



# El Futuro

Nurturing stronger *familias* to  
live out their dreams

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@elfuturonc



## Annual Report 2021

Restoring conexiones  
Nurturing dreams



Dear friends,

If you have stepped inside our warmly lit clinic or sat in the sunshine of our public garden space this past year, then you have no doubt experienced some of the therapeutic benefits that **El Futuro offers: warmth, welcome, community and conexiones.**

But maybe you have wondered what happens inside our walls during the more than **14,000 treatment sessions our therapists provide each year.** How do we ensure that our work results in stronger *familias*?

At our first session with someone, we ask the person about their dreams. This is different from the medical professional who focuses on diagnosing an illness and so asks "What is your chief complaint?" At El Futuro we use a different lens. Instead of focusing on the symptom, the illness or the barrier, **we engage those coming to us with a lens of affirmation and transformation.**

**"What are your dreams?"**

Those coming to us are frustrated and their dreams aren't coming true. Some are so beleaguered they forget their dreams. We believe the first step in healing is to ask the person to lift their eyes from where they are to where they want to go and who they want to be. Only then can we begin to help.

Each person who comes to us for support has different dreams for health and wellness. Our team is trained with a range of skills and tools to respond to those unique dreams and **to provide culturally responsive mental health and substance use treatment through therapy, substance use counseling, psychiatry, classes and groups,**

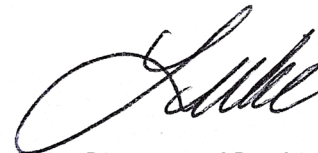
**and a variety of online interactive resources.** You will see these elements at play in **Juan's and Ana's** stories on the following pages.

And I've also seen this recently in our ADHD parenting groups. What parent does not look down into their newborn's face full of hopes and dreams? But the complications of raising neurodivergent children along with building a life in a foreign land soon feel insurmountable and those powerful parent/child *conexiones* corrode. **However, when parents are supported with knowledge, skills, and community, the dreams for their children are nurtured anew, and our whole community benefits.**

In 2021, we've seen **the whole community come together - restoring conexiones** impaired by the global pandemic. We've been privileged to work with local businesses and partners who make space and provide support.

And you, our supporters, despite a challenging year, held on to this shared dream: **that each person deserves access to restorative mental health services regardless of their background or ability to pay.**

Thank you for nurturing this dream with us,



Executive Director and Psychiatrist





**"El Futuro's Green Space provides not only a beautiful place where the kids can play and learn about nature, but memories of my beautiful country when I was a child. It is a place where children feel safe, and at the same time have lots of fun. I love the Green Space" ~Lorena Meza Lara, mother of Nathan and Zoe, who danced at the Kermes in September and November~**

**Kermes, Community Fiesta at El Futuro**





## RESTORING DREAMS: ANA'S STORY

Ana came to El Futuro with the same dream as any other mother - to provide a safe, joyful home for her three children. However, her home life was far from safe and joyful. Her husband's substance abuse problems were escalating into domestic violence and she was the target. She felt scared and alone. **But little by little, Ana found the help she needed and so did her family.**

Now, a year after her first contact with El Futuro, so much has changed for Ana and her family. As Ana began to find the support she needed at El Futuro, her husband also saw that he needed help. He began to address his drinking problem and his temper, and as a result, he's found new ways to deal with strong emotions when he is feeling frustrated. **Ana feels more hopeful and less depressed and her nightmares abated.** She has even made new friends and her children are doing better in school as well. What started with Ana seeking help has turned out to be a transformation for the whole family.

## NURTURING CHILDREN: JUAN'S STORY


Juan was an energetic 8-year-old when he was referred to El Futuro because of his inability to follow instructions in the classroom. His parents were confused and overwhelmed with all of the different communications and labels put on Juan by school staff. Efforts to get Juan some help were repeatedly frustrated by language barriers, cultural differences, and his parents' limited resources. **Thankfully, at El Futuro, Juan's family found caring mental health providers that spoke their language.**

Working with Juan, we learned that he had been carrying around lots of anxiety and obsessive-compulsive thoughts that he had been hiding from others. The focus of his care plan at El Futuro was to equip his parents with ways to support him.

Juan now tells us that he feels proud for being able to identify and let go of the thoughts that have troubled him for so long. And his parents were thrilled to share a glowing note from Juan's teacher: **"I'm so thankful for how your son has worked over the last month. You should be very proud!"**

\*All clients' biographical information has been changed and composite descriptions are presented to protect confidentiality. All personal information that our clients provide to El Futuro is treated confidentially, in accordance with our policies.





