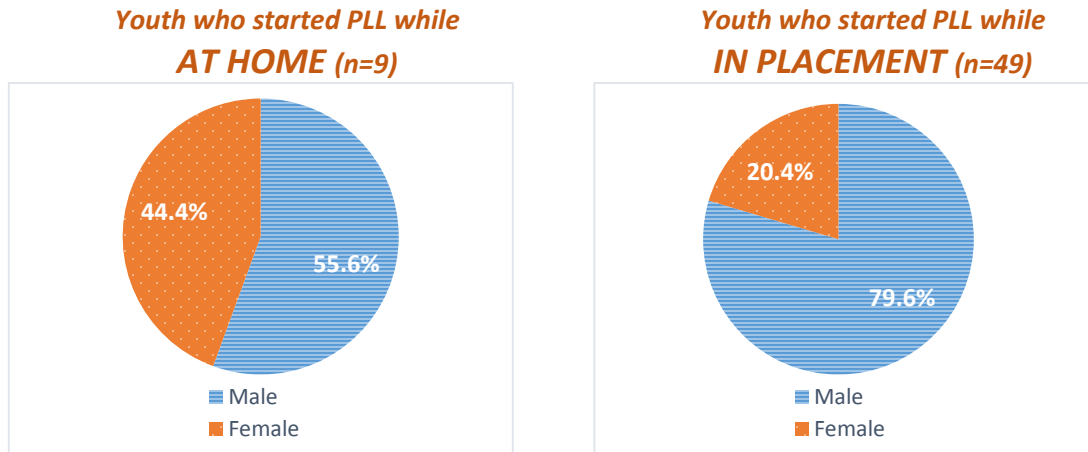
Note: One youth with missing PLL programming option was categorized as Started PLL while In Placement based on RICHIST placements at time of PLL.

EXIT COHORT: Characteristics of PLL Graduates

Gender

Of the 49 youth who started PLL while in placement and graduated PLL in 2011-2014, 79.6% were male and 20.4% were female. Of the 9 youth who started PLL while at home, 55.6% were male and 44.4% were female.

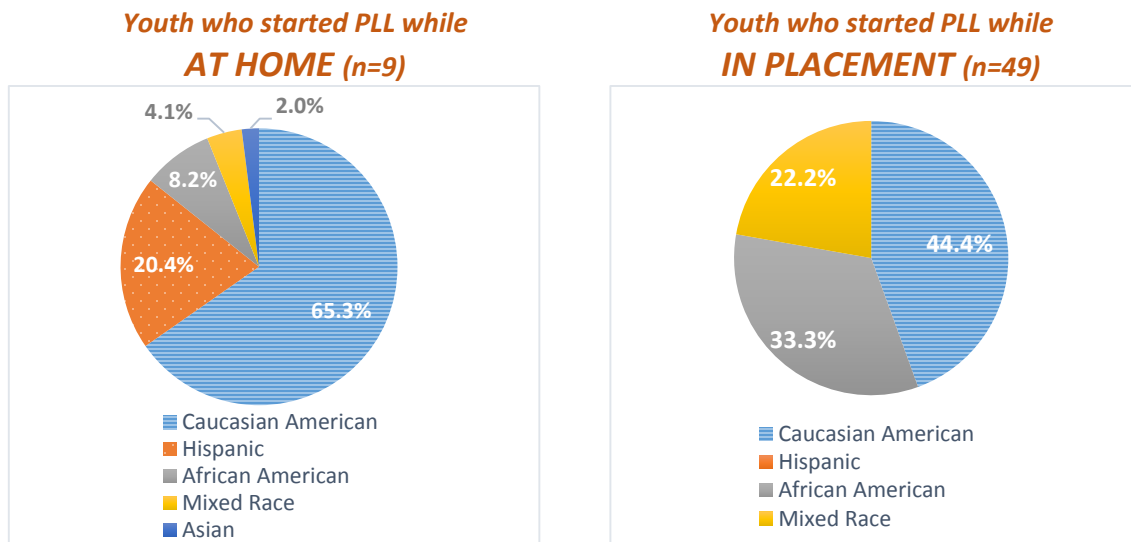
Figure 7. Gender among youth who graduated PLL 2011-2014, by programming option



Race/Ethnicity

Of the 49 youth who started PLL while in placement and graduated PLL in 2011-2014, the largest percentages were 44.4% Caucasian American, 33.3% African American, and 22.2% mixed race. Of the 9 youth who started PLL while at home, the largest percentages were 65.3% Caucasian American, 20.4% Hispanic and 8.2% African American.

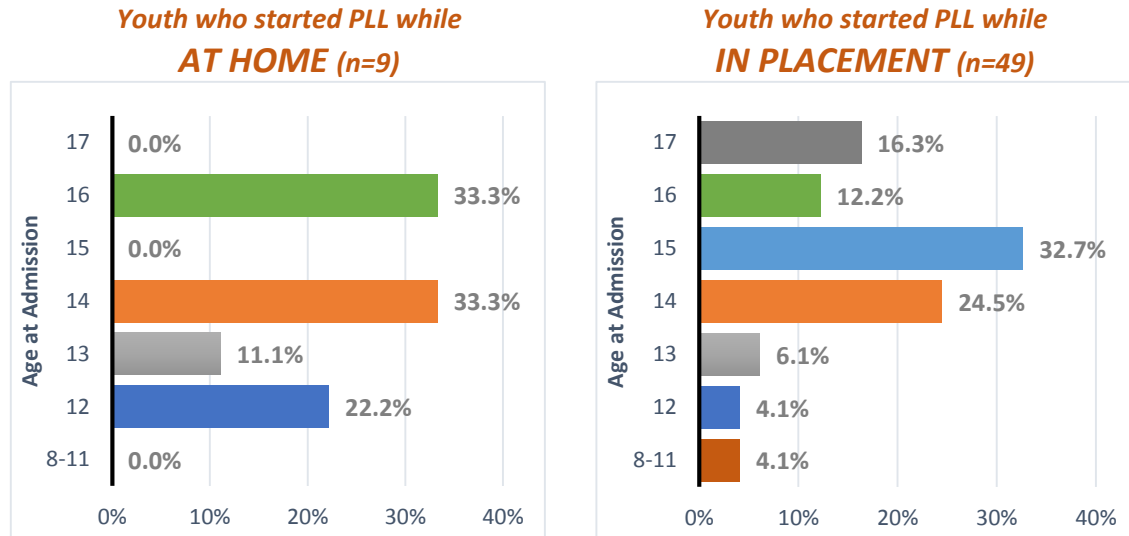
Figure 8. Race/ethnicity among youth who graduated PLL 2011-2014, by programming option



Age at PLL Admission

Of the 49 youth who started PLL while in placement and graduated PLL in 2011-2014, a majority 57.2%, were ages 14 and 15 at admission. Of the 9 youth who started PLL while at home, a majority of youth were age 14 or 16.

