



# ANNUAL REPORT 2022

GROWING TOGETHER, GROWING  
AS A COMMUNITY



**El Futuro**

Nurturing stronger *familias* to  
live out their dreams

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# GROWING TOGETHER AS A COMMUNITY

Dear Friends,

As I look through the pages of this 2022 Annual Report, I can't help but see growth!

Thanks to a team of **57 employees** (our largest team ever) with diverse training and lived experiences, **we served 2,192 clients in 2022: 36% more than in 2021.** Meanwhile, our **groups and Community Engagement Programs** and training programs like **La Mesita, ALMA, and La Academia** widened our doors so that even more people could benefit from El Futuro's mental health providers and trainers.

— Likewise, in 2022 we saw more people, funders, donors, companies and —  
— community partners showing their support for Latino mental health. —  
— Funders like The William R. Kenan, Jr. Charitable Trust, Oak Foundation and —  
— Z. Smith Reynolds Foundation underwrote important programs. And after —  
— our exciting **Fall Art Auction** increased El Futuro's profile, our **End of Year** —  
— **fundraiser raised \$180,000 - more than double what was raised in 2021!** —  
— **We live in a community that cares!** —

These things make us feel optimistic for the future! For a future full of community and wellness and health. As a society, we are given so many reasons to despair. So we have to ask ourselves: what are the antidotes to despair? These pages are full of answers:

Gratitude.  
Working together.  
New insights.  
Nature and the arts.

Thank you for giving us the opportunity to grow our services and our impact. I hope that you see promises of growth in these pages as well and that you are inspired for all that we can do together moving forward.

Sincerely,

  
Luke Smith, MD  
Executive Director and Psychiatrist





**THANK YOU FOR  
GIVING US THE  
OPPORTUNITY  
TO GROW OUR  
SERVICES AND  
OUR IMPACT**





# "TOGETHER WE CAN HELP EACH OTHER TO IMPROVE"



## SARA'S STORY

Sara\* was an overwhelmed mom of three when she joined our parent support group last fall. She was exhausted from juggling her child's special needs, the teacher's frustration, and her family's insistence on authoritarian parenting. When she started attending the group, she said the only tool she had to deal with her daughter with ADHD was to yell at her. We've found time and time again that in such support groups, parents like Sara learn about their children and build crucial heart skills to help them and their children through difficult times.

After a few weeks in the group, Sara said, *"Sometimes you close yourself off and you say, it's only me and my child who are suffering from this problem, but I've found there are many parents who suffer the same thing, and together we can help each other to improve."*

While therapy allows people to reconnect with their emotions in healthy ways and medication helps boost restorative biological responses, our families tell us that groups help them reconnect with one another and even connect with their culture after disruptive immigrant experiences. People not only learn essential skills to help their children but feel solidarity and belonging, something that is deeply affirming and healing.

\*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.



# REBUILDING HOMES AND STRENGTHENING FAMILIES



## JULIA'S STORY

Julia came to El Futuro when she was pregnant with her daughter because suddenly she was unable to sleep, felt deeply depressed, and was even having hallucinations. Even though we were able to help improve her symptoms during pregnancy, once her baby was born, she continued to struggle with postpartum depression, so much so that she felt negative feelings towards her child. She also struggled to lose weight and was overall becoming more and more discouraged.

Thankfully, Julia had patient and attentive support from her primary support team: her therapist and her husband. Along with psychiatric medication, we taught the family how to build stronger communication skills and Julia learned how to ask for help. During one session, Julia and her husband brought up the analogy of building a fort together. **That concept stuck with them and they often referred to building and rebuilding their home or fortress. They used the word "fortalecer" which means to strengthen.**

Over the course of their treatment, they did just that - strengthened! And eventually they were able to conclude their time with El Futuro. Julia and her family are just one of the many families who have passed through El Futuro over the last 16 years!