**"I have noticed a  
change in myself. I am able to  
control my reactions better.  
And the relaxation exercises  
help me calm down when I  
want to."**

*~El Futuro patient~*



# 2021 HIGHLIGHTS

## Restoring conexiones, Nurturing dreams

The pandemic impacted the mental health of our entire community, which is why it is more important than ever that El Futuro's doors stay open and welcoming. Despite the extra layer of challenges, in 2021, we saw many families restoring their dreams by accessing the help they needed.

**1,613**  
clients

**14,166**  
treatments  
provided

**12,334**  
teletherapy  
sessions provided

**500 dosages**  
of COVID vaccines  
given

"Farmworkers live a complicated and stressful life, not only at work but also in their camps. Being away from their families and feeling isolated takes a toll on their mental health. Behavioral health services through El Futuro allow farmworkers to nourish their overall health and well-being."  
~Farmworker Project~



"With the help of El Futuro, I now see a colorful world."  
~El Futuro patient~





**92%**

## Improved function in social and family roles

Improved ability to function in typical social roles at home, work, and school - fewer days missed at school and work, improved family relationships

**85%**

## Clinical improvement or stabilization

Fewer symptoms of anxiety, depression, stress, PTSD, substance use, etc.

**95**

Farmworkers served

**779**

Crime victims served

**1,310**

People who came to our community fiestas

**966**

Children benefited from our therapeutic greenspace

"The classes helped me stop drinking and that's why I feel healthier. I'm very happy! The classes helped me make the necessary changes in my life and have a better relationship with my family."

~El Futuro patient~





## LA MESITA: LATINX MENTAL HEALTH PROFESSIONALS NETWORK

El Futuro's La Mesita program provides a continuing education platform and network for mental health providers throughout North Carolina working with Latinx populations.

### Members have access to:

Accessible professional training opportunities and resources for culturally-responsive Evidence-Based Practices, and a virtual community of practice to decrease isolation and burnout.

**1,191**  
network members

**94**  
counties served

**1,112**  
people trained

**El Futuro**  
**La Mesita**  
join us: [la-mesita.mn.co](http://la-mesita.mn.co)

"This was the best training ever. I was so inspired. The best part was the presenters, their knowledge and their teaching methods."  
~La Mesita participant~

"The whole experience has completely shifted my perspective on a number of things - culture, race, cultural humility, the practice of mental health care with diverse groups. This has been one of those 'I can't unsee that' experiences - in a good way! I don't think I'll ever view things in the same way as I did prior to this cohort."~La Mesita Learning Cohort member~



# THE THERAPEUTIC GARDEN, A PLACE TO CONNECT WITH THE COMMUNITY

**We asked Mary Jones, Clinical Project Manager at El Futuro, what she thinks about El Futuro's Therapeutic Garden and Green Space next to our Lakewood clinic as a space to make connections with the community and how it helps build those connections. Here is what she said:**

"The Therapeutic Green Space has given El Futuro the opportunity to bring awareness of our mission and our work to the whole community, engaging them in our mission and allowing them to be part of our healing space each day. We have been able to connect and partner with Durham Public Schools, The Museum of Life and Science, Book Harvest and many other wonderful organizations that also serve our community.

In our garden, we learned, planted, harvested and celebrated together with our neighbors, many of them from Latin America. They are part of our family now, and we love seeing their children grow in leadership and curiosity!

We saw how the eyes and wonder of many of our community members light up when they see the creek and the mural for the first time, and many of them say **"it reminds me so much of my home town, it brings back memories of the river where I used to swim with my brothers!"**

Hearing them express that with such emotion, brings a special joy to our heart and it reminds us that El Futuro's mission is being brought out to our Therapeutic Green Space and is touching so many more

people! We witnessed countless smiles as people walk peacefully through our community Kermes events, smelling the amazing food, surrounded by games, music and colorful stands selling traditional art and clothing, and then listening to people singing traditional songs, children dancing a folkloric dance, and even seeing happy faces from local Latino vendors at the end of the event.

We saw many nationalities reflected in our neighbors who enjoy our Green Space and events. They may not be Latino but want to do whatever they can to support our Latino community. They come and enjoy our culture, our colors, our food, and they dance to our music.