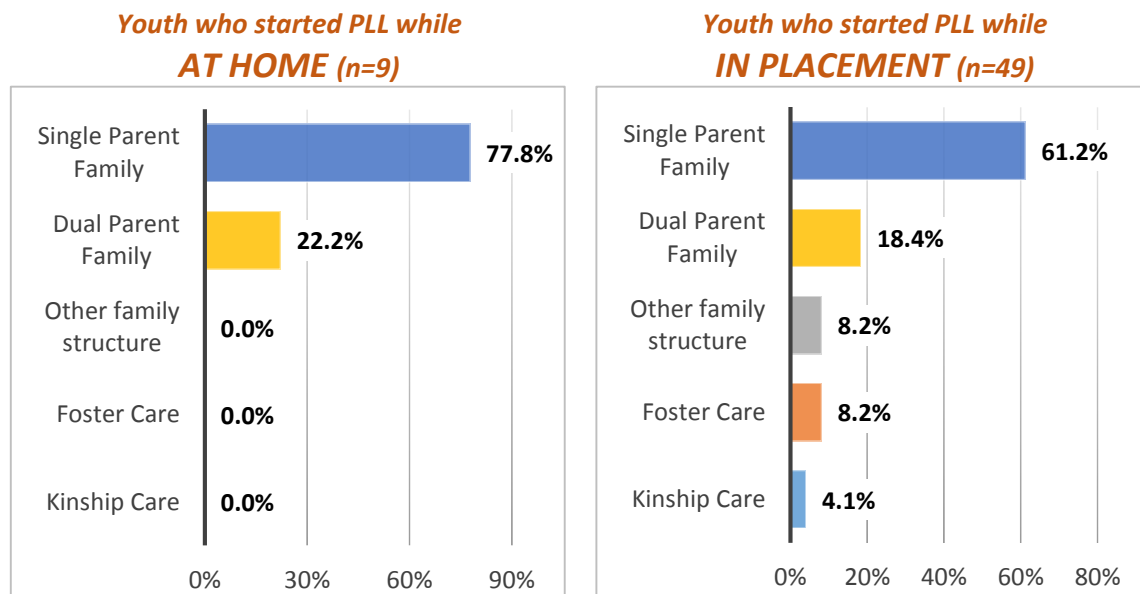
Figure 9. Age at admission (in years) among youth who graduated PLL 2011-2014, by programming option



Family Structure and Program Participation

The PLL treatment model can be utilized with different caregiver structures. Based on family structure reported by PLL, of the 49 youth who started PLL while in placement and graduated PLL in 2011-2014, 61.2% participated with a single parent, 18.4% participated with two parents, 8.2% participated with a foster family, 8.2% participated with other family structure and 4.1% were in kinship care. Similarly, of the 9 youth who started PLL while at home, 77.8% participated with a single parent and 22.2% participated with two parents.

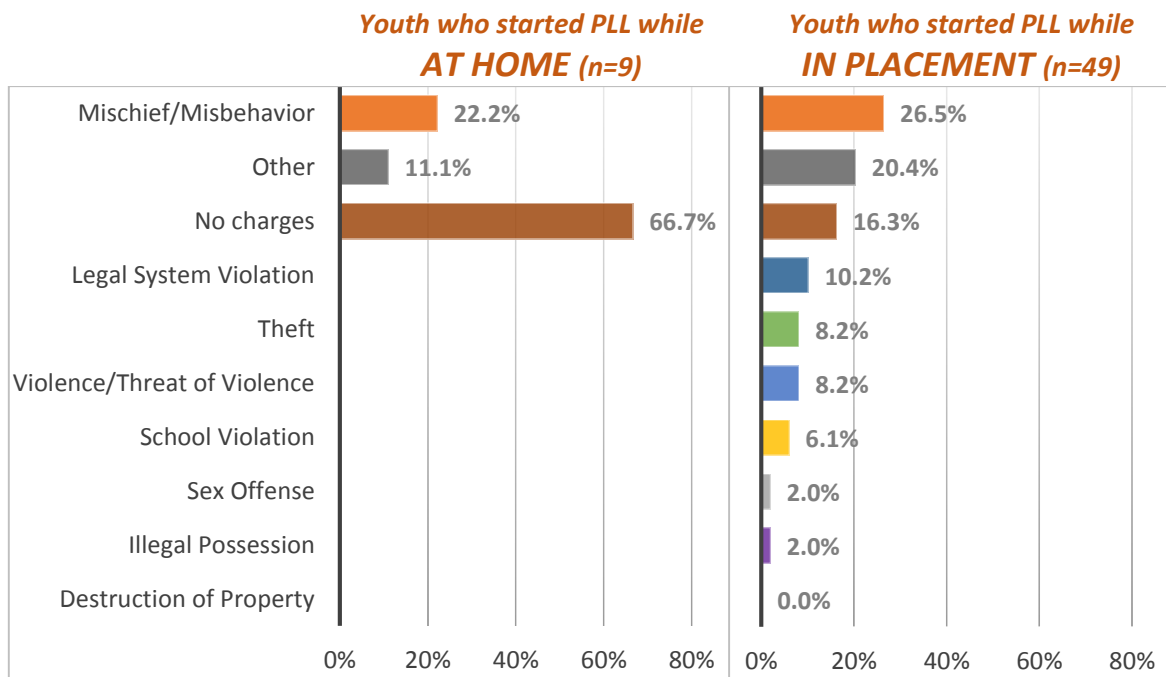
Figure 10. Family structure among youth who graduated PLL 2011-2014, by programming option



Delinquency Profile

The primary offense data presented below are based on classifications provided by PLL; these may differ from RI Court data or other juvenile justice charge classifications in the Rhode Island Children’s Information System (RICHIST). Of youth who started PLL while in placement and graduated PLL in 2011-2014, the largest percent of youth, 26.5%, had a primary offense of mischief/misbehavior, which includes behavioral problems at home, curfew violation, disorderly conduct, reckless conduct, etc. The second and third largest percentages were other primary offenses (20.4%), which includes other misdemeanor and other felony youth, and no charges (16.3%). Of youth who started PLL while living at home and graduated PLL in 2011-2014, a majority (66.7%) had no charges, 22.2% were charged with mischief/misbehavior, and 11.1% had other charges.

