



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.

**\$1M
ENDOWMENT
FUND GOAL
SURPASSED!**

**WINTER
2020**

THE CHARLES E. KUBLY FOUNDATION

WWW.CHALSEKUBLYFOUNDATION.ORG



WE HAVE RAISED A TOTAL OF
\$1,008,135

TOWARD OUR \$1,000,000 ENDOWMENT GOAL

We are thrilled to announce that we've met the \$1 million endowment goal we set for year-end 2019. The current balance of cash and pledges to The Joey Schmitz & Charlie Kubly Endowment Fund is \$1,008,135. The fund started with a generous \$500,000 gift from Michael Schmitz and his late wife, Jeanne, and the income from the endowment will provide stability and additional funds for grant giving and/or operating needs of the CEKF. We'd like to thank all of you who made endowment gifts. Please refer to page 4 for a list of donors who have generously contributed to the endowment. We're grateful for your amazing endorsement of the Foundation and its future.

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TECHNOLOGY GRANTS AID IN PREVENTION EFFORTS

Photos courtesy of Concordia University

Have you read articles about how screen time, phones, and social media are adversely affecting our psyches and even rewiring our brains? There are definitely some negative effects of technology. In this article, though, let's take a look at some positive technology, funded by recent CEKF grants, which will support people of all ages struggling with depression, anxiety, and other mental health challenges, and aid in suicide prevention.

Here's a short list with some examples:

- An app using a stoplight analogy for prevention, crisis and local emergency resources
- Depression screening and case management software for schools
- High-tech massage chair with air jets that "hug" you.
- Computer games that teach breathing regulation
- Weighted blankets

Want to learn more? Read on!

In Southwestern Wisconsin, a nonprofit called Jacob's SWAG is well into development of an app for local students to use to access resources and track their own mental health. We awarded this grant in Spring 2019 for the development of the app which would then be made available to students in multiple school districts.

Meanwhile, Concordia University has launched a new student space open 24/7 where students can go to relax and develop skills to manage stress and anxiety. Contained in the student SMART Lab (Stress Management & Resilience Training) are massage chairs with air jets that hug the user, weighted blankets, yoga mats, and computer stations with games that teach breathing regulation. The room is named "Evelyn's Place" in honor of a longtime Concordia facilities worker whom students often sought out for advice and caring words. Unofficially launched in November 2019, Evelyn's Place will soon celebrate a grand opening including recognition and a permanent plaque acknowledging the funding provided by The Charles E. Kubly Foundation.

Moving north to the Fox Valley area, a CEKF grant is helping Samaritan Counseling Center to install customized software that will allow their depression screening efforts in area school districts to expand. SCC is already screening 16,000 K-12 students in 11 school districts. Combining depression screening tools with the ability to make referrals and manage case information related to referred students, the custom software replaces an older version which was slower and less comprehensive.

A burgeoning array of tools, apps and software is changing how people access and benefit from mental health information and services while expanding the reach and capacity of organizations to deliver them. The CEKF is proud to be contributing to these efforts.



PROJECTS FUNDED FALL 2019

THE CHARLES E. KUBLY FOUNDATION PROUDLY SUPPORTED THE FOLLOWING PROJECTS:

INSTITUTIONAL MINISTRIES

CEKF funded two programs for Institutional Ministries, a nonprofit organization established in 1901 that ministers to people throughout Southeastern Wisconsin and the Midwest who are living behind walls. The first is Question Persuade Refer (QPR) suicide risk training for chaplains and volunteers working with incarcerated individuals. The second is for a new First Responder Support Program, which will facilitate support groups for first responders in Wisconsin.

ASCENSION ALL SAINTS-WOMEN OF WORTH

A CEKF grant will support the health education and parenting programs of Ascension All Saints's Women of Worth Program (WOW). WOW serves women in Racine and Kenosha Counties with behavioral health issues. Both programs provide participants with strategies to help women find more control and balance in their lives thus reducing accompanying anxiety and depression.

JORDAN PORCO FOUNDATION

Funding for Fresh Check Days on five Wisconsin college campuses. Fresh Check Day is a fair-like event held on college campuses that builds a campus community around mental health and suicide prevention through engaging peer-to-peer education. Booths are student-run with interactive activities and mental health messaging.

MENTAL HEALTH AMERICA OF WISCONSIN

Funding for awareness-raising events for the grand opening of the nation's first peer-run respite home for veterans, as well as a video showing the home and explaining its respite program. With stays of up to one week, the program will allow veterans the opportunity to connect with state-certified veteran peers and other resources specific to their needs, develop recovery plans, and improve coping skills to better manage stress and improve responses to moments of crisis.