# 2022 WAS A YEAR OF HEALING

Demand for El Futuro's services grew significantly as our community continues to rebound from the COVID-19 pandemic. We expanded community-engaged approaches to care – new peer support group programming, increased partnership collaborations, enhanced case management services, and more! **All to support individual and community mental health.**

We continued to increase capacity for in-person services as more families felt comfortable returning to the clinic, serving 53% in-person in Jul-Aug 2022 vs only 24% in 2021



**2,192**  
people  
served\*

**13,744**  
treatments  
provided

\*36% increase over last year

**9,170**  
teletherapy  
sessions  
provided

**166**  
farmworkers  
served

**229**  
people served through  
Conexiones

El Futuro's Case Management team - called "**Conexiones**" - served 229 unique clients in the last 6 months of 2022. Their team of social workers help families connect with lawyers, domestic violence agencies, school counselors, camp scholarships, unpaid bill support, and even toys for children during the holiday season.







We reduced our waitlist for services from 68 people in September 2021 to 4 people in September 2022.

**77%**

## Improvements or stabilization in social and family roles

Resulting in fewer days missed at school and work, improved family relationships, and more



**93%**

## Clinical improvement or stabilization

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



**1,700+**

## community members attended our therapeutic green space events

**150+**

## children participated in green space programs

# TRAINING MENTAL HEALTH PROVIDERS

Since 2018, **El Futuro** has expanded its impact through its **Training, Education and Consultation programs**, including **La Mesita** for mental health providers, **ALMA** for community organizations, and **La Academia** for behavioral health students.

Our La Mesita Latinx Mental Health Professional Network has grown to **1,300+ mental health providers and allied professionals** who serve every county in North Carolina. This represents an increase of **23%** from last year.

**1,304**  
members

**100**  
counties reached

**445**  
people trained

**26**  
states  
reached

"This has been wonderful and so validating. I feel inspired by listening to others who do similar work. Glad I found La Mesita"

-La Mesita participant

"I'm energized by the focus on community care, advocacy on systems level to promote safety and health for everyone, celebrating cultures, and sustaining our practice through support vs isolation."

-Conference participant



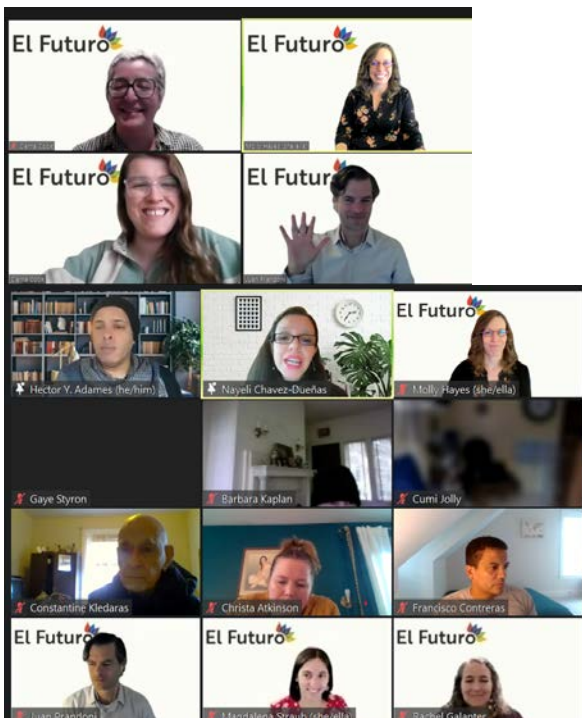


## ALMA- “ADVANCING LATINX MENTAL HEALTH ACCESS”

- Provided Spanish-language training on Motivational Interviewing - an evidence-based practice for Latinx clients - to **14 providers** in Washington, DC.
- Trained **372 Community Health Workers** through “Cuidar La Mente es Cuidar La Vida” (*Mental Health Care is Health Care*) to support and expand the community’s ability to address mental health needs.
- Provided ongoing, monthly “Platicas Practicas” (Practical Talks) to **58 Community Health Workers** to support them in attending to the mental health needs of the community they serve.



## LA MESITA CONFERENCE



Our La Mesita Latinx Mental Health Professionals Biennial Conference hosted more than 400 attendees from all over North Carolina and the U.S., as well as cutting edge researchers and practitioners in the field who shared models for understanding and practical ways of addressing ongoing therapeutic challenges in light of current world events.

