



El Futuro

Libertad: **Freedom To Be**

Annual Report 2020

Nurturing stronger *familias* to live out their dreams since 2004

Durham: 2020 Chapel Hill Rd, Suite 23, Durham, NC 27707
Siler City: 401 N. Ivey Avenue, Siler City, NC 27344

Phone: (919) 688 7101
Website: www.elfuturo-nc.org





Freedom to be **stronger**

When we formed El Futuro 15 years ago we knew we were in for a ride, but we had no idea what to expect on the journey ahead. Our hope of creating something new was embodied in the name we chose - El Futuro - because we were excited about "the future." There was no way for us to anticipate the roller coaster ride awaiting us with a changing healthcare landscape and, more specifically, the multiple "reforms" of the mental healthcare

systems here in North Carolina. Later, when the market bubble burst in 2007, we held on and made it through an economic downturn that sent many off the rails. And if these weren't enough, we were often left dizzy by shifting immigration policies and the seismic immigration battles playing out across our country and the world. We, like the immigrant families we serve, experienced many ups and downs.

The experiences during our first 15 years were challenging but nothing like 2020. I'll spare you a recap, because I know you lived through it too. However, over the last year I came to love the name of our organization even more - El Futuro. The Future! In the midst of such adversity, I returned to the beginnings of our work when we were hopeful and dreamed of creating something better for our immigrant friends. Focusing on the future, though, doesn't mean we don't have to work hard today. In our work over the last year more people came to us and we provided more services than ever before. It was such a hard year and the stress was overwhelming for many families. So we found new ways to innovate and transform our work to help and support our patients during the pandemic.

We shifted all of our services to virtual interactions and with rigorous evaluation found them to be accessible and effective. We were even able to continue our yoga and mindfulness groups and saw our numbers grow. And in response to the stress felt by parents, we developed parent classes and groups to help caregivers during the pandemic.

We adapted our training and capacity-building efforts, also known as La Mesita, with a focus on supporting professionals all across the state (and increasingly across the country) to deliver excellent, evidence based care. The La Mesita network grew by 50% and now has over 900 members. Finally, a team of staff and community volunteers evaluated a number of research proposals and helped decide which were a strong fit for the work at El Futuro, to continue our focus on practical research that benefits the community.

We had a lot going on in 2020, and I haven't even mentioned our therapeutic green space and community mural! Please come by our Durham clinic sometime to play in the stream, pick a vegetable from the garden and enjoy the mural's breathtaking images.

When I sit in that area and look at the mural and reflect on our work, the one image that best captures this moment for El Futuro is the monarch butterfly. It has come to symbolize immigration because of the long migration journeys monarchs make each year. Others who see the butterfly are reminded of the chrysalis and transformation that produces such a beautiful creature. And many see freedom which is fitting because there are several butterflies near or sitting on the Statue of Liberty that is prominently painted at the end of the mural. In that spirit, we are celebrating this year as one of freedom. **"Freedom to be..."** The last year has been hard but I feel like El Futuro has emerged stronger and our organization has transformed in some unexpected and surprising ways. Cesar Chavez said, **"We draw our strength from the very despair in which we have been forced to live. We shall endure."** Thanks to your support we have endured and El Futuro is strong. With your help many, many families are again dreaming and we're helping them complete the thought of **"Freedom to be..."**

Executive Director and Psychiatrist

Freedom to be caring

15 years
of nurturing stronger familias to live out their dreams

We provide bilingual mental health treatment for Latino and families in North Carolina

Our two clinics are located in Durham and Siler City

We participate in research and evaluation to improve mental health services for Latino families

We train other providers in culturally-responsive treatment approaches through our 1000+ member La Mesita Network

Our primary services include therapy, psychiatry, and substance use treatment

Our values

Confianza	Developing deep trust first, then meeting mental health needs
Calor humano	Using a compassionate and understanding approach at all times
Equidad	Meeting people where they are
Familismo	Making people feel at home and honoring sources of support from family members who are important to them

El Futuro Board Members

Nilda “Nena” Peragallo Montano
DrPH, RN, FAAN
Chair, Dean, UNC School of Nursing

Kevin FitzGerald
MPA – Member

Karlina Matthews
MBA – Member
UNC Health

Rosa Gonzalez-Guarda
PhD, MPH, RN – Member
Associate Professor, Duke University

Cecilia Barja Chamas
MPP – Vice Chair/Secretary
Community Organizer

Manuel Nieto
MBA – Member
BB&T

Hope Williams
JD – Member
Staff Attorney, Legal Aid of North Carolina

Lister Delgado
MBA, MS – Member
Venture Capitalist

Luis Alvarez
Member
Owner of Bull City Brick and Luna Night Club, Vice President of Mante Masonry

Richard Bruch
MD – Treasurer
Consultant, EmergeOrtho, P.A.