Figure 11. Primary offense category among youth who graduated PLL 2011-2014, by programming option



Exit Cohort: Length of Time in PLL

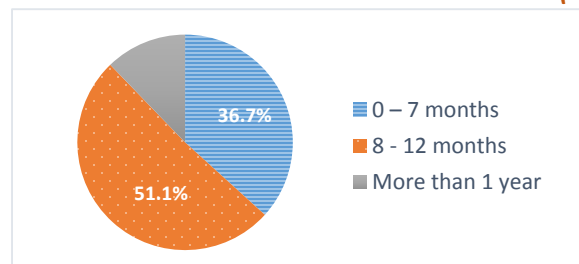
The average length of PLL treatment varies by programming option²:

- For youth who Started PLL While Living At Home, the length of treatment is typically 3 to 4 months to complete 6 group therapy sessions, a minimum of 6-8 family therapy coaching sessions (plus tune ups if necessary), and behavioral contracting and wound work.
- For youth who Started PLL While In Placement, the length of treatment is typically 6 to 7 months to complete 6 group therapy sessions, a minimum of 12 family therapy coaching sessions (plus tune ups if necessary), behavioral contracting and wound work, and Community Based Action Team (CBAT). PLL services typically occur for 3 to 4 months while a youth is in placement and continue for 3 months after a youth is discharged from all placements.

Of the 58 Rhode Island youth who graduated PLL in 2011-2014, 49 started PLL while in placement and 9 started while living at home. Among the 49 youth who started PLL while in placement, 36.7% (18) completed PLL within 7 months; the median length of time to successfully complete PLL was 223 days or approximately 7 months. Among the 9 youth who started PLL while living at home, 33.3% (3) completed PLL within 4 months; the median length of time to successfully complete PLL was 156 days or approximately 5 months. Data for youth who started PLL while at home not shown due to small numbers.

Figure 12. Length of time in PLL among youth who graduated PLL 2011-2014

Youth who started PLL while **IN PLACEMENT** (n=49)



Median length of time
to graduate PLL was

223 days
or approximately **7 months**
(Typically 6-8 months)

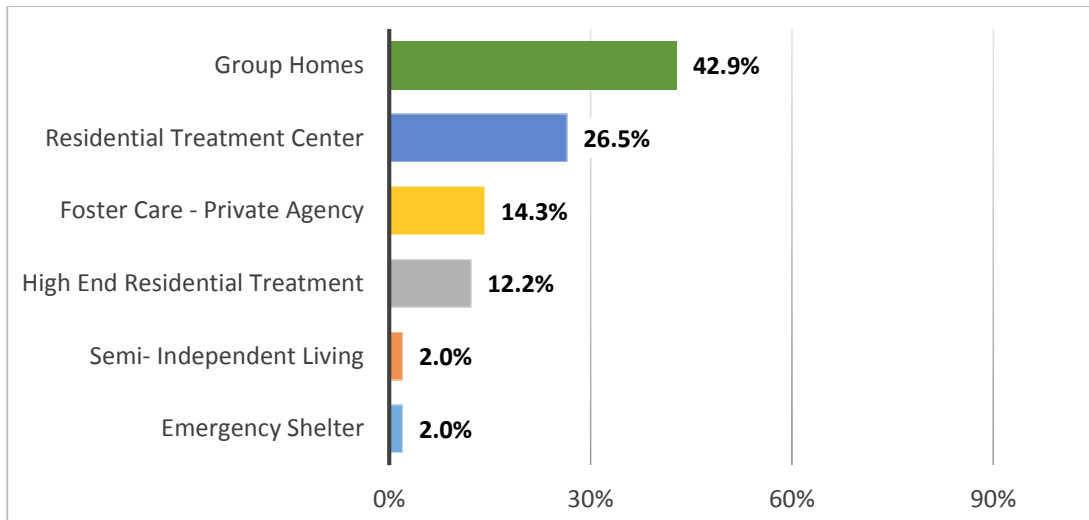
After graduating PLL, families are called every 30 days for a period of 90 days to determine if a “tune-up” family session is needed. Among 58 youth who completed PLL in 2011-2014, 23 youth received a 30 day tune up session, 21 received a 60 day tune up and 20 received a 90 day tune up. These categories are not mutually exclusive; for example, among the 20 youth who received a 90 day tune up, some may also be counted in the 23 who received a 30 day tune up.

For data on the number of group and family coaching sessions by PLL programming option, discharge reason and length of time in PLL, see appendix.

Placement Type for youth who started PLL while IN PLACEMENT

For the 49 PLL graduates who started PLL while in placement, 81.6% were in congregate care (group homes, residential treatment center or high end residential treatment), 14.3% were in private agency foster care, and the remainder were in either semi-independent living or emergency shelter (Figure 13). The median length of time from starting PLL to being discharged from placement was approximately 4 months or 115 days, based on 41 youth for whom data were available (median length of time in PLL for these 41 youth was 218 days; length of time from starting PLL to discharge from foster care could not be calculated for 8 youth who were in a foster care setting at PLL completion).

Figure 13. Placement type at start of PLL among youth who started PLL IN PLACEMENT and graduated PLL 2011-2014 (n=49)