**400**  
attendees across  
NC and U.S

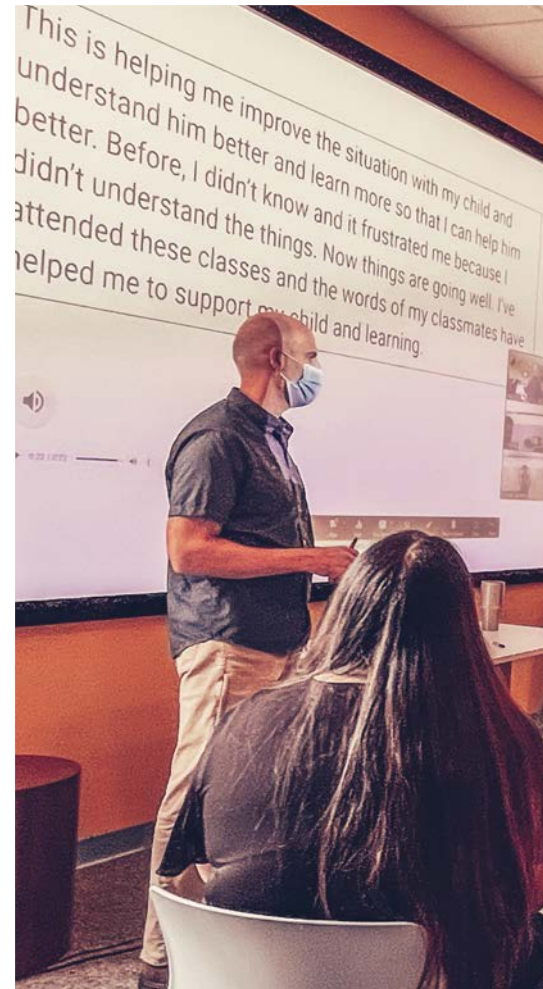


# LA ACADEMIA

It is well known that the work of front line and direct care staff in community mental health agencies can be very rewarding, and very difficult at the same time. Community mental health has high rates of clinical staff turnover as well as higher rates of reported compassion fatigue, isolation and overall stress.

The pandemic, and the resultant strain on our own clinical team, galvanized our desire to provide highly supportive, collaborative and engaging skill based training and education to our clinical staff, particularly those either new to El Futuro, or new to the field of Latino mental health.

Thanks to generous funding from several partners, **we launched the inaugural cohort of La Academia "The Academy"**.



**17 PARTICIPANTS  
JOINED THE FIRST LA  
ACADEMIA COHORT  
IN 2022**



"I witness growth with all of my supervisees at La Academia, both in finite skills and building confidence. There is wonderful comaraderie and community building happening. I feel very lucky we prioritize training and our clients and staff are so much better for it."

*-Heather Ladov,  
Cinical Manager*

"La Academia gives our newer staff the training they need to learn more about El Futuro's way of nurturing stronger familias. We must always keep our community in mind and continually improve our services for them. We have so much in-house experience! Our clients need a team approach to meet any type of need. We do this with them in mind! We do this for them!"

*-Mary Jones, Community  
Engagement Manager*



Structured to meet the training and education needs specific to providing the highest quality mental health care for the Latino community and based on El Futuro's years of experience, **La Academia is a dynamic, engaging, hands on learning community, that focuses on giving our therapists, case managers, medical residents, ADHD coaches and student interns high impact training, meaningful connections and enhanced skills to do excellent work in our community as mental health and substance use treatment professionals.**

**LA ACADEMIA PARTICIPANTS ARE ENGAGED IN 75+ HOURS OF LEARNING TIME OVER THE COURSE OF A YEAR**

# HEALING IN COMMUNITY

In addition to our individual clinical services, El Futuro offers a variety of options for group therapy. This is a powerful tool that enables patients to connect with others in similar situations while learning practical coping skills to manage their symptoms better independently.



"When I feel a little anxious, I start to practice the breathing exercises I learned until I manage to calm down."

- Mente Sana (Healthy Mind) participant



**558** people participated in our support groups and parenting classes

**40** webinars created for Orange County Schools

**117** kids/youth participated in group programs

**111** youth and adults participated in substance abuse simulation activities

"I learned the seven components of positive communication to practice with my kids. They are very good tips to communicate well at home."