Out in the Green Space, you are sure to relax and enjoy the peaceful sound of the creek water, and marvel at the bright colors and symbols of **Libertad, the mural that Cornelio Campos brought to life with inspiration, guidance and help from the community.**

**We invite you all to come and celebrate with us: we are just one community!** Regardless of your origins, you are welcome! And you are home!"



## A PLACE OF HEALING AND HOPE

El Futuro's Therapeutic Green Space provided us the opportunity to:

- Host Covid-safe events for the entire Durham community!
- Host free, small-scale events specifically designed with our neighbors in mind, many of whom do not have the resources to take advantage of other Durham-area opportunities.
- Spread awareness of our space and the services El Futuro provides, building trust and helping to reduce stigma or assumptions about what mental health treatment entails.
- Support small, local businesses who were hampered by the pandemic by inviting them to participate in our events as vendors, a win-win!

**1,310** people attended our Kermes,  
community parties in 2021

**37** local Latino vendors participated  
in our Kermes events

**210** volunteers helped with different  
projects in 2021

### Green Space Partner Organizations

UNC Dental-Orthopedic  
Root Causes  
DPS  
Book Harvest  
Keep Durham Beautiful  
SEEDS  
Ellerbe Creek Watershed  
Association  
Museum of Life and Sciences  
Durham Public Library  
Interfaith Food Shuttle  
Tuscaloosa-Lakewood  
Neighborhood Association  
Long Meadow Network  
Association  
Durham Police  
Department





We are honored to collaborate with **LATIN-19, La Semilla, El Vinculo Hispano, LCCU, and El Centro Hispano** in response to COVID-19 to support the community by providing testing, resources, and useful information for families.

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**GREENSPACE**



# EL FUTURO'S STAFF

"My time with clients and the trust that they give me is a unique gift, one that impacts and influences me every day"

~Teletherapist at El Futuro~

"Touching the bench we were on, doing meditation, and listening to the water was a very grounding experience. [The patient] really enjoyed it and said 'I am not anxious, I am very calm.' We stayed for 20 minutes, just having her observing the space."

~El Futuro Therapist~

At El Futuro we have an impressive team with a range of skills and tools to help those coming to us. Each person who seeks support from us is different and brings their own dreams for health and wellness to the room. This is why we offer culturally responsive mental health and substance use treatment through therapy, substance use counseling, psychiatry, classes and groups, and a variety of online interactive resources.

**48**  
Employees

**14**  
Interns and residents

"I celebrate my experienced, compassionate clinical supervisor, and my incredible colleagues in the TeleFuturo team that is constantly adapting, often working late into the evenings to accommodate farmworkers' schedules. I liken the El Futuro team to a group of sailors navigating a rocky sea, keeping services afloat by connecting with different organizations and responding to diverse needs around the state despite many barriers."

~El Futuro employee~





# El Futuro Board Members 2021

## **Nilda "Nena" Peragallo Montano**

DrPH, RN, FAAN  
Chair, Dean, UNC School of Nursing

## **Manuel "Manny" Nieto**

MBA – Member  
BB&T

## **Richard Bruch**

MD – Member Treasurer  
Consultant, EmergeOrtho, P.A.

## **Kevin FitzGerald**

MPA – Member

## **Hope Williams**

JD – Member  
Staff Attorney, Legal Aid of North Carolina

## **Wayne Holden**

PhD – Member  
RTI International

## **Karlina Matthews**

MBA – Member  
UNC Health

## **Lister Delgado**

MBA, MS – Member  
Venture Capitalist

## **Jenni Owen**

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

## **Rosa González-Guarda**

PhD, MPH, RN – Member  
Associate Professor, Duke University

## **Luis Alvarez**

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

## **Merywen "Wenny" Wigley**

MSc – Member  
Associate Compliance Director at  
IQVIA

## **Cecilia Barja Chamas**

MPP – Vice Chair/Secretary  
Community Organizer

## Board Members: Incoming 2022

### **Margaret "Peggy" Bentley**

MA, PhD, Member  
UNC Gillings School of Global Public Health,  
Distinguished Professor Emeritus of Nutrition,  
Former Associate Dean for Global Health

### **Bruno Estigarribia**

PhD, Member  
UNC Romance Studies - Associate  
Professor of Spanish



Lazos Fuertes y Latinx Raíces Rising Groups

**DAYHANA**  
Therapist at El Futuro

"It's amazing to be able to have a space for parents and hear them say, *I'm not alone, there are other parents going through the same thing!* I'm glad they're getting skills that they can use in the real world. In the Latinx Raíces Rising group we listen to young people talk about difficult topics, such as: going to college, expectations, self-compassion, and opportunities. It is very encouraging to know that we are helping them face those situations."



