



**¡BIENVENIDOS!**  
**Welcome to**  
**a Beloved**  
**Community**



**El Futuro** 

2019 IMPACT REPORT

**El Futuro's mission is to nurture stronger *familias* to live out their dreams.**



**Friends,**

When I look back over the last year, my mind is filled with images of so many new children and families we encountered at El Futuro. I see Natalia,\* who stopped having nightmares and said, "I wish that everyone like me could come to El Futuro." I see Emerson, who played soccer with other children beside our new therapeutic green space—the first time I've heard him laugh out loud. I see Daniela, who told me she still remembers calling me almost a decade ago in a moment of crisis, and then I reconnected with her again at one of our community fiestas. And I see Vicente, who came to us for substance use treatment and ended up with a paintbrush in hand, contributing to our new community mural. I see these successes, each step forward, and I see the new relationships being formed.

Last year, your support helped us nurture more *familias* not only through the services we have offered for 15 years, but also in new ways with innovative services and projects, many of which encouraged people to take the next steps to connect with others. We continued to welcome many people into our warm and vibrant space to receive bilingual, culturally-responsive therapy, psychiatry, and case management. What's more, through group programs, fiestas in our therapeutic garden space, and even through dreaming up and painting a mural together, we all made new community connections and friendships. Our *familias* moved away from isolation and loneliness and found a place where they truly feel a sense of belonging and acceptance into the "beloved community," as Dr. Martin Luther King, Jr. described.

Together we are saying **¡Bienvenidos! Welcome to a Beloved Community.** Thank you for sharing your generosity to ensure more families feel the comfort and welcome of belonging that will lead them to their dreams for the future.

With thanks,

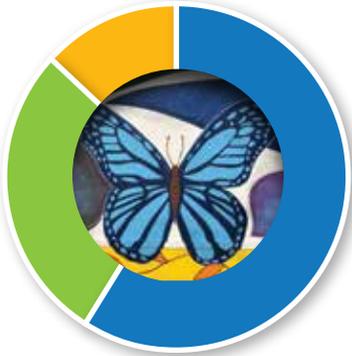
Luke Smith, MD  
Executive Director & Psychiatrist

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

   @ElFuturoNC

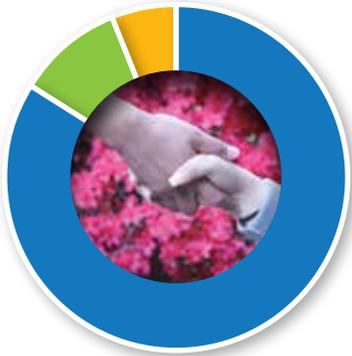
\*Identifying details have been changed to protect patient privacy

# Financial Stewardship Fiscal Year 2019



## Revenue

- 59%** Grants & contracts: \$1,703,679
- 28%** Service revenue: \$800,504
- 13%** Individual & corporate giving: \$369,145



## Expenses

- 84%** Program services: \$2,205,028
- 10%** Administrative: \$254,190
- 6%** Fundraising: \$152,570

**Your support is critical for meeting the needs of our low-income, underinsured immigrant community**

**\$168**

Average cost for one treatment session

**28%**

Percent of each treatment session supported by revenue sources like Medicaid and NC Health Choice

**\$47**

of each session supported by service revenue

**\$121**

of each session supported by donors like you and grant/contracts

*Costs vary per service type (therapy, psychiatry, telehealth, group session)  
Average cost per session includes all wrap-around services provided to that session  
(registration, engagement, case management, and more)*



## With your help, in 2019 we **IMPROVED MENTAL HEALTH OUTCOMES FOR LATINO FAMILIES**

### ***Provided more treatment approaches***

- Launched TeleBehavioral Health services through partnerships with NC Farmworker Health Program and other rural partner sites
- Connected more families to additional community resources through our Conexiones case management program
- Provided treatment groups including trauma-sensitive yoga techniques, Mindfulness-Based Stress Reduction, breathing, emotional regulation, body awareness, and more
- Provided parenting skills groups and trained other facilitators around the state



*I've been a supporter for a long time in terms of donation, but also I'm a volunteer. It's been wonderful to watch this program grow. It's truly amazing.... [W]hatever little bit we can do to support folks who are new in the community, we need to pull together to do that. And, El Futuro has been a great model for that in this region.*