- Lazos Fuertes (Strong Ties) participant



"If I have to highlight something regarding the work we do in the ADHD program, it is the possibility of helping the community to empower themselves, to help them recognize

their wisdom and abilities, so that they feel strengthened and stand stronger with their children." - **Tamara Schlez, ADHD Coach and Outreach Specialist**



"Facilitating the group allows me to learn more about the dynamics of group therapy. I also grow in my Cognitive Behavioral Therapy

(CBT) skills. I love the group experience because it brings variety to my week and offers so much to our clients." - **Facelys, Therapist and facilitator**



"Besides the techniques our clients learn in the group, they also benefit from hearing each other's stories. The group is a place where participants are able to share their stories

without judgement which makes them feel less alone." - **Gaby, Therapist and facilitator**



"Although many participants in the art group had histories of trauma, loss, and pain, they found solace in the art making process each

week. Participants gained social support, connection, cultural pride, and the opportunity to process emotions and challenging experiences in order to move forward." - **Sophie, facilitator of Expressive Arts**





# A PLACE TO RECONNECT AND HEAL

We extended services beyond our clinic walls with the development of our therapeutic garden and play space. Our therapeutic green space provides a safe, welcoming, and culturally-affirming oasis for the *familias* we serve and neighborhood residents to relax, play, and gather with friends.

**900**  
people attended our  
community fiestas

**149**  
volunteers helped with  
different projects

**36**  
local Latino vendors  
participated in  
our events

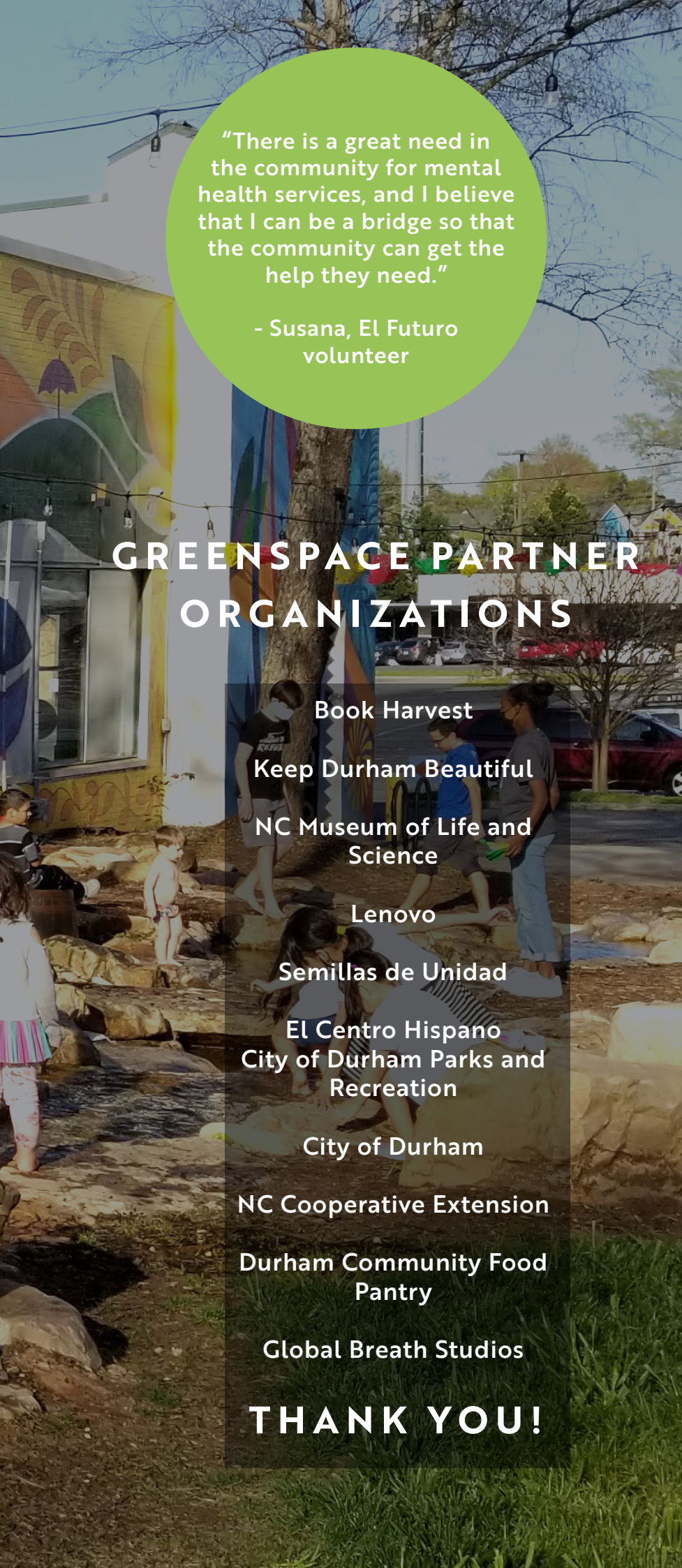
"Touching the seat we were on, doing meditation, and listening to the water was a very grounding experience. The patient really enjoyed it and said 'I am not anxious, I am very calm.' We stayed for 20 minutes, just having her observing the space."