Wayne Holden
PhD – Member
RTI International

Jenni Owen
MPA – Member
Director of Strategic Partnerships, Office of NC Governor Roy Cooper

Merywen “Wenny” Wigley
MSc – Member
Associate Compliance Director at IQVIA



43
employees

Our expert team of licensed professionals provides culturally-responsive care in a warm environment of healing and hope, where clients are treated with dignity and respect.

* El Futuro staff during a weekly team meeting



Our services



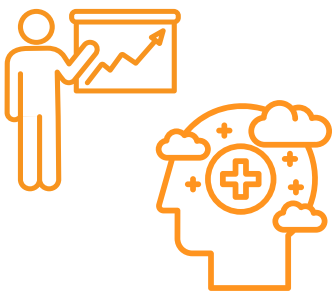
For families

- Individual therapy for personal concerns
- Therapy provided in group settings to build social connections and support
- Substance use and alcohol prevention and treatment
- Consultations with a doctor about medicines that help stress and other problems



For the community

- Therapeutic garden and play space
- Opportunities to reduce isolation and build social connections
- Vibrant community mural and Latino heritage celebrations
- Building community mental health



For mental health providers

- Research and knowledge sharing to improve Latino mental health best practices
- Training on reducing barriers to mental health access for Latino families
- Webinars, case consultations, virtual learning community, Learning Cohort
- Building the workforce of culturally-responsive mental health providers in NC
- Improved Latino mental health outcomes in NC and beyond



What our patients will find at El Futuro

1. Licensed and bilingual therapists dedicated to our patients' emotional well-being
2. Individual, group and family treatments
3. Treatments to improve family communication, stress, problems at work, behavior in children, sadness, worry or irritability
4. Virtual appointments during the pandemic

Strategic Goals

Goal 1:

Increase mental health and substance use treatment services for underserved Latinos in North Carolina.

Goal 2:

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

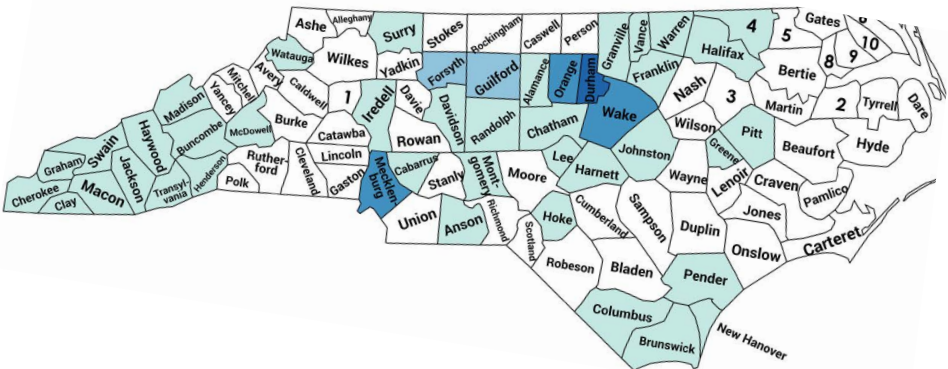
La Mesita members provide services to many individuals around NC:

Counties

- Durham County
- Alamance County
- Buncombe County
- Chatham County
- Guilford County
- Mecklenburg County
- Orange County
- Wake County

#Member who serve

- 241
- 62
- 62
- 60
- 107
- 95
- 193
- 205



Freedom to be **happy**
and feel joy



Highlights



During 2020:



1,776

unique patients served with

13,492

treatment sessions

85%

functional improvement or stabilization rate (improved performance at work and school, fewer absences from work and school, fewer disciplinary referrals, more nurturing relationships at home)

