



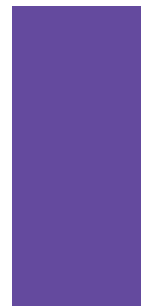
El Futuro

2018 ANNUAL REPORT



BUILDING A MOSAIC OF HOPE





Dear friends,

As I think about the families who grew stronger at El Futuro last year, I am overwhelmed with gratitude. I think of the many kids whose grades improved after learning to manage anxious thoughts. I think of so many mothers struggling with separation from their children who worked through depression and learned new ways to engage with friends and family here in their new community. And I think of the fathers who learned to manage intense memories from their home countries. I am humbled by the hope and resilience these families demonstrate and by the true transformation they embody!

2018 was an amazing year of transformation for El Futuro as well. With the support of our friends and partners, we moved our Durham clinic from a cramped, downtown space with difficult street parking to a 40% larger clinic in the emerging Reuse Arts District in Durham's Lakewood community. With easier parking and a brighter, more vibrant feel, many more families are finding their way to our services.

In conjunction with this move and a growing reach through our development of the first-ever NC Latino Mental Health Provider Network (now over 300 members and growing!), we transformed the look and feel of El Futuro with a new logo. The logo suggests petals of the sunflower, which represents hope and happiness as it turns its face to the sun. The brightly colored petals allude to the diverse Latin American cultures that come together in our staff and clients. The overlapping of the petals is reminiscent of the mosaic patterns that create vibrancy in Latin communities.

Together, we're building a mosaic of services to nurture stronger familias that includes psychiatry, therapy, case management, school-based services, tele-mental health, and more. This work is supported by a generous and bright mosaic of committed donors, grantors, partners, and friends, just like you. Together, we're **building a mosaic of hope**, and for that, I am so grateful.

Onward!

Luke Smith, MD
Executive Director & Psychiatrist

Program Highlight

Trauma Sensitive Yoga, Movement, and Mindfulness Groups

Over the last year, we grew our group treatment programs to more specifically target healing and recovery in clients who have experienced complex histories of traumatic events. With these innovative and evidence-based approaches, we expanded the ways Latino families could connect with our care and continue their journeys of healing.



Mente Sana is a skills-based group where Latina survivors of trauma practice mindfulness and build resilience through improved emotional regulation and distress tolerance. Through shared experiences and with new skills, the women develop a new sense of safety and calm.

Logrando la Calma is designed for clients who experience anxiety and stress related to traumatic life events. Integrating both trauma sensitive yoga and Mindfulness Based Stress Reduction Techniques (including relaxation, breathing, mindfulness, and movement), the clients gain improved abilities to manage difficult emotions and stressors in their lives.

Movimientos Conscientes is a Trauma Center Trauma Sensitive Yoga (TCTSY) group designed for Latina survivors of repeated and continuous traumatic events. Aspects include breathing, moving, strengthening, stretching, and resting. By focusing on the felt sense of the body, these techniques allow participants to restore their connections of mind and body and to cultivate a sense of personal agency that is often compromised as a result of trauma.



We're excited to continue to grow these group approaches next year, with the addition of the Padres Efectivos group early in 2019. Padres Efectivos is a skills-based group for parents of children who are affected by mental health challenges. Its launch in more settings statewide is made possible with generous support from the NC Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse.

Much more than a group, they trusted each other, they knew their stories much more in depth. At the end, they brought food and shared recipes after the class. They shared information with one another. It's not just what happens in the class and how they apply the skills, it's the community that they build with each other. People were carpooling, spending time together. So it really is more than just what the class teaches, it's an opportunity for building support with each other that stays. -Martha, facilitator of Mente Sana




Support for these groups was provided by the hope & grace fund, a project of New Venture Fund, in partnership with the global women's skincare brand, philosophy, inc. Support was also provided by other donors and partners.