-El Futuro therapist

"We learned that there's this place in Mexico that all the black and orange butterflies go to and then they lay their eggs and the babies make the journey all the way back home."

- Jr. Gardening Camp  
participant, 11 years old





"There is a great need in the community for mental health services, and I believe that I can be a bridge so that the community can get the help they need."

- Susana, El Futuro volunteer

## GREENSPACE PARTNER ORGANIZATIONS

Book Harvest

Keep Durham Beautiful

NC Museum of Life and Science

Lenovo

Semillas de Unidad

El Centro Hispano  
City of Durham Parks and Recreation

City of Durham

NC Cooperative Extension

Durham Community Food Pantry

Global Breath Studios

## THANK YOU!

We want to dedicate this space to **thank all the volunteers** who help spread the message of mental health among Latinos and help our community find the radical healing they need. **Susana** is one of these volunteers and she has been helping us since 2018! Here she shares some of the reasons behind her volunteer support.

### **El Futuro: How did you learn about us and how did you get involved?**

Ever since the first moment I learned about the work El Futuro does in mental health with the Latino community, I thought to myself that it was about time for our community to get this service since it is very difficult for families to get it, especially in Spanish. I was invited by Mary Jones, the community engagement manager at El Futuro, to participate in a class called "Padres Efectivos" (Effective Parents) and since then, I have been involved.

I *am* the community and I see the need. I volunteer because I firmly believe in mental health and therapy. Many of our families don't know or believe in it and I just want to help open their eyes in some way.

### **El Futuro: What do you like about volunteering with El Futuro?**

I love that they have a bilingual community and that people are bi-cultural. El Futuro wants to include the entire community. An example is when they painted the mural. I came to paint the mural with the community and I loved being there! My favorite parts of volunteering are coordinating community engagement efforts such as giving books away with Book Harvest, and the community parties.



# CALOR HUMANO AND CONFIANZA: OUR TEAM VALUES

Our culturally-responsive team understands the backgrounds of the individuals we serve and treats them with respect and human warmth, or “calor humano” - one of our core service values. We have a diverse group of therapists, psychiatrists and program staff, allowing us to approach the community’s needs with more empathy. Thanks to the comprehensive suite of talents among our staff, we support clients with a diverse service array, including therapy, psychiatry, substance use treatment, psychoeducation and support groups, case management, and more.

**57** Employees

**7** Interns and  
residents



“It is humbling to be let into clients’ worlds and to learn first-hand about the struggles and challenges they face. I’m grateful for the opportunity this work gives me to open my heart to the human experience of needing each other, and the chance to express care and compassion for people every day.”  
-El Futuro employee



## EL FUTURO BOARD MEMBERS 2022

**Margaret “Peggy” Bentley, MA, PhD**  
UNC Gillings School of Global Public Health, Distinguished Professor Emeritus of Nutrition, Former Associate Dean for Global Health