NAMI GREATER MILWAUKEE

The CEKF provided a grant to fund NAMI Greater Milwaukee's Crisis Intervention Partners (CIP) Training which is a two-day educational workshop designed for any adult who regularly comes into contact with individuals impacted by mental health conditions and wants to gain skills about understanding how mental health issues impact an individual, how to identify when an individual is in crisis, and how to best support them and connect them with services. The workshop is targeted to meet the needs of corrections officers, educators, first responders, shelter staff and others who might be in a position to be interacting with individuals dealing with mental health issues and/or in a psychiatric crisis.

PROJECT ECHELON

Project Echelon is a veteran's nonprofit organization that educates, equips, and empowers veterans and their families through physical activity and self-discovery. A CEKF grant will fund Question Persuade Refer (QPR) suicide prevention training for Project Echelon mentors and board members; as well as support development of SMART goal workshops, coaching and mentorships, and help defray equipment costs or other fees for vets struggling with addiction or suicidal thoughts.

ROCK VALLEY COMMUNITY PROGRAM (RVCP)

Funding for 16 directors, managers and supervisors to be certified as trainers in the Question Persuade Refer (QPR) suicide prevention model so they can train staff on an ongoing basis in order to reduce the risk of suicide and suicidal behaviors in the individuals they serve.

SEEDS OF HEALTH SCHOOLS

Through this pilot made possible by a CEKF grant, a therapist from SaintA offers consultation services that support teachers and staff in addressing their students' mental health needs as well as providing direct therapy for students at a clinic established within Seeds of Health Elementary School.

SAMARITAN COUNSELING CENTER (SCC)

SCC has run a screening program for mental health concerns in schools since 2012. A CEKF grant will fund a new software system which is needed to manage the growing volume of screenings and information and allow for expansion of services, while building capacity for future revenue opportunities through potential licensing to other organizations. Since inception, the program has grown to 16 members who offer screening to more than 16,000 K-12 students at 66 school sites in 11 districts in three counties. Once a concern has been identified, students and their parents are referred to mental health services in the community for further evaluation.

SCATTERING CJ (STONE SOUP PRODUCTIONS)

The CEKF grant will fund two such screenings in the Milwaukee area of the documentary, "Scattering CJ". The film is now the centerpiece of an awareness-building campaign that will include screenings of the film accompanied by a post-screening discussion and Q&A. The film documents the efforts of Hallie Twomey to spread the ashes of her son CJ, who she lost to suicide, in different places around the globe. The primary goal is to create an impactful audience engagement campaign that will use the film and the accompanying "Community and Conversations" to raise awareness, unpack the complexity and ambiguity that surrounds suicide, and start the conversations that can break the stigmas associated with mental illness and depression..

WISCONSIN ASSOCIATION OF INDEPENDENT COLLEGES & UNIVERSITIES

Building on the first symposium in 2018, this second all-day conference on November 8, 2019 focused on primary prevention for suicide on college campuses and specifically on stigma reduction since stigma can prevent students from seeking help. 85 students, faculty members, counselors and suicide prevention program coordinators from member schools of WAICU attended. The CEKF provided funding for both the inaugural and second suicide symposiums.



BEYOND THE BLUES

2019 RECAP



Our return to Discovery World Pier Wisconsin provided a beautiful setting for another remarkable evening on Milwaukee's lakeshore and the 16th annual Beyond the Blues. Over 400 supporters enjoyed delicious catering from Bartolotta, music by both The Dan Dance Trio and The Rhythm Kings, and a moving, inspirational program featuring Terry McGuire from Giving Voice to Depression. Each year at Beyond the Blues, we highlight at least one of the recently funded projects so that our donors can see the meaningful impact their contributions and sponsorships have toward the mission of the CEKF. Terry's moving presentation featured both her podcast that has rapidly exploded in popularity, along with comments from some of the Giving Voice Facebook followers who shared how supported they feel by the social media community. At least one of these Facebook community members mentioned that this page has "saved her life". We are so proud of Terry's work and our ability, through your contributions, to have funded this worthwhile project.

Beyond the Blues is our highlight of the year for the Foundation and we are so grateful to all those who sponsor, attend or simply contribute to this annual fundraising event. Its success ensures another impactful year of grant giving for The CEKF. Please join us this September 18th for our 17th annual event – back at Discovery World Pier Wisconsin. See you there!