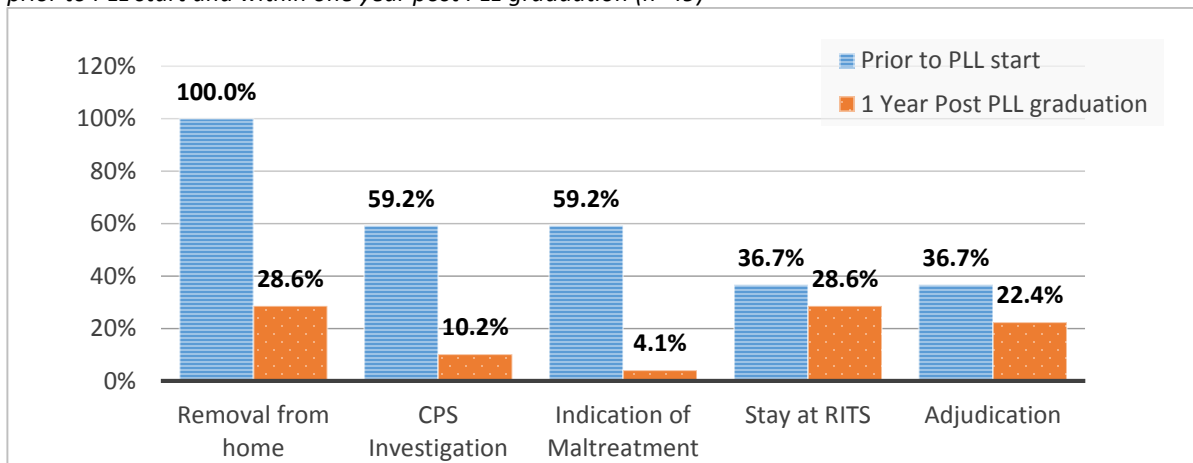
Exit Cohort: Child Welfare Outcomes

Outcomes for PLL Graduates in Placement, Pre- and Post-PLL

This analysis focused on the following outcomes prior to starting PLL and within one year post PLL discharge, among youth who GRADUATED PLL in 2011-2014: (1) removal from home; (2) CPS investigation; (3) indication of Maltreatment; (4) stay at RITS; and (5) adjudication. Due to small numbers, stratification of outcomes is only shown for youth who started PLL while IN PLACEMENT, who comprise a majority of the total population of PLL youth, and not for youth who started PLL while living at home.

Among the 49 youth who started PLL in placement and successfully completed PLL, all had a removal prior to PLL, and 28.6% had a removal within one year after graduating PLL. In other words, 71.4% of youth remained at home for at least one year after graduating PLL. While 59.2% of youth had a CPS investigation at some point prior to PLL, 10.2% had a CPS investigation within one year of graduating PLL. Similarly, 59.2% of youth had an indication of maltreatment at some point prior to PLL and 4.1% had an indication of maltreatment within one year after graduating PLL. The percentages of youth with a stay at the RITS or adjudication prior to starting PLL were both 36.7% and the percentages with a stay at the RITS or adjudication within one year after graduating PLL were 28.6% and 22.4%, respectively. The observed reduction in the percentage of youth with an adjudication or stay at the RITS 1 year post PLL graduation noteworthy given that age alone increases the probability of juvenile justice involvement in this population.

Figure 14. Among youth who started PLL IN PLACEMENT and graduated PLL 2011-2014, outcome status prior to PLL start and within one year post PLL graduation (n=49)



Note: Outcomes by PLL completion status are not presented due to variability in living arrangements. For example, a youth who dropped out of PLL may not have a removal from home within a year post-PLL because they may have remained in placement. Adjudication does not include violation of probation (VOP) (technical); 2 of 49 youth had only an adjudication of VOP (technical) within one year post PLL graduation and are not counted in the table above.

Figure 14 displays the percentage of youth who experienced an outcome anytime prior to starting PLL, one year prior to starting PLL and one year after graduating PLL. Youth may have also experienced the outcome during PLL. Of the 49 youth who started PLL in placement and graduated PLL in 2011-2014, 10 had an outcome (removal from home, CPS investigation, indication of maltreatment, stay at RITS, or adjudication) while receiving PLL.

Table 2. Among youth who started PLL IN PLACEMENT and graduated PLL 2011-2014, child welfare/juvenile justice outcome status prior to PLL start and within one year post PLL completion (n=49)

Child Welfare/ Juvenile Justice Outcomes	Started PLL While In Placement (n=49)		
	Anytime Pre-PLL	1 Year Pre-PLL	1 Year Post-PLL
Removal from home	49 (100.0%)	34 (69.4%)	14 (28.6%)
CPS Investigation	29 (59.2%)	11 (22.5%)	5 (10.2%)
Indication of Maltreatment	29 (59.2%)	10 (20.4%)	2 (4.1%)
Stay at RITS	18 (36.7%)	--	14 (28.6%)
Adjudication	18 (36.7%)	--	13 (26.5%)

Source: PLL and RI DCYF RICHIST

-- The number/percent of youth with a stay at RITS and an adjudication 1 year pre-PLL is not shown in the table above because time spent at the RITS in the year prior to starting PLL would reduce a youth's ability to have a new adjudication; there were 12 youth who had a stay at the RITS that began within one year prior to PLL.

Note: Of the youth who started PLL while In Placement and had an outcome during PLL, the following did NOT have that outcome within one year after completing PLL : of 3 who had a removal during PLL, 2 did not have a removal post-PLL; of 1 who had a CPS investigation during PLL, 1 did not have a CPS investigation post-PLL; of 2 who had a stay at the RITS during PLL, 0 did not have a stay at the RITS post-PLL; and of 4 who had an adjudication during PLL, 2 did not have an adjudication post-PLL.

Adjudication does not include violation of probation (VOP) (technical); 2 of 49 youth had only an adjudication of VOP (technical) within one year post PLL graduation and are not counted in the table above.

Exit Cohort: Child Behavior Checklist (CBCL)

As part of the PLL model, the Child Behavior Checklist is completed to assess impact on emotional and behavioral problems. The CBCL is administered to youth’s parents/guardians prior to starting PLL and after completion of treatment. According to a report on 20 youth who graduated PLL in RI between May 2011 and mid-May 2014, completed by Hornby Zeller Associates, there was an indication of improvement in youth behavior as reported by parents or caregivers. The improvement was shown as a significant reduction between pre-test and post-test means for all CBCL scales, which is the intended outcome. The scales include anxious, withdrawn, somatic complaints, total internalizing behaviors, total externalizing behaviors, social problems, thought problems, attitude problems, other problems, oppositional defiant behavior, and conduct disorder.⁵

Of the 58 Rhode Island youth started PLL while either living at home or in placement and who graduated PLL in 2011-2014 (the basis for most of this report), there were 41 youth who completed PLL between May 2011 and mid-May 2014, the timeframe used in the Hornby Zeller Assoc. report. Of these 41 youth, 20 had both a pre-test and post-test completed. Below shows the outcomes of 19 of the 20 youth who completed the CBCL (one youth with a CBCL could not be identified due to lack of an electronic CBCL record, and is included in the did not complete CBCL category) and those who graduated during the same timeframe but did not complete both the pre and post CBCL.