**Manuel Nieto, MBA**  
BB&T

**Bruno Estigarribia, PhD**  
UNC Romance Studies – Associate Professor of Spanish

**Karlina Matthews, MBA**  
UNC Health

**Hope Williams, JD**  
Staff Attorney, Legal Aid of North Carolina

**Rosa Gonzalez-Guarda, PhD, MPH, RN**  
Assistant Dean, PhD Program  
Associate Professor, Duke University

**Lister Delgado, MBA, MS**  
Venture Capitalist

**Merywen “Wenny” Wigley, MSc**  
Ethics & Compliance Director, IQVIA

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

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

**Kevin FitzGerald**  
MPA – Member

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

## BOARD MEMBERS: INCOMING 2023

**Michael Lancaster, MD**  
Interim CMO of Southlight Healthcare;  
Private Practice- Psychiatry

**Rocio Lopez, PhD**  
Johnson & Johnson Global Operations  
Head, Portfolio Delivery Operations

**Gabriela “Gaby” Livas Stein, Ph.D.**  
Professor and Head of the Psychology Department at UNCG



NURTURING STRONGER FAMILIAS TO LIVE OUT THEIR DREAMS

# THANK YOU TO OUR SUPPORTERS



A special THANK YOU to **Lenovo** for their commitment to Latino mental health and for helping us spread our message beyond our clinic walls. With your contribution we were able to promote El Futuro during Lenovo's charitable giving programs, have a team of volunteers to help out with the Community Fiesta in September and source new Lenovo laptops through the Lenovo Foundation so that El Futuro therapists can provide high-quality teletherapy.

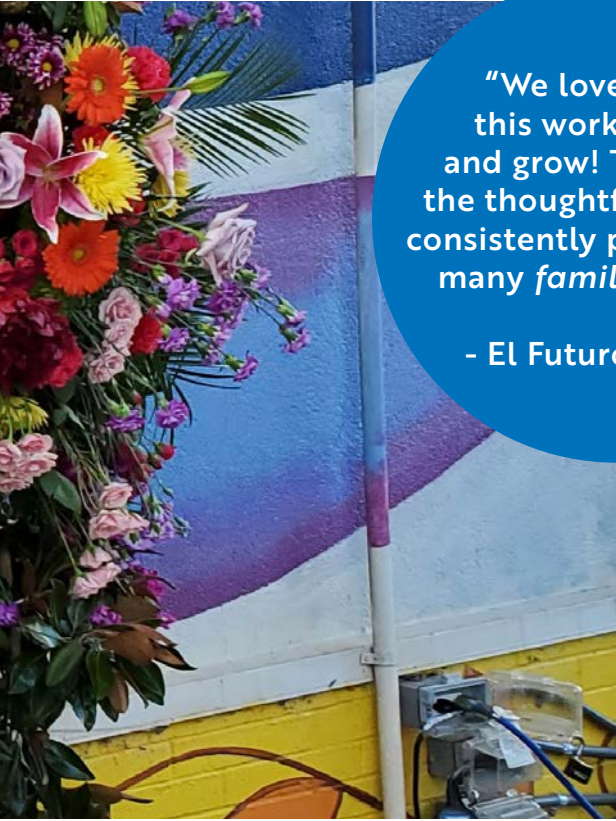
**Thank you Lenovo!**

*"Lenovo believe that not only physical but mental health are important for the welfare of families and children. However, sometimes mental support is not a priority or is forgotten. El Futuro covers this gap by helping individual to face their mental struggles, become stronger and accomplish their goals. This is especially beneficial for children who learn how to overcome issues and grow as healthier individuals. At Lenovo, we want to be part of the solution and that is why we are proud to partner with El Futuro in this journey."*

**Romy Milla Paz, Sr. General Procurement Program Manager and Hispanics of Lenovo Association (HOLA) Community Partnership chair**



## THANK YOU TO THE MANY PRIVATE FOUNDATIONS AND GRANTORS WHO ENSURE THAT LATINO FAMILIAS GET THE HEALING THEY NEED.



"We love seeing this work deepen and grow! Thanks for the thoughtful care you consistently provide to so many *familias* in NC."

