



CHARLIE KUBLY

## OUR MISSION

The Charles E. Kubly Foundation seeks to better the lives of those affected by depression by increasing awareness of the disease and its devastating effects, eliminating the stigma associated with it, supporting suicide prevention programs and promoting improved access to quality mental health resources within communities.

# THE CHARLES E. KUBLY FOUNDATION

[WWW.CHARLESEKUBLYFOUNDATION.ORG](http://WWW.CHARLESEKUBLYFOUNDATION.ORG)

## 988 Suicide and Crisis Lifeline is here!

In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. SAMHSA (Substance Abuse and Mental Health Services Administration) sees 988 as a first step towards a transformed crisis care system in America.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis
- Any other kind of emotional distress

People can call or text 988 or chat [988lifeline.org](https://988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

## The Need for 988:

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. Some statistics:

- In 2020 alone, the U.S. had one death by suicide about every 11 minute
- For people aged 10 – 34 years, suicide is a leading cause of death
- From April 2020 to 2021, over 100,000 individuals died from drug overdoses.

Yet, there is hope. The 988 Lifeline helps thousands of struggling people overcome suicidal crisis or mental-health related distress every day.

Please spread the news of this important lifeline. It is now a critical lifesaver at our fingertips!

\*Information taken from [www.samsha.gov](http://www.samsha.gov).



# SUMMER 2022

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# MHA IS GRATEFUL

## FOR THE CHARLES E. KUBLY FOUNDATION'S SUPPORT

### MENTAL HEALTH AMERICA (MHA) OF WISCONSIN

is grateful for the Charles E. Kubly Foundation's support of our suicide prevention programming and our peer support services. MHA currently provides four free peer support programs to increase access to mental health care. The Prism Program connects LGBTQ+ youth to certified peer-specialists. The R&R House provides a peer-run respite and warmline to support Veterans who are struggling with their mental health. There are two virtual support groups related to suicide: Survivors Helping Survivors (SHS, for anyone who lost someone to suicide), and Alternatives to Suicide (Alt2Su), a peer-led group for people experiencing suicidal ideation. These groups are led and facilitated by individuals with lived experience of suicide, whether as an attempt or loss survivor.

The number one question so frequently asked is "What exactly is Peer Support?". Peer Support is based on redefining help as a co-learning and growing process. Peer support can be an alternative or a supplement to traditional psychotherapy. We believe that peer support is particularly useful for Veterans and the LGBTQ+ populations, who are at disproportionate risk of suicide and poor mental health outcomes due to risk factors that come with the experience of their identities. For example, PTSD creates a unique burden for Veterans, while systemic homophobia and transphobia harms LGBTQ+ people. There is healing potential in being able to talk freely about your experiences with others who have been there.

The Prism Program is made up of queer and trans individuals who utilize their personal lived experience with mental health struggles, trauma, suicidal ideation, coming out and recovery to help support others. We see that connection based on community and solidarity has transformative power, similar to the way a prism refracts light to create a beautiful rainbow. Prism offers a warmline for one-on-one support (call or text 414-336-7974), a weekly online support group, and an in-person recurring group in Lacrosse. We also have plans to start in-person groups in Madison and Milwaukee, and can visit pride clubs in middle and high schools upon request.

The R&R House is the nation's first peer-run respite to provide a safe and welcoming environment exclusively for former members of the United States Armed Forces. Any Wisconsin Veteran experiencing different stressors can have a safe place to connect with a Veteran Peer Support Specialist in a residential setting. We offer up to a 7 day stay at a peaceful residential property on 2 acres of land. We have multiple veterans' specific resources along with a variety of activities and programs available. Additionally, Veterans and their families can reach out via warmline at 262-336-9540 or join the virtual support group.

The Kubly Foundation's support allows us to produce and distribute referral materials for all our peer support offerings. Examples of such materials include social media advertisements, television ads, and printed brochures, cards, and stickers. These resources are shared with partners in public health, education, suicide prevention coalitions, and community-based behavioral health centers. The Kubly Foundation makes it possible for us to reach more people and get them connected to high quality, accessible care so they may build resilience and live mentally healthier lives.

