



Annual Report 2023

Nurturing stronger *familias* to live out their dreams.



Impact

In 2023, El Futuro significantly expanded and deepened mental health support for North Carolina's vibrant Latino community. For more information, visit the QR link above.

2,510 people served
15% increase over last year

17,191 treatments provided
31% increase over last year

339 people benefited from case management services
48% increase over last year

401 people received substance use treatment

92% improvements or stabilization in social and family roles in clients

85% clinical improvement or stabilization in clients

1,693 people attended our therapeutic green space events

365 people served through support and parenting groups

Building Capacity for Latino Mental Health in NC & Beyond

Through our Training, Education, and Consultation Services, we support allied providers around the state and country by providing opportunities to engage with one another (reducing isolation and burnout); delivering cutting edge webinars, case consultations, other trainings / consultations on culturally-responsive mental health practices; and building a workforce of representative, sustained professionals to elevate the mental health of Latino individuals in North Carolina and beyond.

1,584 members in the La Mesita network
21% increase over last year

665 mental health professionals trained
49% increase over last year

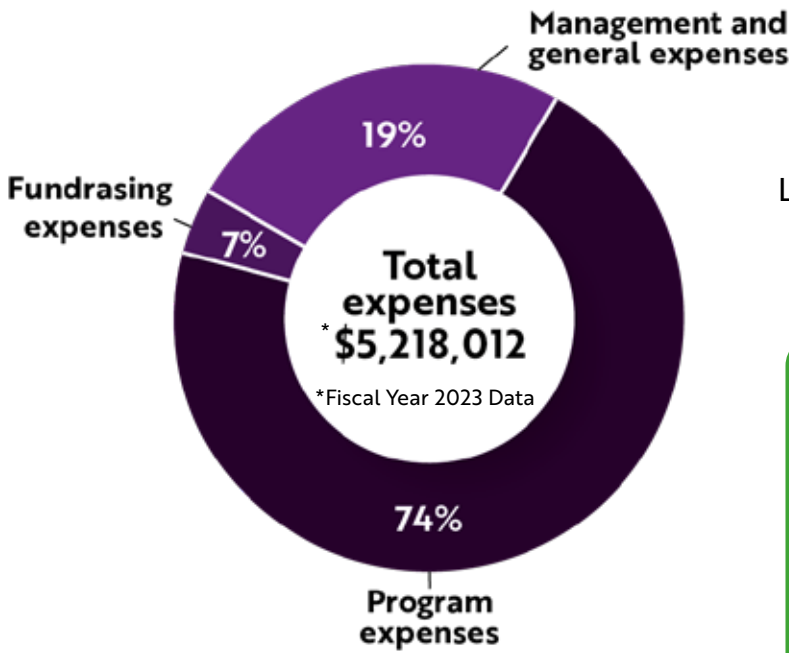
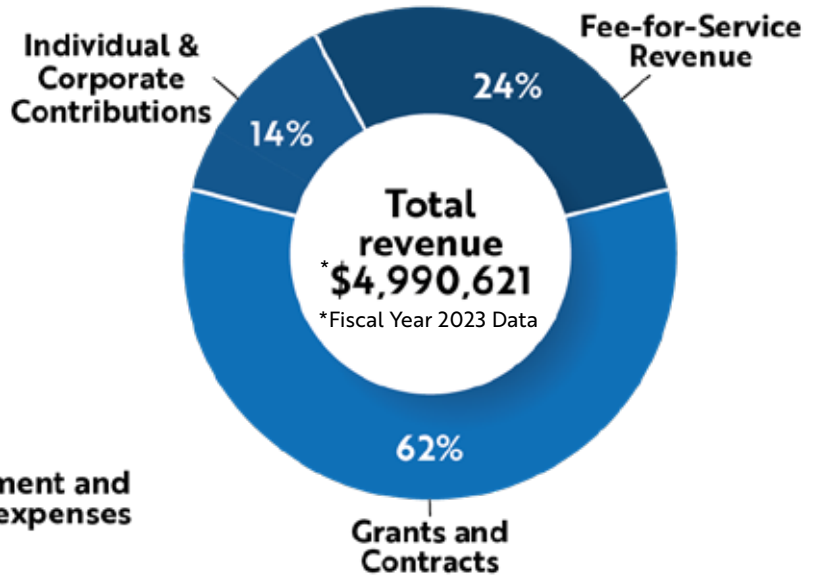
100 NC counties reached