- El Futuro's donor

- North Carolina AHEC
- Blue Cross and Blue Shield of North Carolina
- Duke Endowment
- Duke Office of Durham & Community Affairs
- Duke University Health System
- United Way of Chatham County
- Anonymous Foundation
- FM Kirby Foundation
- Foundation for a Healthy Carolina
- Fox Family Foundation
- Galloway Ridge
- Hispanic Federation Nonprofit Emergency Assistance Fund
- IMC Gives Fund of Triangle Community Foundatoin
- Kate B. Reynolds Charitable Trust
- William R. Kenan, Jr. Charitable Trust
- Leon Levine Foundation
- North Carolina Healing Communities Fund of North Carolina Community Foundation
- Oak Foundation
- Orange County ABC Board
- United Way of Greater Triangle
- Z. Smith Reynolds Foundation
- The EMSS Foundation, Inc.
- William Hendricks Family Foundation Foundation
- The S & C Harvest Foundation
- Caring Hands Foundation, Inc.
- Rust Charitable Foundation
- The Kyser Foundation
- The Amador Foundation
- Mary Duke Biddle Foundation
- Mead Family Foundation

"As primary care physicians, we strongly support the vital work El Futuro does to assure high quality mental health services for the Latino community. El Futuro accomplishes this not only by providing direct services to the community but also by offering training programs to behavioral health providers on up-to-date, evidence-based, culturally sensitive Latinx mental health. We proudly view our donation to El Futuro's workforce training program as a long-term investment in improving the mental health of Latino communities across the state."

- Drs. David Lanier and Ed Blount, supporters of El Futuro's La Mesita training program for behavioral health practitioners



# THANK YOU FOR A NIGHT FULL OF EXPRESIONES

When we came together for our 2022 Fall Fundraiser and Art Auction, "Expresiones," we felt so much love and support. It was awe inspiring to witness the community's support of cultural identities and ethnic pride as boosters of Latino mental health at our 2022 Fall Fundraiser and Art Auction, "Expresiones." The 15 sponsors and 250 guests who joined us helped us raise \$120,000 to support Latino community mental health.

**THANK YOU** for making this event possible. And thanks to our co-hosts, Luis and Monica Alvarez, for providing us with the beautiful space for us to all come together with a single purpose: **to help more families have access to the mental health they need.**

**\$120,000**  
raised  
**250**  
guests  
**15**  
sponsors

"When we had to cancel our wedding reception due to COVID we felt like we had missed out on creating beautiful memories. With no intention of rescheduling, we thought about donating the space to El Futuro. Seeing the venue light up with calor humano, all in celebration for an organization like El Futuro made it all worth it. We are humbled by the work El Futuro does for the Latino community and are grateful to be able to contribute in every way possible."  
- Monica and Luis Alvarez (Co-hosts of El Futuro's Fall Fundraiser & Art Auction)



Luis and Monica Alvarez: Co-hosts of El Futuro's 2022 Art Auction and Fundraiser



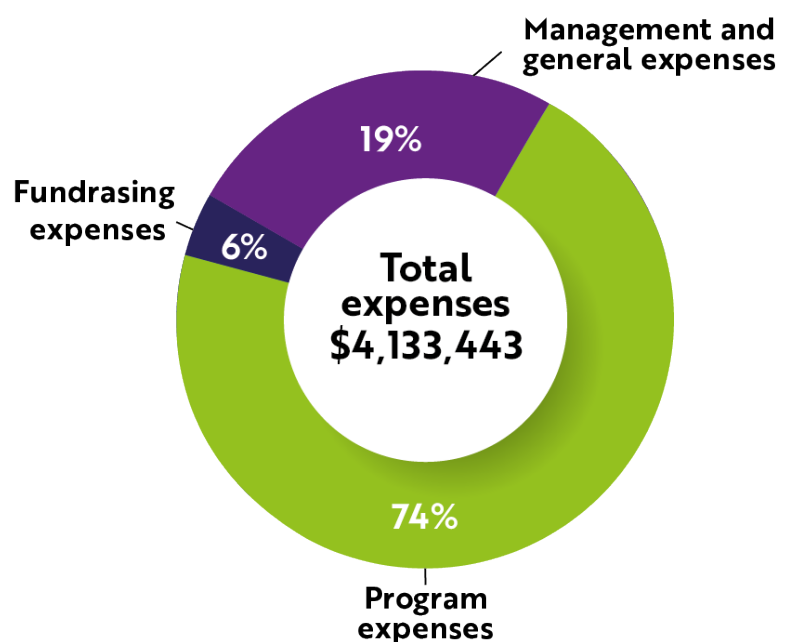
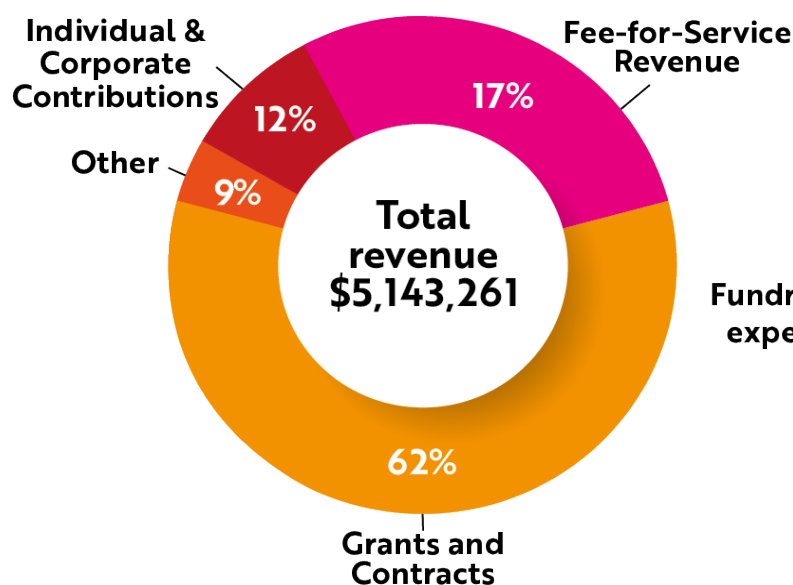