Figure 15. Among youth who graduated PLL May 2011 and mid-May 2014 and COMPLETED the CBCL, outcome status prior to starting PLL and within one year post-PLL graduation (n=19)

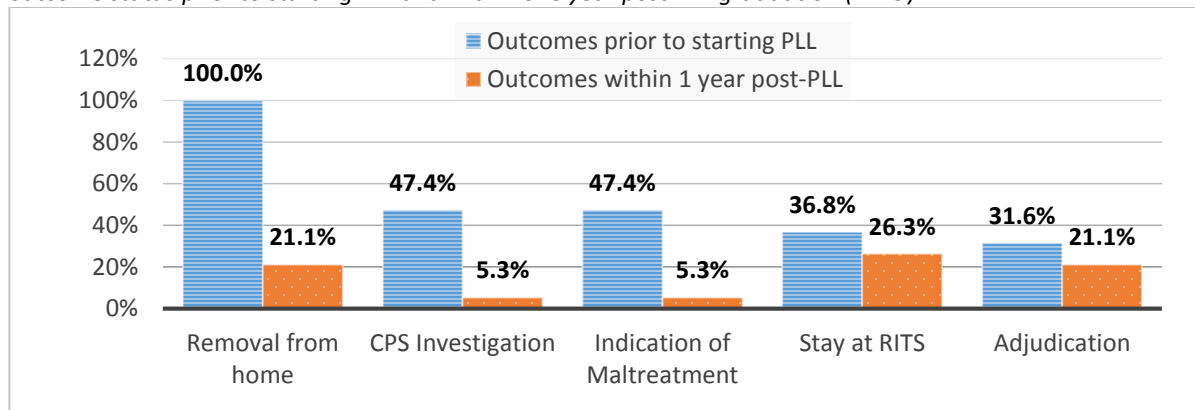
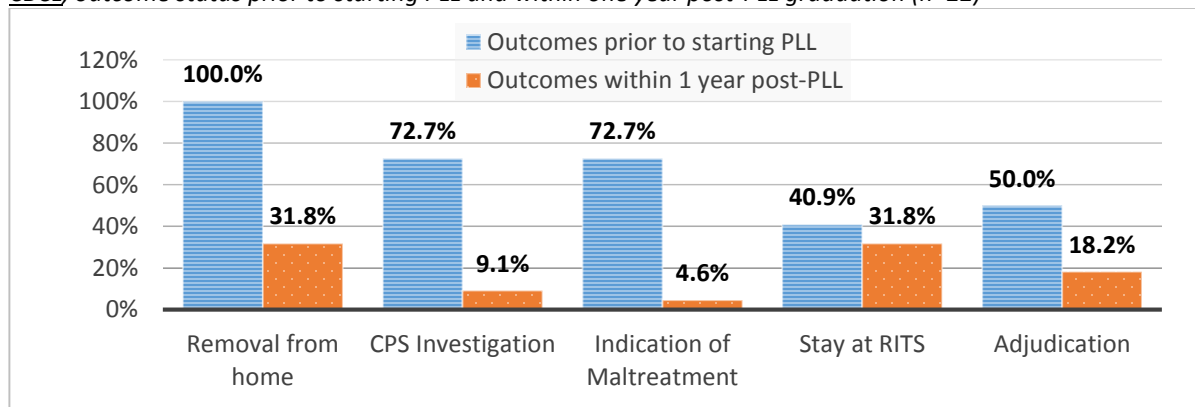


Figure 16. Among youth who graduated PLL May 2011 and mid-May 2014 and DID NOT COMPLETE the CBCL, outcome status prior to starting PLL and within one year post-PLL graduation (n=22)



References

- 1) Parenting with Love and Limits: **Completion Requirements/Graduation Agreement**. Retrieved October 14, 2016. <https://gopll.com/Home/OverviewOfPLL>
- 2) Parenting with Love and Limits: **Overview of PLL**. Retrieved October 14, 2016. <https://gopll.com/Home/OverviewOfPLL>
- 3) Justice Research Center. July 2009. **Parenting with Love and Limits Research Evaluation, 2009-10 Outcomes**. www.gopll.com/pdf/Parenting%20With%20Love%20and%20Limits%202009-10%20Evaluation%20Report_Final.pdf
- 4) Parenting with Love and Limits: **Measures to Monitor PLL Adherence**. Retrieved July 1, 2016. www.gopll.com/?page=Adherence
- 5) Hornby Zeller Associates, Inc. North American Family Institute Rhode Island: CBCL Analysis 2014.

APPENDICES

Table A1. PLL Program Outline

WEEK	DESCRIPTION	PLL GROUP	PLL INDIVIDUAL COACHING*
WEEK 1:	UNDERSTANDING WHY YOUR TEEN MISBEHAVES <i>Why the teen creatively uses things like substance abuse, disrespect, running away or violence to commit acts of "parent abuse" to continually defeat parents trying to regain control of their household.</i>	Group 1: Venting	No coaching 1 st week
WEEK 2:	BUTTON PUSHING <i>Teaches adolescents and parents how and why button-pushing creates conflict and confrontation. Shows both adolescents and parents how to identify the top three buttons that each pushes to escalate arguments.</i>	Group 2: Button Pushing	Coaching 1: Winning the Battle for Structure and putting all the protective factors on the radar screen
WEEK 3:	WHY TRADITIONAL CONTRACTS FAIL AND THE ART OF NEGOTIATION <i>Teaches adolescents and parents why their current contracts fail; Teaches adolescents how to design their own rewards; Teaches both adolescents and parents the Art of Negotiation, or "It's not what you say but how you say it."</i>	Group 3: Contracting	Coaching 2: Identifying Undercurrents, Feedback Loops and beginning to develop first contract and if applicable, Aftercare Plan
WEEK 4:	WRITING NEW CONTRACTS AND THE USE OF EMOTIONAL WARM-UPS <i>Teaches parents how to write their first loophole-free contracts; Teaches parents through role plays to deliver the contracts without their buttons being pushed; Teaches adolescents the button buster of "Being Unpredictable" to reduce conflict and enhance the relationship.</i>	Group 4: Putting the Contract Together as a Group	Coaching 3: Continuing to draft written plans
WEEK 5:	PULLING IT ALL TOGETHER <i>Parents will learn creative consequences to stop behaviors like (a) Extreme Disrespect (b) Running Away, (c) Alcohol and Drug Use, (d) Sexual Promiscuity, (e) Threats or Acts of Violence; (f) Threats of Suicide; Teaches parents how to create a Positive Teen Report Certificate to catch their teen doing something right.</i>	Group 5: Creative Consequences (to stop disrespect, school problems, drug use, violence, not doing chores, running away, etc)	Coaching 4: Developing Countermeasures around written plans
WEEK 6:	RESTORING LOST NURTURANCE AND TENDERNESS <i>Educate adolescents and parents on Reactive Attachment Disorder and how noncompliance skyrockets; Teaches how the fine line between love and dislike works and why there is a current lack of nurturance.</i>	Group 6: How to Start Liking Each Other Again	Coaching 5: Further development if needed Countermeasures and intensive dress rehearsals
WEEK 7 AND BEYOND:	Coaching Continues Especially for youth on probation or youth exiting residential or group homes until: <ul style="list-style-type: none"> • In Home (No running away) • In School (No truancy, suspension) • No Law Violations (2 consecutive weeks) 	No Group	Coaching 6: Assessment of written plans and changes made as needed