*-Joann Haggerty*

1,736

UNIQUE  
PATIENTS  
SERVED

12,133

TREATMENT  
SESSIONS  
PROVIDED

### ***Improved access to quality treatment for Latino families across the state***

- Connected over 550 providers statewide through La Mesita - Latino Mental Health Provider Network
- Hosted monthly webinars on culturally-specific mental health topics
- Hosted ECHO virtual case consultations with El Futuro's hub team of experts and other providers across the state
- Developed curriculum for culturally-responsive mental health treatment and delivered it through 6-month intensive Learning Cohorts



*I think [El Futuro] is the most effective model of providing services to Latino families because it's family-centric.... [A]ll of us need to advocate and support programs that make communities healthy. When a community is neglected or a population is neglected, it's a problem for everyone. And, we know that mental health is a challenge for many people. I believe that it is one of the most important aspects of a community to have a healthy community and mental health is the key.*

*-Martha Crowley*

77%

OF PATIENTS SERVED  
EXPERIENCED CLINICAL  
IMPROVEMENTS OR  
STABILIZATION

20%

ALMOST 20% MORE  
PATIENTS SERVED  
THAN THE YEAR  
BEFORE

### ***Extended therapeutic impact beyond the clinic***

- Built a therapeutic green space, water fountain, and community garden
- Launched a community mural project led by renowned Mexican-American artist Cornelio Campos
- Hosted community fiestas and gatherings to help more people come out of isolation, connect with one another, share their talents, and feel a sense of belonging, together
- Provided more volunteer opportunities than ever before



*I have come out of the darkness into the sunlight of the present day.*

*Sali de la oscuridad, y hoy estoy en la luz del día.*

*-Woman helped at El Futuro*

*Coming here is like being in the desert and finding water to drink.*

*When I come here, I feel renewed.*

*Venir acá es como estar en el desierto y llegar a tomar agua. Al venir acá, me siento renovada.*

*-Person helped at El Futuro*

86%

OF PATIENTS SERVED EXPERIENCED  
FUNCTIONAL IMPROVEMENTS OR  
STABILIZATION

***Nurtured stronger families and  
a vibrant community***

- More teenagers settled into new schools with new customs
- More children stopped having nightmares and are sleeping through the night
- More parents have worked through histories of abuse and trauma and are more able to focus on nurturing their children, performing well in their jobs, and saving for their kids' futures
- More trauma survivors are feeling hopeful for the future and are making new plans
- More families experienced a feeling of belonging and welcome in their new community



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**Welcome to a Beloved Community**

## **Donors and Partners** ***Gracias a Nuestros Colaboradores***

### **Futuristas (\$50,000+)**

Blue Cross and Blue Shield of North Carolina  
Cardinal Innovations Healthcare Community Reinvestment Initiative  
The Duke Endowment  
Governor's Crime Commission  
the hope & grace fund, a project of New Venture Fund, in partnership with the  
global women's skincare brand, philosophy, inc.  
NC Area Health Education Centers  
NC Division of Mental Health, Developmental Disabilities & Substance Abuse Services  
through the federal Community Mental Health Services Block Grant (CFDS #93.958)  
NC Farmworker Health Program, Office of Rural Health  
Oak Foundation  
Orange County Government  
Patient-Centered Outcomes Research Institute  
David and Linda Smith  
William R. Kenan, Jr. Charitable Trust  
Z. Smith Reynolds Foundation's Inclusive Public Art Initiative

### **Champions/Campeones (\$20,000–\$49,999)**

Dr. Richard and Mrs. Kathy Bruch  
Cannon Foundation  
Chatham County  
Devonwood Foundation  
Durham County  
Juvenile Crime Prevention Council of Durham County  
Orange County ABC Board  
Triangle Community Foundation's Support for Places:  
Environmental Conservation Public Benefit Program  
United Way of the Greater Triangle

### **Partners/Compañeros (\$5,000–\$19,999)**

An Anonymous Fund of Triangle Community Foundation  
Dr. Suzie Bruch and Mr. Josh Sacks  
Duke University Health System Charitable Grants Fund  
E. and E. Chanlett Fund of Triangle Community Foundation  
Kay Edgar and Bob Healy  
Fox Family Foundation  
Galloway Ridge Charitable Fund Community Grant Program  
Bo Glenn and Connie Winstead  
Jubilee Fund of Triangle Community Foundation  
Juvenile Crime Prevention Council of Chatham County  
Ratliff Charitable Foundation  
Luke and Caroline Smith  
Town of Carrboro  
Town of Chapel Hill  
United Way of Chatham County  
William M. Hendricks Family Foundation