\*ARTICLE PROVIDED BY:

**ERICA STEIB, MPH, CPS**

SUICIDE PREVENTION SPECIALIST

PRISM PROGRAM COORDINATOR

PRONOUNS: SHE/HER

MENTAL HEALTH AMERICA OF WISCONSIN



# PROJECTS FUNDED - SPRING 2022

## **THE CHARLES E. KUBLY FOUNDATION PROUDLY SUPPORTS THE FOLLOWING PROJECTS:**

### **ART WITH IMPACT**

Funding to continue support of art-based mental health workshops on Wisconsin college campuses.

### **FORGE, INC.**

Rescheduled support of Trans Alive! at Milwaukee PrideFest 2022. The resource area at PrideFest will have Trans-specific suicide prevention messaging and materials that includes support by the community, friends and families.

### **THE FRIENDSHIP CIRCLE**

This grant will provide SafeTALK suicide prevention training and support groups to teens through outreach from The Friendship Circle in north shore Milwaukee.

### **KIDS MATTER, INC.**

In home mental health support for non-parent caregivers of youth homicide survivors. Funds will help caregivers identify their own depression, break down barriers of stigma for treating it along and suggested treatment options.

### **MEDICAL COLLEGE OF WISCONSIN**

MedMoth student led program to host storytelling workshops for MCW students, residents, fellows, staff and faculty to combat burnout and mental distress that has exacerbated due to the pandemic.

### **MENTAL HEALTH AMERICA OF WISCONSIN**

Funding for a strategic outreach campaign for MHA's Peer Support programming for both LGBTQ+ youth and military Veterans.

### **MERA RESPONSE TEAM**

Funding for assistive technology, CIT training and "in the moment" trauma informed care to support Milwaukee youth and families experiencing an ongoing mental health need and in need of crisis intervention/resolution.

### **MILWAUKEE ACADEMY OF SCIENCE**

A grant for MAS Middle School Therapeutic Arts Project. Art therapy supplies and curriculum to help middle students with mental wellness, promote healing from trauma, and decrease depression, anxiety and other mental health issues.

### **MILWAUKEE INSTITUTE OF ART & DESIGN**

A grant to purchase and set up Maxient Software to support counseling staff and students in need of mental health support. This software will provide quicker response times and quality recordkeeping to better serve students in need.

### **MILWAUKEE PBS**

Funding for the Milwaukee PBS broadcast of the Florentine Productions' film on youth depression, "Hiding in Plain Sight". This film features stories of over twenty diverse young Americans who have struggled with their mental health. This is a Ken Burns documentary.

### **MODERN WARRIOR LIVE**

Support for a one-day LIVE & virtual screening of the Modern Warrior film with a talk-back including audience, MWL creators, and mental health community leaders. There will also be a resource fair for Veterans, their families and community members to attend.

### **SPARK MEDIA**

Sponsorship of the film airing of "Scattering CJ" – a moving documentary about a mother who lost her son to suicide and made huge impact by having his ashes scattered around the world. Support will bring the film to WI PBS stations, and Spark Media is specifically hoping to make further inroads with the Oneida Nation in Wisconsin.



**THE CHARLES E. KUBLY  
NEWSLETTER AND WEBSITE  
DEVELOPMENT IS FACILITATED BY  
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# THE 2ND YLC GOLF OUTING!

Thank you to everyone who helped to make our 2nd annual "Fore the Cause" golf outing such a success! The outing involved 25 teams of 4 players and took place on June 11th at Silver Spring Golf Club. It was such a fun day!

## AND A BIG THANK YOU TO THE MANY SPONSORS AND SUPPORTERS OF THE EVENT:

- Aloe Attiva
- Billie Kubly in memory of Charlie Kubly
- Burke Candy
- Conor Quick on Behalf of Baird
- Foley & Lardner
- Hoo.bee
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- Linda Lundeen, Lundeen Bjornton Group
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- The Bolles Family in memory of Garrett Kelley
- The Bushman Family
- The Frommelt Family in memory of Garrett Kelley
- Will & Beth Kubly in memory of Charlie Kubly



## MY ASCENSION

The CEKF has purchased the in-person screening rights of the documentary film, My Ascension. The film chronicles 16 year-old Emma Benoit's journey and quest to walk again after a suicide attempt. Simultaneously, she dedicated herself to help others find hope and stay alive, through public speaking and working to bring the Hope Squad to her local high school.

