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**El Futuro**

Nurturing stronger *familias* to live out their dreams

The Future is Now.

El Futuro es Ahora.

2017 Annual Report



## Dear Friends,

As I step back and reflect on our work here at El Futuro, I'm reminded of our earliest beginnings. Back then, in 2003 I met a boy who couldn't sit still in school and was already falling behind in kindergarten. As his new doctor, my eyes were opened with each question I asked. I quickly realized if I was going to be helpful I needed support! With a few emails and several calls, I pulled together a motivated team ready to join me in the journey, and we began El Futuro.

As we developed the work of El Futuro, the boy I met in 2003 also shot up. He made great strides as he moved first through elementary and then on to middle school. El Futuro also grew up! We established new clinical sites and built our work with amazing people from a staff of only a few to now 32 who call themselves "Futuristas" - my hard working teammates who are addressing a critical need with their efforts. Futuristas are now helping more children and family members each month than ever before!

Earlier this year, that little boy came back into my office now all grown up. He and his family were all smiles as they told me of his upcoming graduation from high school. I celebrated with them as I thought of all the progress he had made and of the future ahead of him. Now, as I look back over the progress and maturation of El Futuro, I celebrate for us too. And I get excited about our next steps!

We spring forward now with exciting news of an upcoming move later this year into a new, larger space in Durham's Lakewood shopping center. Construction is almost under way! With that platform we will help more people. We will do this through providing more psychiatry and psychotherapy services but also through new case management services in order to provide more holistic care. Another important step forward will be with our efforts to educate and equip others to do this work around North Carolina and even nationally. Like my young patient who has now moved on to college, we are excited about our transition to a promising future.

And like that young man, we are grateful to have a wonderful family of support around us. In the early days we realized doing this work would be a team approach and we very much realize that now. I'm thankful for your support as we take these next steps on our journey!

Onward!

A handwritten signature in black ink that reads "Luke". The signature is fluid and cursive.

Luke Smith, MD

# Strategic Goals



**With input from community,** regional, and statewide leaders on mental health and the Latino community, last year we embarked on a new, 10-year strategic plan. The plan pushes us toward bold new goals that reflect the way we've seen demand for our services grow in recent years - all in pursuit of nurturing stronger *familias* in North Carolina and beyond.

## Goal 1:

Bring higher quality mental health and substance use treatment services to more underserved Latino families in North Carolina.

## Goal 2:

Develop into a national model and resource center for Latino mental health and substance use treatment services.

With your support, we're taking a number of steps to grow our services, our team, our model, and even our space to bring more care to more people over the next 10 years.

- We're moving and expanding our Durham clinic to a larger space within the Lakewood Shopping Center.
  - The 40% larger space will enable us to meet the increasing demand for our services and grow our treatment programs.
  - The strategic location will make it accessible to Latino communities from right here in Durham and around the region.
  - And its proximity to other service providers will help connect the families we serve to more resources.
- We're launching new treatment programs.
  - A new case management program will help connect our families to other resources in the community, providing a holistic, wrap-around approach to help them get stronger.
  - After comprehensive training for our clinicians, we're offering new treatment approaches specifically selected for their success in treating the types of complex traumas so many of our clients have experienced. Currently these include Structured Psychotherapy for Adolescents Responding to Chronic Stress, and others.
- We're adding more talented clinical staff and essential support staff to grow our capacity to help more people.
- We're elevating the way we share our approach with others, with the initiation and continuation of partnerships with RTI International, the Patient-Centered Outcomes Research Institute, the Kate B. Reynolds Charitable Trust, NC AHEC, and others. We're particularly excited about initiating the Latino Mental Health Provider Network (La Mesita), an effort to bring together those serving Latino families in NC to improve the quality of mental health services available to this vulnerable community and simultaneously reduce professional isolation and burnout among those working diligently to provide good care.

# FY17 Accomplishments



1,547  
Clients served



9,196  
Treatments  
(encounters)



Total  
Number of  
Residents  
trained  
(FY17 and  
prior)



84%  
Functional  
Improvement/  
Stabilization



60% of our clients are victims  
of crime (in home country,  
during migration, or in the US)



81%  
Clinical Improvement  
/Stabilization



54%  
of our clients were  
unaccompanied minors



Over  
20 counties  
served



served in Durham  
over last 3 years



3rd day/week  
opened in Siler City



# Client Success Story

Last year we had to hospitalize Rosa, a mother of three girls and married to Jose. But when they brought her in that winter day a year ago, the “family” swelled to 12 people - sisters, nieces, and in-laws. All were scared and concerned. I knew Rosa for many years and we had walked through several crises, but this was different. The racing thoughts, anxiety, paranoia and fear couldn't be extinguished with reassuring words or strong medicines. She needed a higher level of care.

After she got out of the hospital, Rosa and Jose came each week to check in. We fought through medication side effects. We validated her realistic fears about immigration issues. We grieved at times when things didn't seem to get better. And we figured out how Jose and her daughters could support her without suffocating her with their concerns. She learned how to ask for help earlier on and took steps, literally, to leave the house.

Over the summer she finally agreed to meet with Marisol, one of El Futuro's 14 therapists, where she learned how to manage those fears and also how to

speak up for herself amidst her family. She tentatively came to our Trauma-sensitive yoga class on Mondays where she met other women struggling with low self-confidence and painful memories from the past. Her oldest daughter met with another therapist, Alvely, to talk through her own worries about her mother's illness.

In early November, Rosa came to an appointment with me wearing an expression of fear. I could tell something was wrong. She told me of not being able to sleep well and feeling more nervous about leaving her home. She was starting to slip and she knew it. I listened to her report but, now a year later, found her much better prepared. We made a plan, called her husband, and decided to meet back in a week. In short, Rosa didn't have to go to the hospital. She navigated the difficult waters with new insight and energy. Today she is working full time and feels proud of her family.

*\* Identifying details have been changed to protect client anonymity.*

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**Because of your support,** Rosa and Jose are now a stronger family and on their way to living out their dreams for the future!

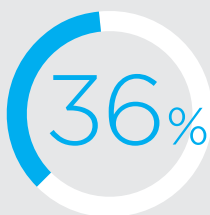


# Financial Info

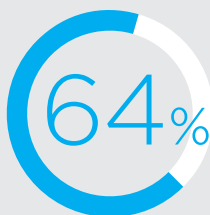
## INCOME



## EXPENSES



of the costs to provide services are **reimbursed** by 3<sup>rd</sup> party payers.



of funding is attributed to the support of **grantors, community organizations, and individuals like you.**

## \$ 1,512,285 – TOTAL COST OF CLINICAL SERVICE PROVISION

Teaching and training costs excluded from figure



## \$ 164 – COST FOR ONE TREATMENT



Each year *El Futuro* undergoes a **full financial audit** by a third-part accounting firm, Stancil & Co. Again, this year *El Futuro* received the best possible rating from this auditor, who found no deficiencies or weaknesses in internal controls.

# Board List & Grantors and Partners

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For a full list of supporters visit: [www.elfuturo-nc.org/supporters](http://www.elfuturo-nc.org/supporters)





## Our Mission

Our mission is to nurture stronger *familias* to live out their dreams. We do this by:

- Delivering and adapting high impact (evidence based), culturally sensitive, mental health and substance use treatment services
- Strengthening the mental health workforce in North Carolina and beyond

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