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El Futuro Releases Key 2024 Landscape Analysis Report With Findings on Latine and Immigrant Mental Health and Well-Being in North Carolina

The analysis offers crucial insights into some of North Carolina's most underserved and underrepresented populations.

[Durham, NC] - [El Futuro](#), a leading community-based nonprofit organization dedicated to transforming mental health care for Latine communities in North Carolina and beyond, proudly announces the latest findings from its Immigrant Solidarity Network Project. These extensive insights provide a critical glimpse into the mental health and well-being of North Carolina's diverse immigrant populations.

This work was supported by grants from the Blue Cross and Blue Shield of North Carolina Foundation and the Kate B. Reynolds Charitable Trust.

Project Highlights:

El Futuro and the North Carolina Institute of Medicine (NCIOM) conducted informant interviews with key figures from various health and community organizations. The work of the ISN included engaging an Advisory Council - composed of individuals with detailed knowledge around immigrant services and mental health needs - whose insights have expanded the understanding of the needs of diverse immigrant communities across the state and increased awareness of the available resources to support them throughout North Carolina.

Immigrant Communities of North Carolina:

Immigrants constitute 8% of North Carolina's population, with 43% being U.S. citizens, 35% lacking legal status, and 20% of all NC children having a foreign-born parent. The top countries of origin include Mexico, India, Honduras, El Salvador, China, and Vietnam.

Economic Contributions:

Immigrants make up 14% of North Carolina entrepreneurs, generating \$1.5 billion in business income, paying \$8.4 billion in total taxes, and constituting 11% of the workforce. Additionally, 17% of STEM workers in NC are immigrants.

Key Findings

Common challenges that the immigrant communities in North Carolina face include language barriers, cultural differences, and legal status issues. However, they also demonstrate remarkable resilience through strong family ties, cultural traditions, and

community support. Socioeconomic factors such as employment, education, and living conditions significantly impact mental health. Financial stability and supportive social networks are linked to better mental health outcomes, while poverty, unemployment, and discrimination contribute to stress, anxiety, and depression.

Barriers to accessing mental health services include language challenges, lack of information, economic constraints, and fear of deportation. Cultural stigma around mental health issues prevents many from seeking professional help. Community-based support systems, including religious leaders, traditional healers, and community figures, play a pivotal role in bridging gaps in formal health care systems.

El Futuro is committed to leveraging these findings to promote improved mental health outcomes for immigrant communities in North Carolina. By identifying challenges and building on community strengths, the organization aims to be part of important efforts promoting the mental health care needs for North Carolina's diverse immigrant population.

For more information on the Immigrant Solidarity Network, visit [El Futuro's website](#).

About El Futuro:

El Futuro is North Carolina's premier provider of bilingual and culturally responsive mental health services. Recognized as a trusted resource for 20 years, El Futuro offers therapy, psychiatry, substance use treatment, and case management in a nurturing environment designed to foster healing and hope. Annually, the organization serves over 2,500 Latine youth and adults at its outpatient clinics in Durham and Siler City, and extends its reach to over 53 counties through telehealth services. El Futuro's award-winning team comprises over 25 psychiatrists, therapists, social workers, and case managers, all supported by dedicated program and administrative staff. Together, they are committed to upholding El Futuro's mission to improve the mental health and well-being of the communities they serve.

About the North Carolina Institute of Medicine

The North Carolina Institute of Medicine (NCIOM) is a nonpolitical source of analysis and advice on important health issues facing the state. The NCIOM convenes stakeholders and other interested people from across the state to study these complex issues and develop workable solutions to improve health care in North Carolina.

Please reach out to Candice Smith at candice@frenchpresspr.com with any press inquiries or questions.