Source: gopll.com

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A2. Youth who exited PLL 2011 to 2014, by characteristic, PLL outcome, and programming option (N=147)

Characteristics	TOTAL							PLL PROGRAMMING OPTION											
	Total N	Administrative Discharge		Drop Out		Successful Completers		Started PLL while Living At Home			Started PLL while In Placement			Successful Completers					
		N	%	N	%	N	%	Administrative Discharge	Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers	N	%	N	%	N	%
								N	%	N	%	N	%	N	%	N	%	N	%
Total (row %)	147	57	38.8%	32	21.8%	58	39.5%	14	50.0%	5	17.9%	9	32.1%	43	36.1%	27	22.7%	49	41.2%
Gender (col %)																			
Male	115	45	79.0%	26	81.3%	44	75.9%	9	64.3%	4	80.0%	5	55.6%	36	83.7%	22	81.5%	39	79.6%
Female	32	12	21.1%	6	18.8%	14	24.1%	5	35.7%	1	20.0%	4	44.4%	7	16.3%	5	18.5%	10	20.4%
Age at PLL Start (col %)																			
8-13	29	12	21.1%	7	21.9	10	17.2%	3	21.4%	1	20.0%	3	33.3%	9	20.9%	6	22.2%	7	14.3%
14-15	66	24	42.1%	11	34.4	31	53.5%	5	35.7%	2	40.0%	3	33.3%	19	44.2%	9	33.3%	28	57.1%
16-18	52	21	36.8%	14	43.8	17	29.3%	6	42.9%	2	40.0%	3	33.3%	15	34.9%	12	44.4%	14	28.6%
Race/Ethnicity (col %)																			
Caucasian American	71	23	40.4%	12	37.5	36	62.1%	9	64.3%	1	20.0%	4	44.4%	14	32.6%	11	40.7%	32	65.3%
African American	33	18	31.6%	8	25.0	7	12.1%	1	7.1%	0	0.0%	3	33.3%	17	39.5%	8	29.6%	4	8.2%
Hispanic	32	14	24.6%	8	25.0	10	17.2%	3	21.4%	2	40.0%	0	0.0%	11	25.6%	6	22.2%	10	20.4%
Mixed Race	6	1	1.8%	1	3.1	4	6.9%	1	7.1%	1	20.0%	2	22.2%	0	0.0%	0	0.0%	2	4.1%
Other	3	1	1.8%	2	6.3	0	0.0%	0	0.0%	1	20.0%	0	0.0%	1	2.3%	1	3.7%	0	0.0%
Asian	2	0	0.0%	1	3.1	1	1.7%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	3.7%	1	2.0%
Family Structure (col %)																			
Single Parent Family	96	41	71.9%	18	56.3	37	63.8%	12	85.7%	3	60.0%	7	77.8%	29	67.4%	15	55.6%	30	61.2%
Dual Parent Family	28	9	15.8%	8	25.0	11	19.0%	2	14.3%	1	20.0%	2	22.2%	7	16.3%	7	25.9%	9	18.4%
Other Family Structure	10	4	7.0%	2	6.3	4	6.9%	0	0.0%	0	0.0%	0	0.0%	4	9.3%	2	7.4%	4	8.2%
Kinship Care	8	2	3.5%	4	12.5	2	3.5%	0	0.0%	1	20.0%	0	0.0%	2	4.7%	3	11.1%	2	4.1%
Foster Care	5	1	1.8%	0	0.0	4	6.9%	0	0.0%	0	0.0%	0	0.0%	1	2.3%	0	0.0%	4	8.2%
Primary Offense Category (col %)																			
Mischief/Behavior	44	20	35.1%	9	28.1%	15	25.9%	5	35.7%	2	40.0%	2	22.2%	15	34.9%	7	25.9%	13	26.5%
No charges	28	11	19.3%	3	9.4%	14	24.1%	5	35.7%	1	20.0%	6	66.7%	6	14.0%	2	7.4%	8	16.3%
Other	21	5	8.8%	5	15.6%	11	19.0%	0	0.0%	1	20.0%	1	11.1%	5	11.6%	4	14.8%	10	20.4%
Violence/Threat of Violence	16	5	8.8%	7	21.9%	4	6.9%	1	7.1%	0	0.0%	0	0.0%	4	9.3%	7	25.9%	4	8.2%
Theft	14	4	7.0%	6	18.8%	4	6.9%	1	7.1%	1	20.0%	0	0.0%	3	7.0%	5	18.5%	4	8.2%
Legal System Violation	9	3	5.3%	1	3.1%	5	8.6%	0	0.0%	0	0.0%	0	0.0%	3	7.0%	1	3.7%	5	10.2%
School Violation	8	4	7.0%	1	3.1%	3	5.2%	2	14.3%	0	0.0%	0	0.0%	2	4.7%	1	3.7%	3	6.1%
Illegal Possession	3	2	3.5%	0	0.0%	1	1.7%	0	0.0%	0	0.0%	0	0.0%	2	4.7%	0	0.0%	1	2.0%
Sex Offense	3	2	3.5%	0	0.0%	1	1.7%	0	0.0%	0	0.0%	0	0.0%	2	4.7%	0	0.0%	1	2.0%
Destruction of Property	1	1	1.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	1	2.3%	0	0.0%	0	0.0%

Source: PLL and RI DCYF RICHIST

Notes: Of all youth discharged from PLL in 2011-2014, there was one youth (who started PLL in placement, graduated PLL, and had a primary offense category of “V - Violence/Threat of Violence”) with a secondary offense of Mischief/Misbehavior. No other youth had secondary offense categories listed.

