

## Parenting your out of control teenager

Instead of empowering parents to take charge of their teen's problem, teens are often overmedicated in record numbers or placed in boot camps, hospitals, or institutions. Centennial Mental Health Center (CMHC) firmly believes that parents can heal themselves and their teenager when given the right playbook and set of tools. The US Census Bureau estimates that 11 million teenagers go beyond normal adolescent rebellion to engage in out-of-control or extreme behavior. CMHC presents a love and limits approach that is unlike anything else currently available.

CMHC is committed to helping parents obtain the step-by-step tools they need to stop parent abuse and acts of teen terrorism that they may be experiencing. We do this by first showing parents the concrete steps necessary to build an ironclad contract to stop the teen's extreme behaviors of disrespect, ditching school, violence, alcohol or drug use, sexual promiscuity, or threats of suicide. We will then show parents how to restore lost nurturance between them and their teen and how misbehavior is as much connected to a lack of structure as it is to a lack of love. CMHC offers a Parent Survival Kit, including books and workbooks, to accomplish these goals.

## How do we get started?

Getting started is easy! Just call us to schedule an appointment. We will meet with you and your youth to discuss how PLL can benefit you and your youth, discuss the process and answer any questions you may have.

For More Information Contact:

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Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



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CENTENNIAL MENTAL HEALTH  
CENTER, INC

## Parenting with Love and Limits (PLL)



A licensed Center of Excellence of the  
**Parenting with Love and Limits (PLL)**  
Your Premier Guide For Treating Difficult Teenagers

## Help! Why is my teen out of control?

If you have ever made this statement, you are not alone. According to the U.S. Census Bureau, an estimated 11 million households contain teens who have serious behavior problems.

Parents and teens have reported three main reasons why teens go from normal everyday problems to an "extreme" or "out-of-control" state.

*Reason #1- "My Buttons Get Pushed"*

*Reason #2- "My Teen is Drunk with Power"*

*Reason #3- "I Love my Teen But I No Longer Like Him/Her"*

## What is parenting with love and limits (PLL)?

*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 Office of Juvenile Justice and Delinquency Prevention.

## What are the benefits of PLL?

You will learn:

Why your current rules and consequences 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; (f) Threats of Suicide.

How Adolescents and Parents on How and Why Button Pushing Creates Conflict and Confrontation.

To write a Loophole Free Contract and use role plays to deliver the contracts without your buttons being successfully pushed.

How to create a Positive Teen Report Certificate to catch your teen doing something right.

About how the fine line between love and dislike works and why there is a current lack of nurturance. You will learn why you love your child, but no longer like them.

## 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 in your home.

### 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 that is very difficult and frustrating to turn things around without someone at your side. We provide coaching so that what you read in a book and learn in the classes comes to life in your home. We work with you and your teen in your home to empower you to achieve your goals.