

## Counties We Serve

AMikids North Carolina Family Services serves 48 counties in the state with three office locations in Wilmington, Winston-Salem & Greenville.



*Wilmington office serves Lee, Harnett, Cumberland, Sampson, Duplin, Onslow, Jones, Bladen, Pender, Columbus, Brunswick & New Hanover counties*

*Winston-Salem office serves Ashe, Alleghany, Wilkes, Yadkin, Forsyth, Alexander, Iredell, Davie, Davidson & Rowan counties*

*Greenville office serves Halifax, Northampton, Hertford, Gates, Camden, Perquimans, Pasquotank, Currituck, Nash, Edgecombe, Martin, Chowan, Bertie, Washington, Tyrell, Dare, Wilson, Pitt, Beaufort, Hyde, Wayne, Greene, Lenoir, Craven, Pamlico & Carteret counties*

## AMikids North Carolina Family Services

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You can also check us out on  
facebook and youtube!

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NORTH CAROLINA  
FAMILY SERVICES

# AMikids

Separating a troubled past  
from a bright future.



**Separating a Troubled Past  
from a Bright Future**

**Providing in-home Functional  
Family Therapy to youth and  
their families**

## AMIkids Mission

In order for our communities to prosper, we must provide our kids with the support to become responsible and productive citizens. For kids striving to become contributing members of the community, obstacles to achieving success can seem insurmountable.

Our youth face a variety of challenges: violence, family dysfunction, and the pressure of using drugs and alcohol. These challenges do not have to define our kids. Our kids can overcome. Our kids can be successful. Our kids can achieve. Together, we can assist our kids to separate a troubled past from a bright future.

## Who We Serve

AMIkids North Carolina Family Services has partnered with the NC Department of Public Safety, Division of Adult Corrections and Juvenile Justice to provide youth and their families with an in-home, evidence based family therapy model to reduce delinquent behaviors and increase overall family functioning. All referrals must come from their juvenile court counselor. Referral criteria includes:

- male or female youth between the ages of 10-17
- Level 1 or 2 adjudicated youth or youth on Post Release Supervision
- Youth must be living with long term family
- All family members residing in the home participate
- Youth must be able to intellectually benefit from therapy

## About Functional Family Therapy

- Is an in-home, cost effective, evidence based model
- Has a strength based and family centered approach
- Uses motivational interviewing & other motivational/engagement techniques
- Incorporates individualized behavior change techniques and skill building
- Provides opportunities to generalize change to other areas of life to promote lasting results & reduce the likelihood of sibling delinquency.

## Three Phases of FFT

Through a joint effort between the therapist, youth, and family, completing these three phases will help to reduce risk factors, increase protective factors, and increase overall family functioning. The anticipated timespan for treatment is 3-6 months with one hour sessions once per week.

### Phase 1: Engagement and Motivation

The therapist and family will spend time becoming acquainted and working towards building trust. During this phase it is vital to work on reducing negativity as well as increasing hope, alliance and desire to change.

### Phase 2: Behavior Change

The “work” phase, where the family works on collective issues and develops strategies for change. Goals are individualized for each family to match to their family dynamics, risks and needs.

### Phase 3: Generalization

The goal of this phase is to assist the family with increased self-knowledge and skills to help deal with day-to-day situations and struggles in a positive way. They learn how to manage future crisis on their own and depend less on emergency response systems.

## Experiential Challenge Event Opportunities

AMIkids offers various annual trips for youth who have shown growth in areas of personal, psychological, and emotional development. These events are a foundation of AMIkids, offering youth a promising future through positive and motivating experiences for youth inspiring learning, leadership, and personal growth



Most recently, AMIkids NC Family Services had the opportunity to take youth participants on a Whitewater Rafting and Rappelling Challenge Event in the mountains of North Carolina. The youth were challenged to step out of their comfort-zone and show good leadership, effective communication, and teamwork.

In addition to the Whitewater Rafting and Rappelling Challenge, we were also fortunate enough to take a small group of successful graduated participants on the AMIkids Dive Challenge Event in Florida City, FL. The kids worked very hard and challenged themselves to all aspects of underwater diving and eventually became certified scuba divers!