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A3. Youth who exited PLL 2011 to 2014, by discharge reason, PLL outcome, and programming option (N=147)

PLL Outcome and Discharge Reason	TOTAL							PLL PROGRAMMING OPTION												
	Total		Administrative Discharge		Drop Out		Successful Completers	Started PLL while Living At Home						Started PLL while In Placement						
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%				
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%				
Total (row %)	147		57	38.8%	32	21.8%	58	39.5%	14	50.0%	5	17.9%	9	32.1%	43	36.1%	27	22.7%	49	41.2%
Successful completer (col %)																				
Family completes PLL							58	100.0%					9	100.0%					49	100.0%
Drop Out (col %)																				
Parent Non-Compliant or Non-Participation					10	31.3%					3	60.0%					7	25.9%		
Youth re-/commitment (charges not prior to PLL)					7	21.9%					0	0.0%					7	25.9%		
No Show/Lack of Contact/Unable to Contact Family					5	15.6%					2	0.0%					3	11.1%		
Other					4	12.5%					0	0.0%					4	14.8%		
Youth Non-Compliant					3	9.4%					0	0.0%					3	11.1%		
Did not complete coaching or group session requirements					3	9.4%					0	0.0%					3	11.1%		
Administrative Discharge (col %)																				
Family does not complete more than 1 session			22	38.6%					6	42.9%					16	37.2%				
Family not within Permissible Treatment Criteria			18	31.6%					1	7.1%					17	39.5%				
Youth committed/ placement (charges prior to PLL)			12	21.1%					4	28.6%					8	18.6%				
Loss of jurisdiction/Family moves out of service area			4	7.0%					2	14.3%					2	4.7%				
Judge/Referral Provider removes youth from PLL			1	1.8%					1	7.1%					0	0.0%				

Source: PLL and RI DCYF RICLIST

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A4. Youth who exited PLL 2011 to 2014, by length of time in PLL, PLL outcome, and programming option (N=147)

Length of Time in Program	TOTAL						PLL PROGRAMMING OPTION										
	Total	Administrative Discharge		Drop Out		Successful Completers	Started PLL While Living At Home			Started PLL While In Placement							
		N	N	%	N		%	Administrative Discharge	Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers				
														N	%	N	%
Total (row %)						14	50.0%	5	17.9%	9	32.1%	42*	36.1%	27	22.7%	49	41.2%
Started PLL While Living At Home																	
0 – 4 months						8	57.1%	4	80.0%	3	33.3%						
5 – 12 months						6	42.9%	1	20.0%	6	66.7%						
Started PLL While In Placement																	
0 – 7 months												33	78.6%	21	77.8%	18	36.7%
8 – 12 months												4	9.5%	6	22.2%	25	51.0%
More than 1 year												5	11.9%	0	0.0%	6	12.2%
Length of Time in Program	Total	Administrative Discharge		Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers	Administrative Discharge	Drop Out	Successful Completers
Number of youth						14	5	9	42*	27	49						
Median days						55	108	156	111	108	223						
Minimum days						15	67	117	8	12	73						
Maximum days						212	202	204	414	292	457						

Source: PLL and RI DCYF RICHIST

* One youth, who was administratively discharged and started PLL in placement, was excluded from analysis of length of time in PLL due to missing data.

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A5. Youth who exited PLL 2011 to 2014, by group and family coaching sessions, PLL outcome, and programming option (N=147)

Family/Group Sessions	TOTAL							PLL PROGRAMMING OPTION											
	Total	Administrative Discharge		Drop Out		Successful Completers		Started PLL While Living At Home			Started PLL While In Placement								
		N	N	%	N	%	N	%	N	%	N	%	N	%					
Total (row %)	147	57	38.8%	32	21.8%	58	39.5%	14	50.0%	5	17.9%	9	32.1%	43	36.1%	27	22.7%	49	41.2%
Group sessions (attended required number, 5+)																			
Yes	48	33	57.9%	15	46.9%	0	0.0%	8	57.1%	3	60.0%	0	0.0%	25	58.1%	12	44.4%	0	0.0%
No	99	24	42.1%	17	53.1%	58	100.0%	6	42.9%	2	40.0%	9	100.0%	18	41.9%	15	55.6%	49	100.0%
Family coaching sessions																			
0-7	66	40	70.2%	25	78.1%	1	1.7%	12	85.7%	5	100.0%	0	0.0%	28	65.1%	20	74.1%	1	2.0%
8-11	21	12	21.1%	5	15.6%	4	6.9%	2	14.3%	0	0.0%	4	44.4%	10	23.3%	5	18.5%	0	0.0%
12-30	60	5	8.8%	2	6.3%	53	91.4%	0	0.0%	0	0.0%	5	55.6%	5	11.6%	2	7.4%	48	98.0%
Family Coaching Sessions	Total	Administrative Discharge		Drop Out		Successful Completers		Administrative Discharge			Drop Out				Successful Completers				
Number of youth		57		32		58		14			5				9				
Median sessions		2		5		13		1			3				12				
Minimum sessions		0		0		6		0			2				9				
Maximum sessions		16		14		26		9			5				14				

Source: PLL and RI DCYF RIC HIST

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A6. Youth who exited PLL 2011 to 2014, by group and family coaching session, PLL outcome, programming option, and length of time in PLL (N=147)

PLL Outcome and Family/Group Sessions	Started PLL While Living At Home				Started PLL While In Placement					
	0-4 months		5-12 months		0-7 months		8-12 months		More than 1 year	
ADMIN DISCHARGE	8		6		33		4		5	
Group sessions (attended required number, 5+)	N	%	N	%	N	%	N	%	N	%
No	8	100.0%	0	0.0%	24	72.7%	0	0.0%	0	0.0%
Yes	0	0.0%	6	100.0%	9	27.3%	4	100.0%	5	100.0%
Family coaching sessions										
0-7	8	100.0%	4	66.7%	26	78.8%	1	25.0%	0	0.0%
8-11	0	0.0%	2	33.3%	6	18.2%	3	75.0%	1	20.0%
12-30	0	0.0%	0	0.0%	1	3.0%	0	0.0%	4	80.0%
DROP OUT	4		1		21		6		0	
Group sessions (attended required number, 5+)	N	%	N	%	N	%	N	%	N	%
No	3	75.0%	0	0.0%	10	47.6%	2	33.3%	0	0.0%
Yes	1	25.0%	1	100.0%	11	52.4%	4	66.7%	0	0.0%
Family coaching sessions										
0-7	4	100.0%	1	100.0%	18	85.7%	2	33.3%	0	0.0%
8-11	0	0.0%	0	0.0%	3	14.3%	2	33.3%	0	0.0%
12-30	0	0.0%	0	0.0%	0	0.0%	2	33.3%	0	0.0%
Successful COMPLETERS	3		6		18		25		6	
Group sessions (attended required number, 5+)	N	%	N	%	N	%	N	%	N	%
No	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Yes	3	100.0%	6	100.0%	18	100.0%	25	100.0%	6	100.0%
Family coaching sessions										
0-7	0	0.0%	0	0.0%	1	5.6%	0	0.0%	0	0.0%
8-11	0	0.0%	4	66.7%	0	0.0%	0	0.0%	0	0.0%
12-30	3	100.0%	2	33.3%	17	94.4%	25	100.0%	6	100.0%

Source: PLL and RI DCYF RICHIST

Note: The length of time in PLL for one youth, who was administratively discharged and started PLL in placement, is unavailable due to missing data.

