



# 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*

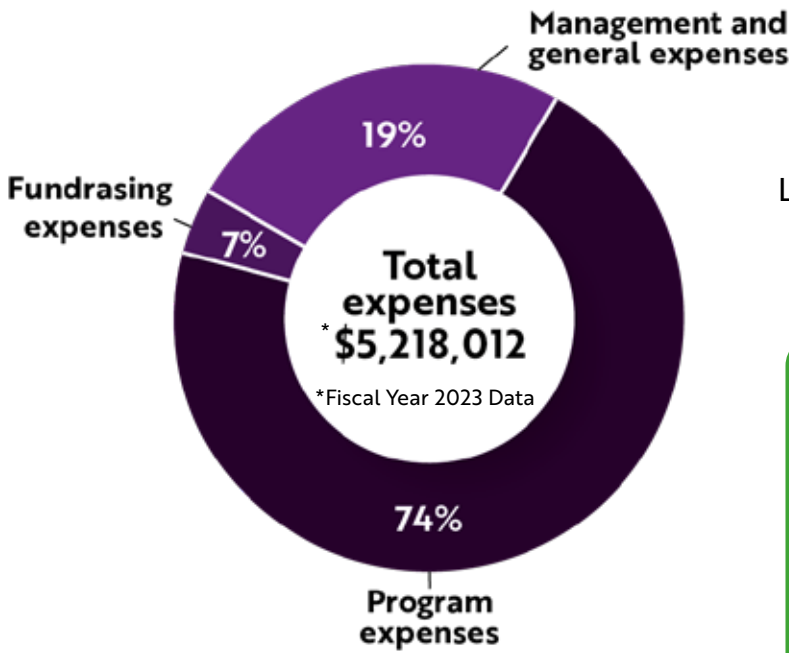
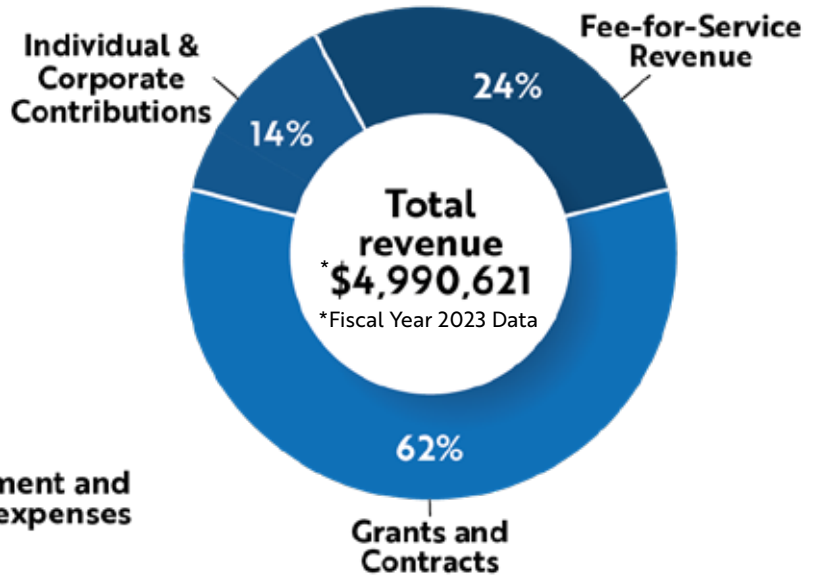
**100** NC counties reached

**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*

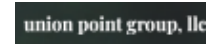
**10** Interns and residents

**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



5 Guys  
 Construction



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.