Mente Sana Group

**RACHEL**  
Therapist at El Futuro

" My co-facilitator Martha and I have a lot of fun with the Mente Sana group, it feels like a little community for them and for us. We also learn from clients in these lonely and isolated times! The group helps them feel more connected and validated. We have seen incredible personal growth from the participants! And doing the men's group was very interesting. We got great feedback from them, it was very interactive! Also, it was amazing how successful the group was even on Zoom! The first meeting opened its doors to very intimate topics, It was incredible and very enriching to see them grow."

"I learned that the way you think is the way you feel and how you feel is the way you act. I learned that my thoughts were making me feel sad and I was going through life sad and angry. Now, even if I have worries, those worries aren't as intense and don't affect me as much because I can say 'This is not as bad as it seems' and that helps me a lot to feel better."  
~El Futuro patient~





Logrando la Calma Group

## CHRISTA

Therapist at El Futuro

"The Logrando la Calma Group gives clients tools and strategies to calm themselves down and build relaxation strategies. Since it's on zoom now, some clients choose to participate anonymously and there's real power in that for them. Some people just keep coming! Calma has given therapists the opportunity to help patients at a higher level."

**49 participants in Logrando la Calma**, a group that helps patients find tranquility through postures and breathing techniques.

**23 participants in Latinx Raices Rising**, a group that helps teens learn about how to manage academic pressures, identities, stress and other barriers.

**12 participants in Mente Sana**, a group that teaches mindfulness exercises, including how to observe thoughts and emotions.

**28 participants in Lazos Fuertes, Rutinas y Pantallas**. This is a workshop that provide parents of teens new tools to learn how to regulate their children's use of digital devices.

**64 participants in El Faro**. This is a class for Spanish-speaking parents who have a child with ADHD.



El Futuro and KidScope worked together to offer a series of 4 free mental health webinars to people who live in Orange and Chatham Counties in 2021.

**34** people attended

**8** people returned for additional webinars

**18** people attended from Orange and Chatham Counties

"I struggled with depression for a long time during my life, but now, thanks to the help I found in El Futuro, I feel like I came back to life, I was reborn like the Phoenix."  
~El Futuro patient~

## Thank you to the many private foundations and grantors who ensure that Latino families get the care they need in a bilingual environment of healing and hope.

- Duke Office of Durham & Community Affairs
- Greensboro AHEC
- Blue Cross and Blue Shield of North Carolina
- Carolina Hurricanes
- Chatham County United Way
- The Duke Endowment
- Duke Health
- Fox Family Foundation
- Galloway Ridge Charitable Fund
- Kate B. Reynolds Charitable Trust
- William R. Kenan, Jr. Charitable Trust
- Oak Foundation
- MDC, Inc.
- The Leon Levine Foundation
- Mary Duke Biddle Foundation
- North Carolina Healing Communities Foundation
- Ratliff Charitable Foundation
- Triangle Community Foundation
- United Way of the Greater Triangle
- Z. Smith Reynolds Foundation



"I truly appreciate your work in the community and all the ways you strive to improve the lives of the families who are part of your sphere in one way or another. Keep up the great work, and you can definitely count on our continued support."  
~ El Futuro donor ~



"**Mental health matters** and having access to services that are approachable, non-judgmental, and culturally sensitive should be the norm. **El Futuro's work gives us hope that with a community-forward model that prioritizes the health of all, regardless of one's birthplace or profession, age or gender, all North Carolinians can find healing and hope for their futures.** We hope that this gift from all Nuggeteers, near and far, helps those new to North Carolina feel a bit more at home.

What started as a fundraiser during the start of the pandemic has evolved into a key community partnership program called **Cover Club**, in which Nugget partners with a nonprofit that serves children and their families to raise funds and awareness. **As of February 2022, the Nugget community has raised a total of nearly \$425,000 across six Cover Clubs – including \$100,000 for El Futuro!"**

~Nugget, local business and El Futuro supporter~

nugget

Thank you and Gracias





## PARTNERS AND SPONSORS



# Thank you

"Since 2011, **Fox Family Foundation** has awarded \$77,000 to El Futuro, including a \$3,000 recognition grant made as part of the Foundation's 30th anniversary celebrations. Fox Family Foundation notes the tremendous impact of El Futuro in the NC Triangle region and beyond through their provision of bilingual mental health and substance use services to Latino families and their work to improve the bilingual care systems available across NC."