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A7. Youth who exited PLL 2011 to 2015, by PLL outcome, discharge reason and year of discharge (N=188)

PLL Outcome and Discharge Reason	Year of Discharge					
	2011	2012	2013	2014	2015	2011-2015
TOTAL youth	14	40	46	47	41	188
PLL complete	7	11	20	19	13	7
Family attended 5 of 6 groups and received 4 core coaching phases	7	11	20	19	13	7
Drop Out	3	13	8	8	5	37
Parent Non-Compliant or Non-Participation	1	1	3	5	5	15
Youth commitment/re-commitment (charges not prior to PLL)	0	6	1	0	0	7
No Show/Lack of Contact/Unable to Contact Family	0	2	0	3	0	5
Other	0	2	2	0	0	4
Youth Non-Compliant	2	1	0	0	0	3
Did not complete coaching/group session requirement	0	1	2	0	0	3
Administrative Discharge	7	11	20	19	13	70
Family does not follow through with more than 1 session	2	5	6	9	2	24
Family does not fall within Permissible Treatment Criteria	3	2	10	3	6	24
Youth committed/pending placement (charges prior to PLL)	2	4	2	4	2	14
Loss of jurisdiction OR Family moves out of service area	0	0	2	2	0	4
Judge/Referral Provider removes youth from PLL	0	0	0	1	3	4

Source: PLL and RI DCYF RICHIST

Note: Of the 70 administrative discharges between 2011 and 2015, 27 were due to the family not following through with more than one session. In order for a family to be considered “engaged” in the intervention, attendance at two sessions is required. For additional details by year see Appendix.

NOTE: USE CAUTION WHEN INTERPRETING DATA WITH SMALL SAMPLE SIZE

Table A8. Youth who GRADUATED PLL 2011 to 2014, by child welfare/juvenile justice outcome and programming option

Child Welfare/ Juvenile Justice Outcomes	TOTAL (n=58)				Started PLL While Living at Home (n=9)				Started PLL While In Placement (n=49)			
	Anytime Pre-PLL	1 Year Pre-PLL	During PLL	1 Year Post-PLL	Anytime Pre-PLL	1 Year Pre-PLL	During PLL	1 Year Post-PLL	Anytime Pre-PLL	1 Year Pre-PLL	During PLL	1 Year Post-PLL
Removal from home	55 (94.8%)	37 (63.8%)	3 (5.2%)	16 (27.6%)	6 (66.7%)	3 (33.3%)	0 (0.0%)	2 (22.2%)	49 (100.0%)	34 (69.4%)	3 (6.1%)	14 (28.6%)
CPS Investigation	37 (63.8%)	15 (25.9%)	1 (1.7%)	6 (10.3%)	8 (88.9%)	4 (44.4%)	0 (0.0%)	1 (11.1%)	29 (59.2%)	11 (22.5%)	1 (2.0%)	5 (10.2%)
Indication of Maltreatment	36 (62.1%)	14 (24.1%)	0 (0.0%)	2 (3.5%)	7 (77.8%)	4 (44.4%)	0 (0.0%)	0 (0.0%)	29 (59.2%)	10 (20.4%)	0 (0.0%)	2 (4.1%)
Stay at RITS	19 (32.8%)	--	2 (3.5%)	15 (25.9%)	1 (11.1%)	--	0 (0.0%)	1 (11.1%)	18 (36.7%)	--	2 (4.1%)	14 (28.6%)
Adjudication	19 (32.8%)	--	5 (8.6%)	12 (20.7%)	1 (11.1%)	--	1 (11.1%)	1 (11.1%)	18 (36.7%)	--	4 (8.2%)	11 (22.4%)

Source: PLL and RI DCYF RICHIST

-- The number/percent of youth with a stay at RITS and an adjudication 1 year pre-PLL is not shown in the table above because time spent at the RITS in the year prior to starting PLL would reduce a youth's ability to have a new adjudication; there were 12 youth who had a stay at the RITS that began within one year prior to PLL.

Note: Of the youth who started PLL while In Placement and had an outcome during PLL, the following did NOT have that outcome within one year after completing PLL : of 3 who had a removal during PLL, 2 did not have a removal post-PLL; of 1 who had a CPS investigation during PLL, 1 did not have a CPS investigation post-PLL; of 2 who had a stay at the RITS during PLL, 0 did not have a stay at the RITS post-PLL; and of 4 who had an adjudication during PLL, 2 did not have an adjudication post-PLL. Adjudication does not include violation of probation (VOP) (technical); 2 of 49 youth had only an adjudication of VOP (technical) within one year post PLL graduation and are not counted in the table above.

Table A9. Youth who GRADUATED PLL May 2011 and mid-May 2014, by CBCL status and outcomes prior to PLL and post PLL

Child Welfare/ Juvenile Justice Outcomes	COMPLETED CBCL (n=19)			DID NOT COMPLETE CBCL (n=22)		
	Anytime Pre-PLL	1 Year Pre-PLL	1 Year Post-PLL	Anytime Pre-PLL	1 Year Pre-PLL	1 Year Post-PLL
Removal from home	19 (100.0%)	12 (63.2%)	4 (21.1%)	22 (100.0%)	15 (68.2%)	7 (31.8%)
CPS Investigation	9 (47.4%)	3 (15.8%)	1 (5.3%)	16 (72.7%)	6 (27.3%)	2 (9.1%)
Indication of Maltreatment	9 (47.4%)	3 (15.8%)	1 (5.3%)	16 (72.7%)	5 (22.7%)	1 (4.6%)
Stay at RITS	7 (36.8%)	--	5 (26.3%)	9 (40.9%)	--	7 (31.8%)
Adjudication	6 (31.6%)	--	4 (21.1%)	11 (50.0%)	--	4 (18.2%)

Source: PLL and RI DCYF RICHIST