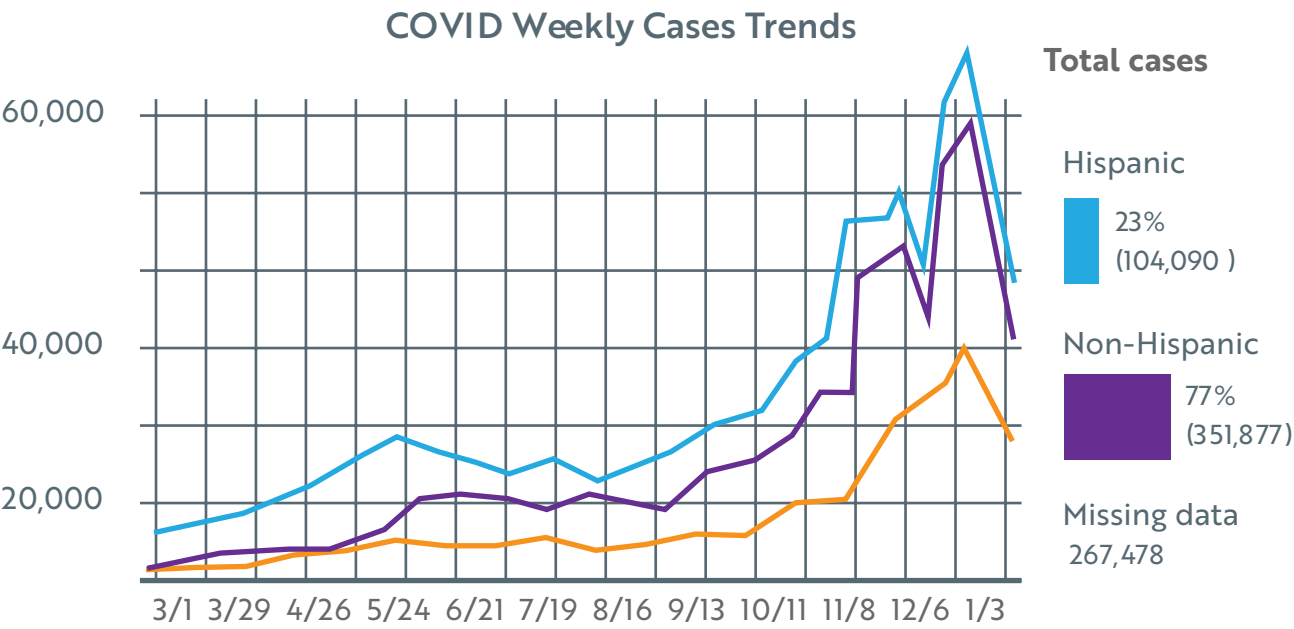
80%

clinical improvement or stabilization rate (reduction in symptoms like depression, anxiety)

11%

growth in number of visits over previous year

COVID-19 impacts



What we saw and heard from families

- Urgency to get “back to normal”
- Worry about people knowing I’m sick
- Gotta work, make money, not lose the job
- Post-COVID anxiety
- More case management needs
- This late in the game and people still don’t know about resources
- Parents are stressed and focused on basic needs = unable to co-regulate