~Kate Shirah, Executive Director at Fox Family Foundation~







## PARTNERS AND SPONSORS



Gerald and Mary Sibrack

**Azteca Grill**



Anima Sana is a local coffee shop that provides 100% of its proceeds to organizations providing mental health support for communities of color. El Futuro is grateful to be their first recipient of donations.

"We can make a difference. People can get good coffee, contribute to the organizations benefiting from the proceeds and support people who need mental health and substance use treatments."  
*Victor Bennet, owner Anima Sana.*

Visit [www.animasana.co](http://www.animasana.co) to find ways to support this initiative.

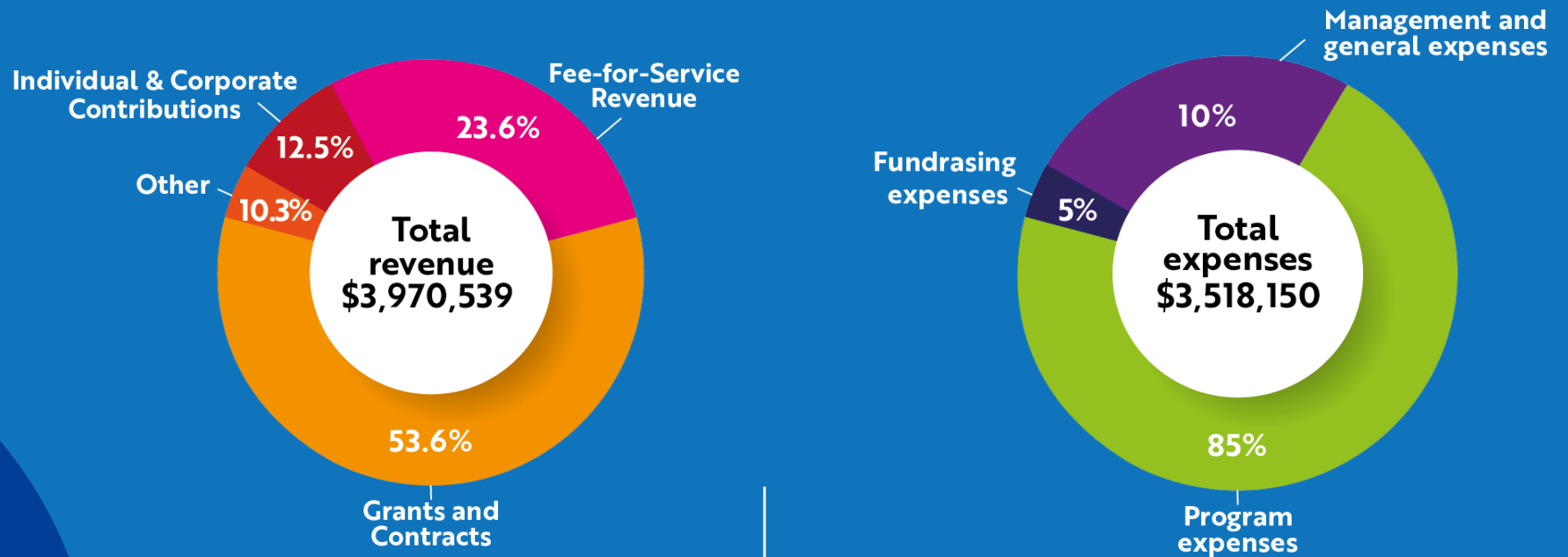




Individual and corporate **donations** are critical for keeping our mission running. We are so **grateful for all who contribute!**



## Diverse Revenue Streams Ensure Strong Financial Sustainability



### Total individual and corporate donations



Last year individual and corporate donors provided **42%** more support than the year before.



# El Futuro

[www.elfuturo-nc.org](http://www.elfuturo-nc.org)

## How you can help

- Donate online to help us serve more Latino families in 2022. Visit [www.elfuturo-nc.org](http://www.elfuturo-nc.org)
- Schedule a tour of our Durham clinic to learn more about Latino mental health: **Call us 919-407-8611**
- **Visit our Therapeutic Green Space** and/or reach out to your Latino neighbors to create an immigrant welcoming community

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