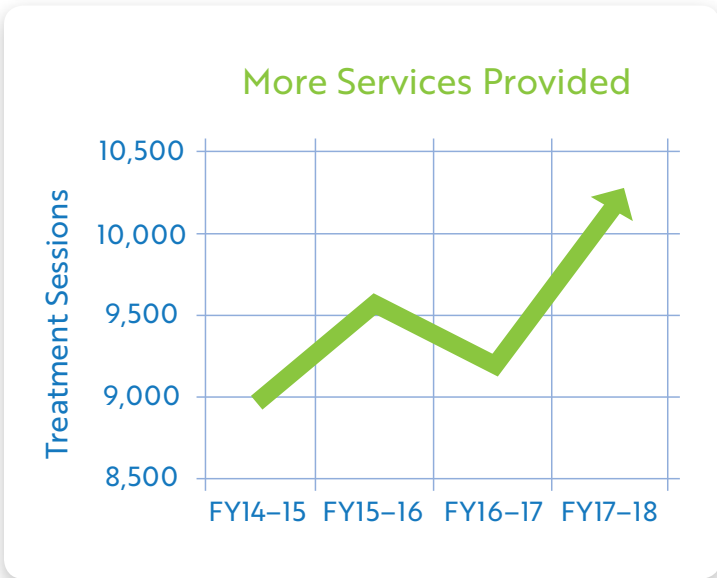

The Year in Numbers



1,479
people served



10K+
treatment sessions

78%
clinical improvement

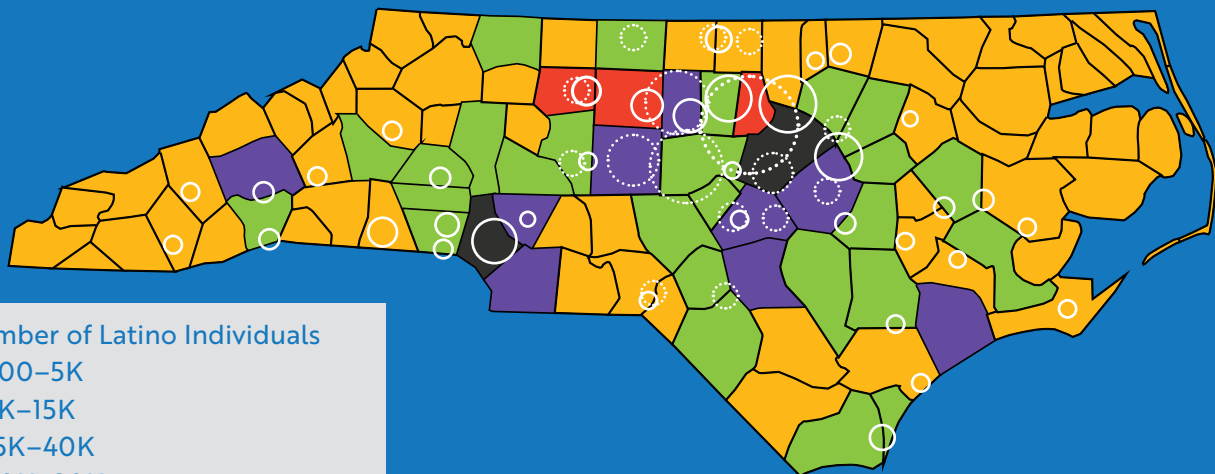
84%
improvement in functional abilities



60%
of our clients are survivors of crime

A GROWING NETWORK OF PROVIDERS

Over 300 mental health and other service providers serving the Latino community are connected through La Mesita Latino Mental Health Provider Network.



Number of Latino Individuals

- 200-5K
- 5K-15K
- 15K-40K
- 40K-80K
- 80K-140K

..... Areas served by El Futuro
 — La Mesita Member Location



Nurturing Stronger Families: Gloria's Story

At El Futuro, we are so privileged to walk with extraordinary families through journeys of transformation and healing. Several years ago we met Gloria,* who first came to see us with symptoms of severe depression and PTSD. She struggled with intense memories and impacts of a severe act of violence. The stresses she carried weighed so heavily that she struggled to simply leave her home. Just coming to her psychiatry appointments was a tremendous act of resilience and courage.

But somehow she kept coming—to both psychiatry and therapy sessions—when she felt brave enough to attend. She learned new techniques for managing the intense emotions she felt and for feeling safer in relationships. Yet despite encouragement from our team, she continued to have a hard time engaging in family and social activities outside her home.

That is, until just a few weeks ago, when she came to one of our Logrando la Calma group sessions. It was the first time she had attended a group session, and when she saw Dr. Smith in the hallway afterwards, she said with confidence, "I did what you said! I joined a group!" And she's keeping at it now with regular attendance!

For her, simply navigating the bus system and encountering strangers is an act of extraordinary courage. Because of your support, she is learning new skills and making new friends who understand her journey. The mosaic of support she receives—through psychiatry, therapy, and now group treatment—is clearly helping her grow stronger every day. Together with her family and her new friends in the group, she's **building a mosaic of hope** for the future!

*Identifying details have been changed to protect client anonymity.

Financial Stewardship

INCOME

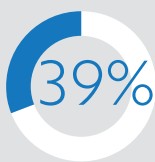
\$992,154	Grants & Contracts
\$622,474	Service Revenue
\$315,095	Individual & Corporate Giving

Total \$1,929,723

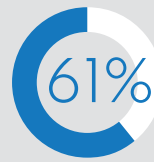
EXPENSES

\$1,533,770	Program Services
\$196,134	Administrative
\$170,715	Fundraising

Total \$1,900,619



39% of the costs to provide services are reimbursed by 3rd party payers



61% of funding is attributed to the support of grantors, community organizations, and individuals like you