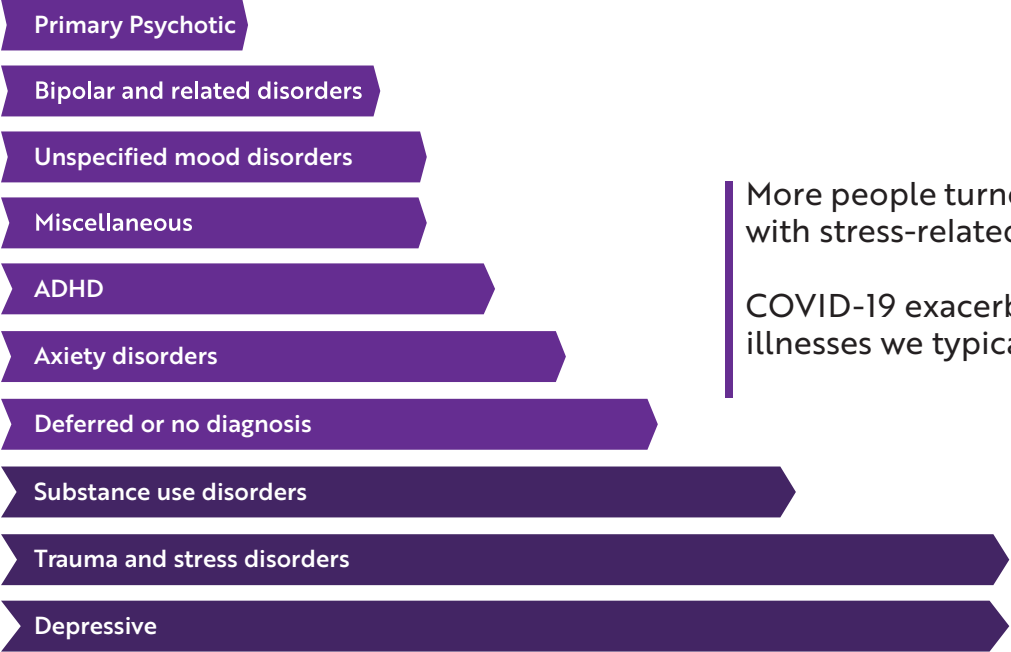
35%

of our clients have either had COVID or have had a family member who has had it. **Food, financial assistance, and parenting help are major needs.**

A lot of disinformation in the community about how to stay safe and COVID vaccines. People reaching out to El Futuro for support and information.

COVID-19 impacts

Types of diagnoses seen at El Futuro



More people turned to us for help with stress-related symptoms

COVID-19 exacerbated the illnesses we typically see most



COVID-19 impacts

We transitioned to telehealth to respond

The majority of patients indicate that TeleBehavioral Health appointments are just as effective as face-to-face appointments, but most prefer getting back into the clinic when it's safe to do so

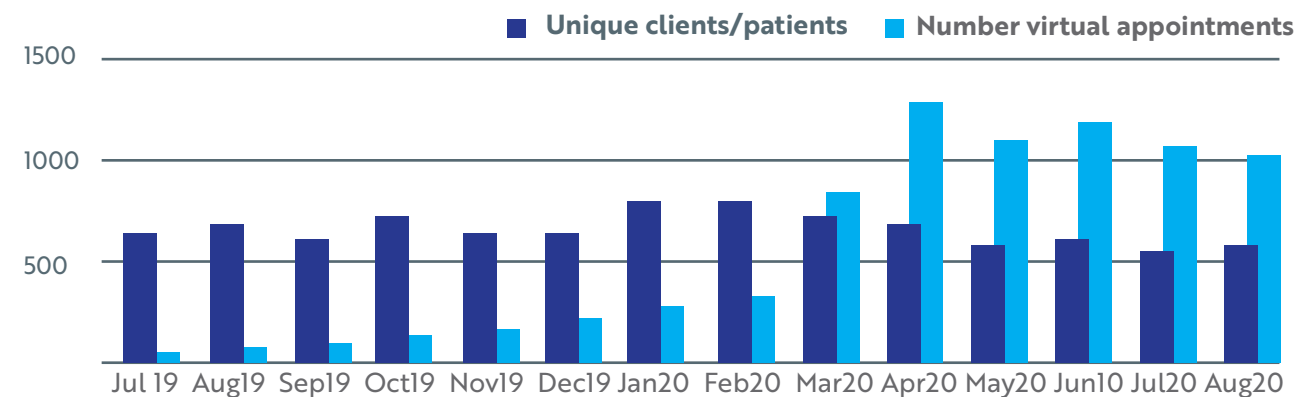


Telehealth has proven just as effective as clinic-based care for those who have received care during the pandemic

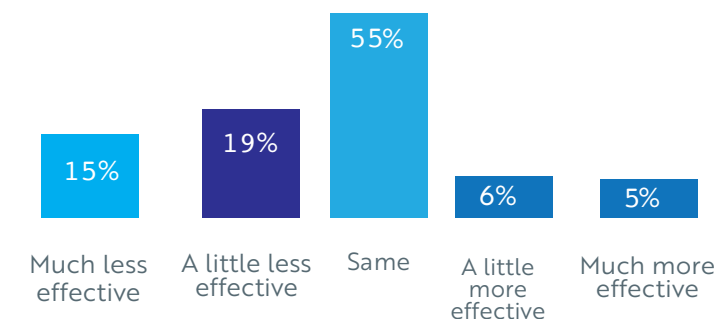


El Futuro virtual services

Before the pandemic, our virtual services were primarily driven by a project engaging migrant farmworkers with the Office of Rural Health. But in March we rapidly changed all of our services to virtual