26 states reached

Trust opens the door



We understand that transparency, vulnerability, and open communication are integral to creating genuine connections with each other. We are grateful for all the individual and corporate donations that help keep our services running.



Last year, individual and corporate donors provided **12%** more support than FY22

"Over the last several years, with your support and COVID-relief funding, we've made bold investments in transformative care and a stable workforce. We're looking forward to continuing these bold innovations to impact the community for the next twenty years."

- Kerry Brock, Associate Director

STAFF AND BOARD MEMBERS

We work to ensure that El Futuro is a welcoming place where everyone feels accepted, safe, and valued for their individuality. Scan the QR code to learn more about our Staff and Board Members.



64 Employees
12% increase over last year

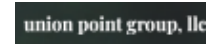
10 Interns and residents

13 Board Members
69% Latinos
69% first generation immigrants
62% female



Thank you to our major institutional supporters

AHEC Piedmont
 Alliance Health
 Bank of America
 Blue Cross and Blue Shield of North Carolina
 Carolina Complete Health
 Chatham County
 City of Durham Participatory Budgeting
 Commotion-Community in Motion
 Duke ADHD
 Duke Office of Durham & Community Affairs
 NC-PAL
 Duke University Health Center
 Duke University Health System (DUHS)
 Durham County
 Durham County ABC Board
 Durham County ARPA
 Durham and Orange County
 Durham Open Space and Trails Commission
 FM Kirby Foundation
 Foundation for a Healthy Carolina
 Fox Family Foundation
 Galloway Ridge
 Kate B. Reynolds Charitable Trust
 Latin-19 & Bull City Strong
 LENS-NC Oak Foundation of MDC, Inc.
 Mead Family Foundation
 MTV
 Museum of Life and Science
 NC Farmworker Health Program, ORH, NC DHHS
 NC DHHS Mental Health Block Grant (MHBG)
 NCCF NC Healing Communities Fund
 Oak Foundation
 Orange County ABC Board
 Orange County
 RTI International
 Rust Charitable Foundation
 The IMC Gives Fund of Triangle Community
 Foundation
 The Leon Levine Foundation
 The S & C Harvest Foundation, Inc.
 The William R. Kenan, Jr. Charitable Trust
 Town of Carrboro
 Town of Chapel Hill
 UNC Dept of Family Medicine
 United Way of Chatham County
 United Way of The Greater Triangle
 William and Caywood Hendricks Family
 Foundation



Use your camera app to scan this QR code and learn how to contribute to El Futuro's work





"After going through a traumatic experience, my daughter hasn't wanted to leave the house in months. Today, at El Futuro's Niñitos de la Naturaleza, she found her bravery again. Thank you for a chance to see my daughter happy and free again."

- Francesca, Mother of Samantha

"When your child gets an ADHD diagnosis, it just compounds the challenges of raising children in a new and different culture. That is why it has been so valuable to have a support network and a learning space that takes into account our cultural point of view."

**~ Madres Mentoras member
(ADHD Training Group for Parents)**



"So many times in our isolated work situations, we are not even aware of the crucial culturally responsive topics we need in order to serve this community. That's why the La Mesita webinars and trainings are tremendously helpful, not to mention user-friendly and accessible."

~ North Carolina-based Mental Health Provider



WWW.ELFUTURO-NC.ORG

How you can help

- Donate through our website to help us serve more Latino families in 2024.
- Schedule a tour to learn more about our work: Call us 919-407-8611.
- Reach out to your Latino neighbors to create an immigrant welcoming community.