FORTALECEMOS FAMILIAS PARA QUE VIVAN SUS SUEÑOS

# EL FUTURO'S PARTNERS AND SPONSORS

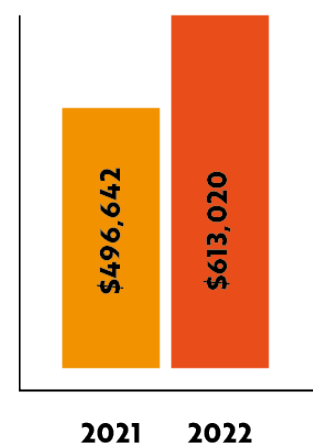


# DIVERSE REVENUE STREAMS ENSURE STRONG FINANCIAL SUSTAINABILITY

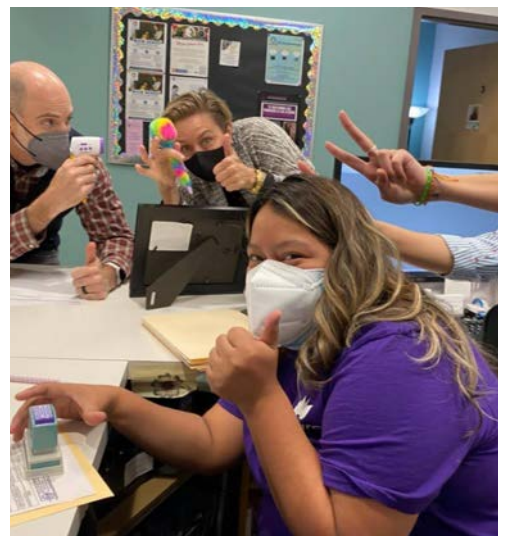


LAST YEAR INDIVIDUAL AND CORPORATE DONORS PROVIDED **23.4%** MORE SUPPORT THAN THE YEAR BEFORE.

**TOTAL INDIVIDUAL AND CORPORATE DONATIONS**







**INDIVIDUAL AND CORPORATE DONATIONS ARE CRITICAL FOR  
KEEPING OUR MISSION RUNNING. WE ARE SO GRATEFUL FOR  
ALL WHO CONTRIBUTE!**

**WWW.ELFUTURO-NC.ORG**

**How you can help**

- ✓ Donate through our website to help us serve more Latino families in 2023.
- ✓ Schedule a tour to learn more about our work: Call us 919-407-8611
- ✓ Visit our Therapeutic Green Space and/or reach out to your Latino neighbors to create an immigrant welcoming community

*NURTURING STRONGER FAMILIAS TO LIVE OUT THEIR DREAMS*

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