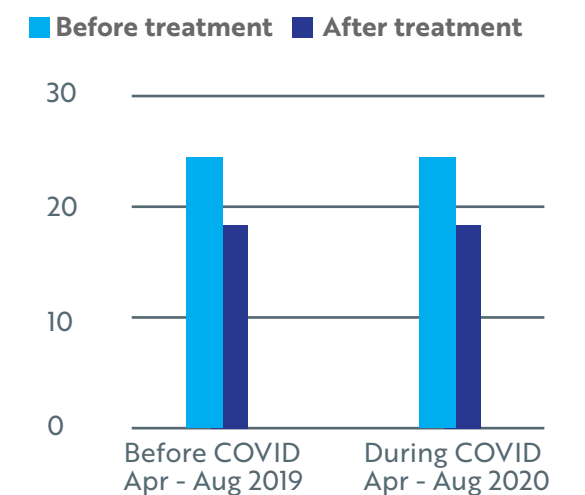


Please indicate if video appointments are more or less effective than in-person appointments



Treatment is as effective during the pandemic. Those entering treatment on average have same level of symptoms.

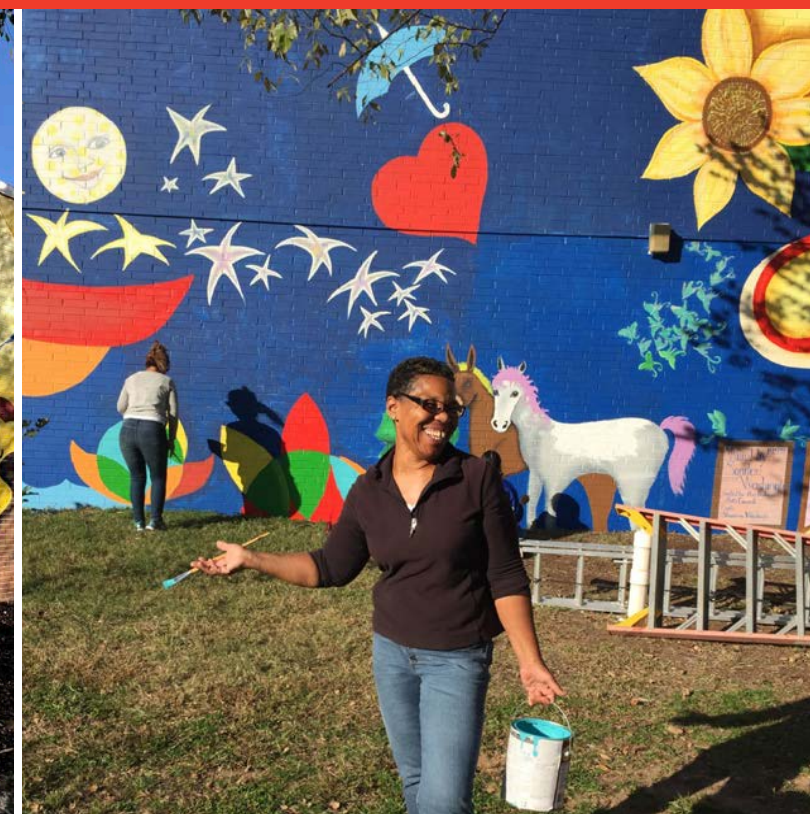
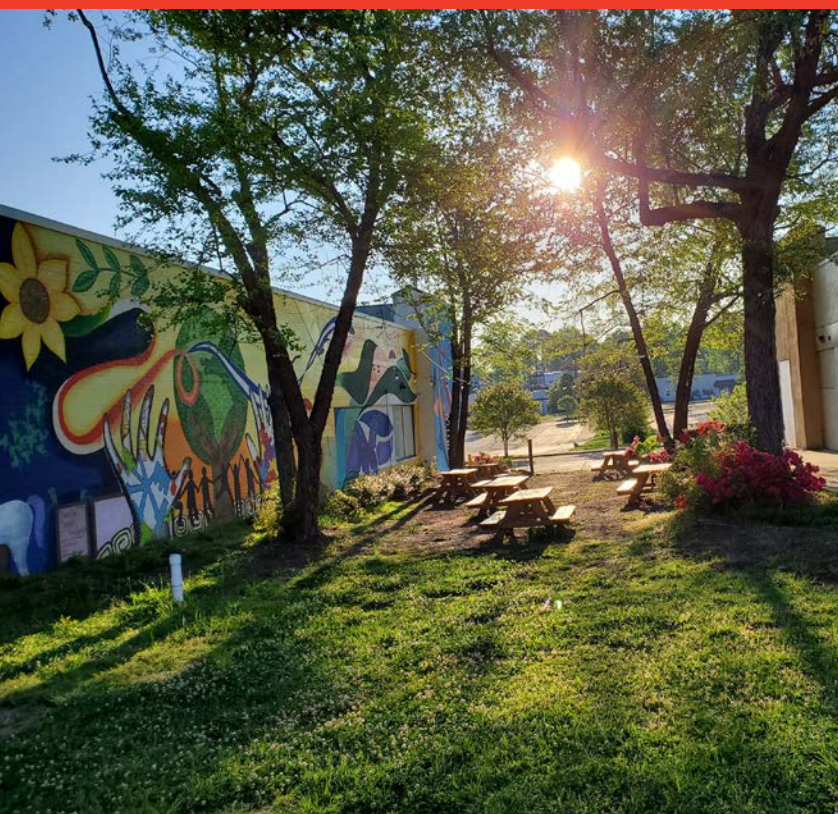
Change in patient symptoms before COVID-19 vs. during COVID-19