\$1,586,000

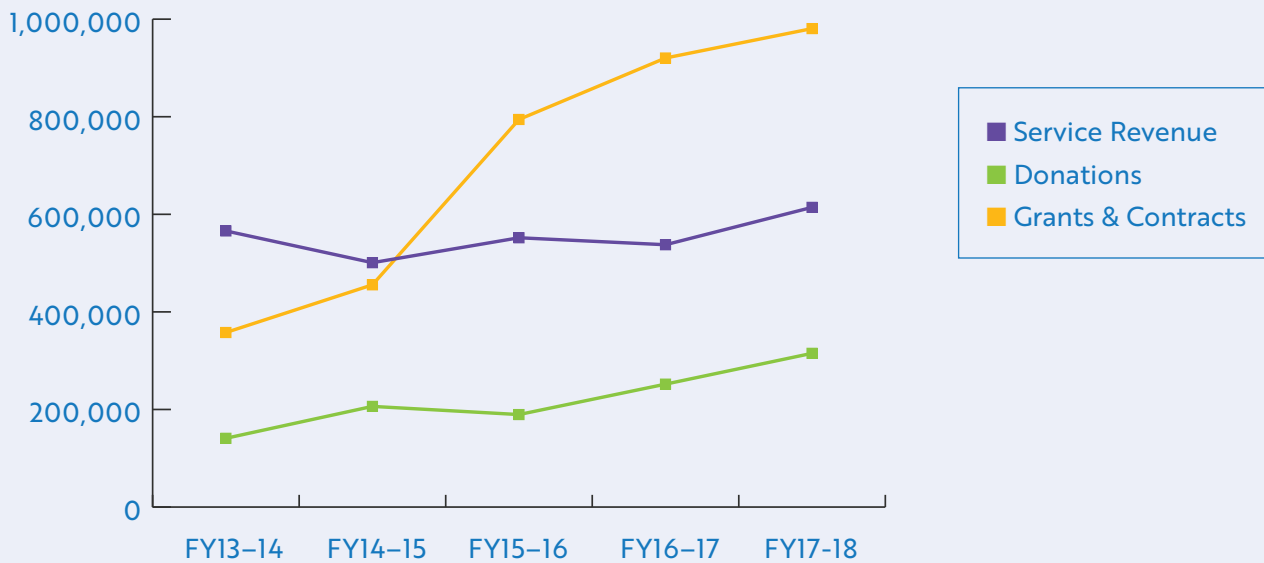
Total cost of clinical service provision (teaching and training costs excluded from figure)

\$156

Average cost for one treatment

\$61 Service Revenue

\$95 Contributions (Grants & Donations)



Each year El Futuro undergoes a full financial audit by a third-party accounting firm, Stancil & Co. Again, this year El Futuro received the best possible rating from this auditor, who found no deficiencies or weaknesses in internal controls.

Board of Directors and Colaboradores

Board of Directors



Richard Bruch, MD

(Chair)

Consultant, EmergeOrtho

Nilda "Nena" Peragallo Montano,

DrPH, RN, FAAN

(Vice Chair)

Dean, UNC School of Nursing

Kay Edgar, CPA

(Treasurer)

CPA and Certified Financial Planner;

Clinical Social Worker

John Holton, JD

(Secretary)

Williams Mullen

Cecilia Barja Chamas, MPP

Community Organizer

Liliana Valle Delgado, MBA

Burt's Bees

Kevin FitzGerald, MPA

Michael Frisch, MBA

Consultant, ESC of the Triangle

Jenni Owen, MA

Policy Director, Office of NC Governor

Roy Cooper

Hope Williams, JD

Staff Attorney, Legal Aid of North Carolina

Gracias a Nuestros Colaboradores



Futuristas (\$50,000+)

Governor's Crime
Commission

hope & grace fund, a project
of New Venture Fund

Kate B. Reynolds Charitable
Trust

North Carolina Area Health
Education Centers

Oak Foundation

Orange County

Patient-Centered Outcomes
Research Institute

Champions/Campeones (\$20,000-\$49,999)

Chatham County

Juvenile Crime Prevention
Council-Durham County

Oak Foundation's Triangle
Area Capacity Building
Project

United Way of the
Greater Triangle

Many thanks also to our
individual donors!

Partners/Compañeros (\$5,000-\$19,999)

Durham County

Fox Family Foundation

Galloway Ridge

Juvenile Crime Prevention
Council-Chatham County

Orange County ABC Board

Town of Carrboro

Town of Chapel Hill

United Way of
Chatham County

Friends/Amigos (\$1,000-\$4,999)

Duke's Community Care Fund

Our Mission is to nurture stronger familias to live out their dreams.



We're currently focused on achieving two bold, strategic goals for the future:

- Ensuring more Latino families have access to quality mental health support when needed
- Developing into a national model and resource center for Latino mental health, so that more Latino families achieve their dreams for the future

How you can help

- Donate to help us serve more Latino families: www.elfuturo-nc.org
- Schedule a visit to our new Durham clinic to learn more about Latino mental health: 919.688.7101
- Reach out to your Latino neighbors to help create an immigrant-welcoming community



For more information:
info@elfuturo-nc.org
919.688.7101

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(Beginning March 1, 2019)

www.elfuturo-nc.org

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