My Ascension shines light on the reality of this ongoing public health crisis and is positively impacting the lives of young people, families, schools and community by sharing hope, information and best practices that can be replicated around the world. When suicide attempt survivors, such as Emma, share their stories of recovery, it often prevents others from attempting.

If you would like more information about bringing this impactful film to your school or community, please contact Kris Rick at [krick@cekf.org](mailto:krick@cekf.org).



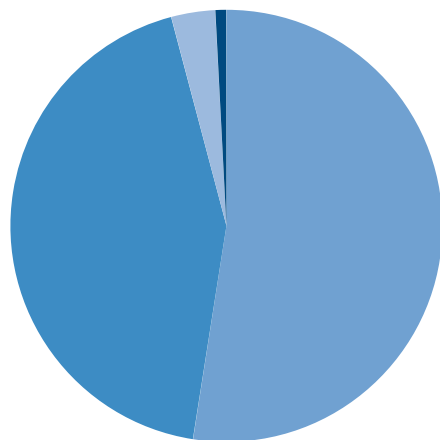
"This film is  
changing lives!"

Heather McLean, Mental Health America, SWPA

# THE CHARLES E. KUBLY FOUNDATION

## BY THE NUMBERS

### REVENUE



TOTAL REVENUE:

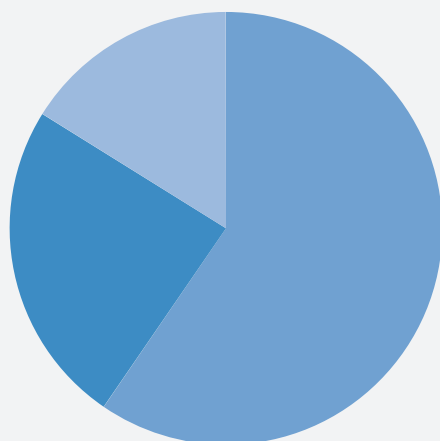
**\$633,226**

Beyond the Blues	\$332,547
Contributions	\$275,030
Investment Income	\$20,489
Other	\$5,160

### EXPENSES

TOTAL EXPENSES:

**\$441,272**



Grantmaking	\$263,438
Core Activities	\$107,514
Mission Advancement	\$71,320

### CEKF BY THE NUMBERS

ENDOWMENT RESERVE

**\$1 MILLION**

CUMULATIVE GRANT DOLLARS GIVEN

SINCE INCEPTION

**\$3.2 MILLION**

GRANTS FUNDED

SINCE INCEPTION

**381**

2020-21 DONORS

**625**

BOARD DIRECTORS

**11**

YOUNG LEADER COUNCIL MEMBERS

**15**

FOR A COPY OF AUDITED FINANCIALS, PLEASE EMAIL [KRICK@CEKF.ORG](mailto:KRICK@CEKF.ORG)

An Update on the Joey Schmitz & Charlie Kubly Endowment Fund

As we've highlighted in prior newsletters, the CEKF was so very proud to have matched the generous \$500,000 donation from Michael and Jeanne Schmitz initiating The Joey Schmitz & Charlie Kubly Endowment Fund. We now have a \$1 million Endowment fund. We also want our donors to know that this investment is now being managed by The Wilson Group & Associates here in Wisconsin.

Joe Wilson, Alice Wilson, Joel Moore and June Terrasi are our stewards of this investment. The account was invested a year before the tumultuous bear market. However, our investors have this fund prudently invested in a 60/40 split of equities and bonds. Again, we thank Mike and all of you who made this legacy a reality!

# THANK YOU FISCAL YEAR 2021 – 2022 DONORS

*We apologize in advance for any unintentional omission from this list; please contact us if you feel there should be a correction, thank you. Fiscal Year 3/1/2021 – 2/28/2022*

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We also want to thank those who hosted some amazing Facebook Fundraisers in memory of a loved one or to honor their own birthday. Thank you Kelly Cooper, Ann Moran Lecher, Kathy Ryan, Shelley Szypszak and Ellen Takerian.

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