Libertad: **freedom to be** Authentic

Our mural called "Libertad" was created to promote community vitality and well-being





Thank you!



Our donors' support is instrumental in making sure Latino families get the care that they need all across North Carolina.

"Many thanks for all that you do to positively impact so very many people's lives! You and your work are appreciated!! and we are honored to support your mission."

Catherine S, Donor

"Congratulations on the rapid reaction to the crisis. TeleFuturo is a reflection of the organization's commitment to being a step ahead and always looking to provide a better service"

Alejandro Peña, Donor

"Our whole family feels so fortunate that we get to be involved with this team. Thankful for all the Futuristas and all the familias "

Staff member and donor of El Futuro

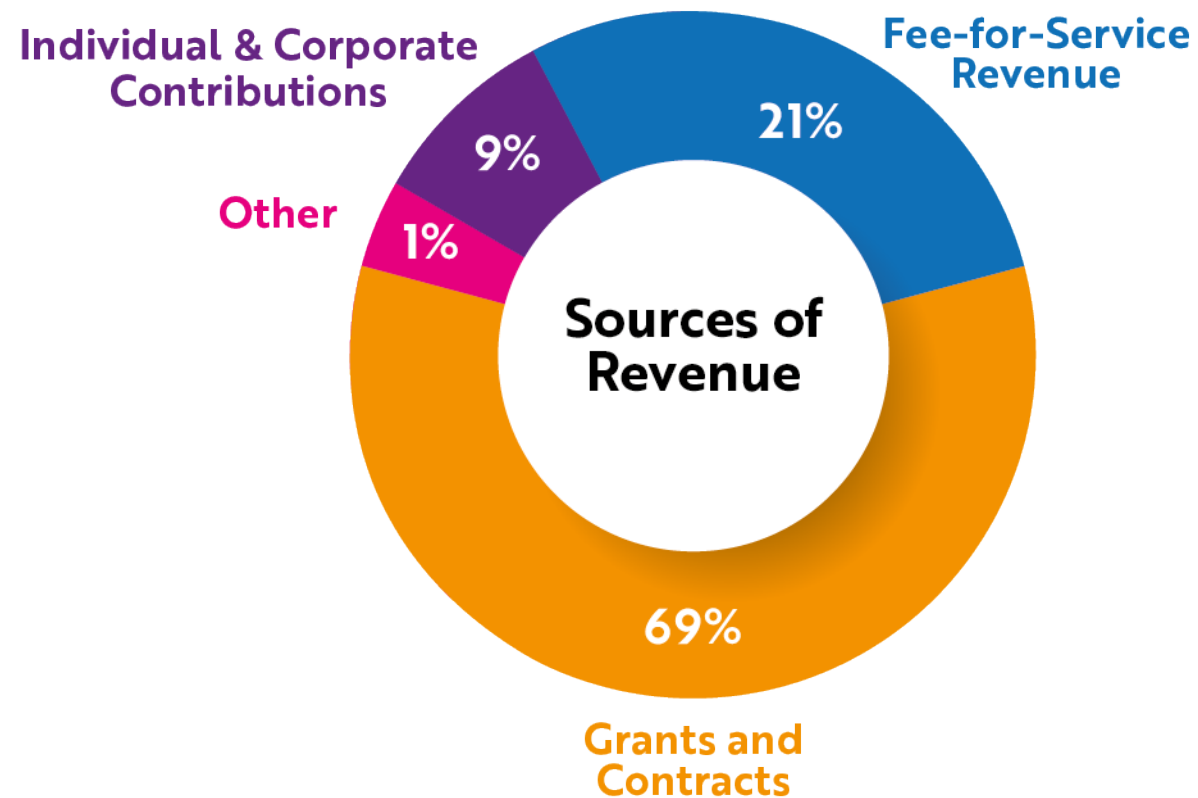
"Thank you all for what you do! Grateful now more than ever."

Anonymous

Aimee Tattersall
Al Blomquist and Elisabeth Mannschott
Angela Hodge and Adnan Nasir
Ann Marie and Jim Zagzebski
Anne Hummel
Anonymous Fidelity Charitable Donor-Advised Fund
Anonymous Fund of TCF
Anonymous Gulf Coast Community Foundation
Anonymous Impact Assets
Bernadette and Jack Page
Blue Cross and Blue Shield of North Carolina
Bo Glenn and Connie Winstead
Bob and Cathy Jones
Caring Hands Foundation, Inc.
Carl and Alison Ravin
Carol Garth
Carolina Hurricanes
Caroline and Luke Smith
Catherine Lee
Charles and Rebecca Thigpen
Christina and David Kim
Chuck Byrd
Community Care Fund
Darren DeWalt and Elizabeth Lippincott
David and Linda Smith
David Mountain and Carol Mansfield
Devonwood Foundation
Don and Marilyn Hartman
Doug and Barbara Brown
Douglas Smith
Dr. Beat Steiner
Dr. Richard and Mrs. Kathy Bruch
Dr. Ruth Petersen
Dr. Suzie Bruch and Mr. Josh Sacks
Drs. Nathan and Bethany Gray
Duke Health
Duke Health Duke University Health Systems
Duke Office of Durham and Community Affairs
E. and E. Chanlett Fund of TCF
Eno River Unitarian Universalist Fellowship, Inc.
Evan Ashkin and Cheryl Baker
ERUUF Shared Giving Circle
First Presbyterian Church
Fox Family Foundation
Francisco Bricio
Frank Konhaus and Ellen Cassilly
Gail McCormick
Galloway Ridge Charitable Fund Community Grant Program
Gayle and Jim Thomas
Gene Dillard
Hatch Rockers Immigration
James Scott Farrin
Jeff and Libby Coles
Jeffrey Baker and Alicia Ramos
Jenni and Todd Owen
Joe and Gail Clements
John and Sarah Holton
Jonathan and Emily Bloom
Jubilee Fund of TCF
Kay Edgar and Bob Healy
Kevin and Cindy FitzGerald
Kim Durack and Hope Williams
Kontek Systems, Inc
Leon Levine Foundation
Liliana and Randy Delgado
Manuel Nieto
Mark and Anne Paulson
Martha Scotford
Merck
Michael Frisch
Miguel and Margaret Rubiera
Mike Steiner
Murfhey School Radio Show
NC Area Health Education Centers
Nena Peragallo Montano and Pedro A. Montano
Ninth Street Bakery
Oak Foundation
Patient-Centered Outcomes Research Institute
Philip and Laura Rash
Phillip Trainor and Roberta Wood
Ratliff Charitable Foundation
Raul Necochea
Ricci Law Firm, PA
Robin Reed
Roger Mitchell and Lynne O'Brien
RTI International
Sandra and David Hosford
Sports Endeavors
SS210 Donor Advised Fund of TCF
St. Francis of Assisi Church
Sue Bielawski
Svetkey - van der Horst Fund of Triangle Community Foundation
The Clorox Company
The Congregation at Duke University Chapel
The Duke Endowment
The hope & Grace Fund, a project of New Venture Fund, in partnership with the Global Women's Skin-care Brand, Philosophy, inc.
The Kyser Foundation
The Summit Church
The William Hendricks Family Foundation
Triangle Community Foundation
UNC Health
UNC School of Nursing
United Way of Chatham County
United Way of The Greater Triangle
Warren and Susan Kinghorn
William R. Kenan, Jr. Charitable Trust
Z. Smith Reynolds Foundation



Financial **report**



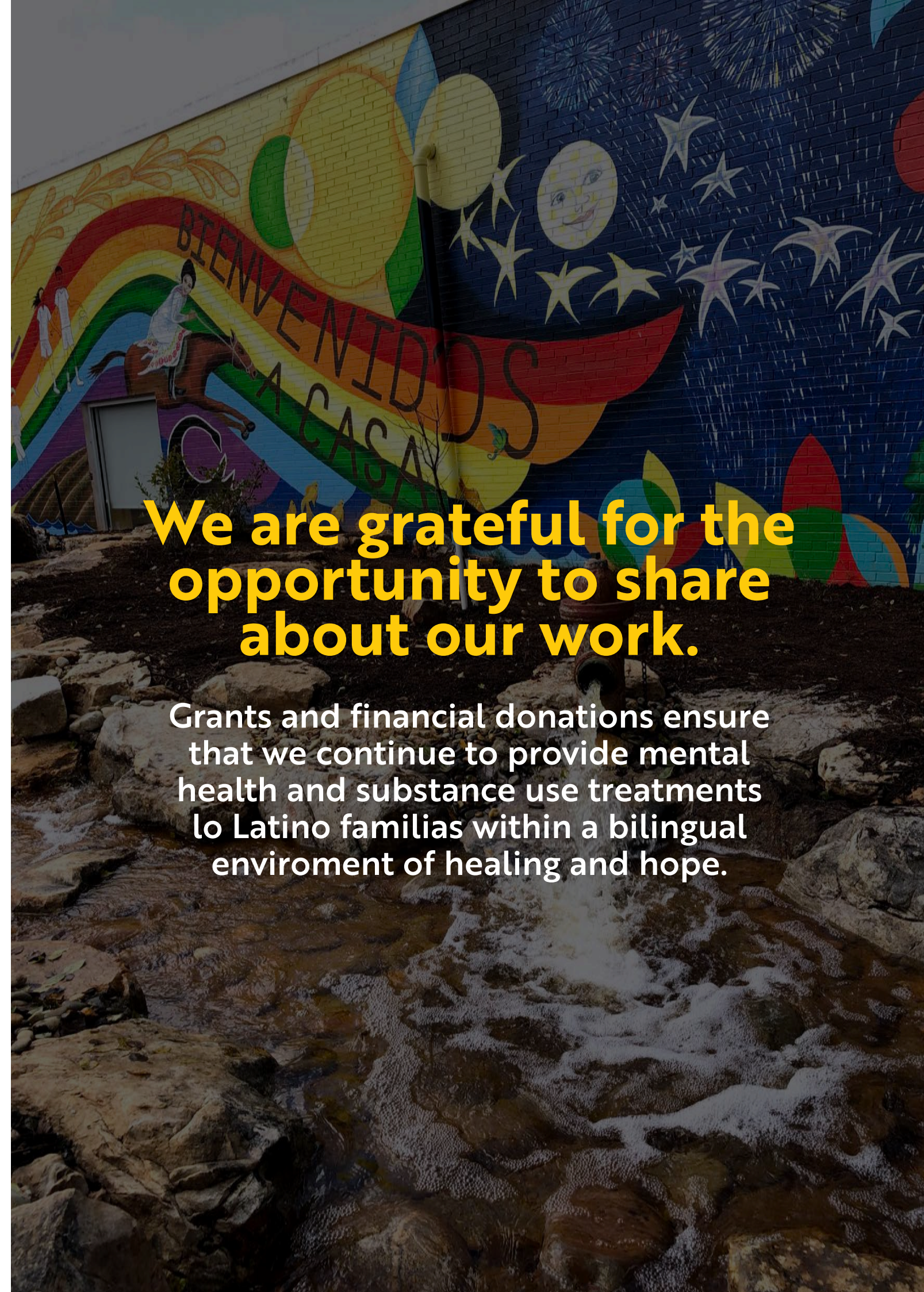
Expenses and revenue

\$2,611,788	FY19 expense	Expenses increased in FY20 by 24%
\$3,228,914	FY20 expenses	

\$3,125,859	FY19 revenue	Revenue increased in FY20 by 36%
\$4,239,664	FY20 revenue	

We are grateful for the opportunity to share about our work.

Grants and financial donations ensure that we continue to provide mental health and substance use treatments to Latino families within a bilingual environment of healing and hope.



El Futuro

www.elfuturo-nc.org



Durham: 2020 Chapel Hill Rd, Suite 23, Durham, NC 27707
Siler City: 401 N. Ivey Avenue, Siler City, NC 27344

Phone: (919) 688 7101
Website: www.elfuturo-nc.org