SAVE THE DATE FOR

BEYOND THE BLUES

2020

AT THE BEAUTIFUL PAVILION
Discovery World Pier Wisconsin
Friday, September 18th

www.charleskublyfoundation.org

*The CEKF would like to thank:
Kelsey Rice, photographer and event volunteers
Laura Harrigan, Lori Kilian, Laura Koppa, Lily
Kubly, Alex Trebatoski and Lisa Vogt.*

Thank you 2019 Blues Backers for supporting our event with a contribution of \$75 or more. We also thank our anonymous donors and many loyal donors who have contributed in the past.

We apologize in advance for any unintentional omission from these lists; please contact us if you feel there should be a correction, thank you.

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BEYOND THE BLUES 2018 SPONSORS

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CHARLIE'S NIGHT KICKS OFF THE NEW YEAR

The CEKF would again like to thank both Lily Kubly and Sarah Kubly for their efforts in making the 4th annual Charlie's Night such a great success! Held at Black Swan MKE in the Third Ward, the event featured live music by The Kreu and a great dance playlist by Milwaukee Airwaves. This fun night out for young adults gives them a chance to raise funds for the Foundation, as well as gain insight into the disease of depression, the stigma associated with it and suicide prevention. Terry McGuire from Giving Voice to Depression reprised her presentation from Beyond the Blues as we felt her podcast and social media experience would be valuable for young adults. She did an incredible job of sharing her honest experience with depression, a little bit about the podcast and her social media platforms and she finished with an informative Q & A session that included Monica Quesnell of BeSpoke Happiness. Monica has been a featured guest on one of the Giving Voice podcasts.

This has truly become a valuable event for the Foundation and we look forward to future Charlie's Nights and other activities designed to bring awareness of mental health to youth and young adults. We would like to thank Rogers Behavioral Health for their sponsorship of this important night.

See you at the next Charlie's Night!

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MEMORIALS TO CEKF REFLECT SUICIDE RIPPLE EFFECT

Each year, the CEKF is honored to be the recipient of memorial gifts directed to us from area families. Many of these families have lost a loved one to suicide. As the donations arrive in our mail or online, we are reminded of how many people are touched by the disease of depression and the ripple effect of suicide. From immediate to extended family, from friends to colleagues and classmates, the individual loss is amplified and affects many.

What to Say to Someone Who Has Experienced a Loss:

1. DO let them know they are not alone; continue to check on them in coming weeks.
2. DO encourage them to take care of their own needs for rest and nutrition.
3. DO use the name of the loved one who died; share your memories of him or her.
4. DON'T imply that the act of suicide was selfish, a cowardly act or a sin.
5. DON'T say "I know how you feel" unless you have experienced a suicide loss. Instead, say something like "I can't imagine what you are going through but I'm here to support you any way I can."

How Families Can Cope:

1. Accept your emotions; don't worry about what you think you "should" feel.
2. Consider professional counseling
3. Seek support groups specifically for survivors of suicide loss
4. Take care of your own mental and physical health

We take memorial donations to heart, working with the family to make sure envelopes are made available if desired, and sending our personal condolences. If the memorial is due to a loss by suicide, we also send helpful resources and some self-care items directly to the family. We are grateful for the trust they place in us to use those memorial contributions to help others.

Additionally, we will send those same resources to any family we learn has suffered a loss. Email Ann Homstad at ahomstad@cekf.org if there is a family we can assist in this way.

THANK YOU

The Charles E. Kubly Foundation would like to thank the families of Joseph Haupt, Jackson Walker Lanterman and Michael Yarrow O'Brien, Jr. for their designation of memorials in memory of their loved ones.

We'd like to offer our warmest condolences to their families.

SURVIVOR LOSS READING MATERIAL

from the
American Foundation of
Suicide Prevention (afsp.org)

After Suicide Loss: Coping with Your Grief
Jack Jordan, Ph.D., and Bob Baugher, Ph.D., Caring People Press, 2016 (2nd edition). Available through the AFSP store.

Black Suicide: The Tragic Reality of America's Deadliest Secret
Alton R. Kirk, Ph.D.
Beckham Publications Group, 2009.

Dying to Be Free: A Healing Guide for Families after a Suicide
Beverly Cobain and Jean Larch
Hazelden Foundation, 2006.

The Gift of Second: Healing from the Impact of Suicide
Brandy Lidbeck
Gift Pub, 2016.

Healing after the Suicide of a Loved One
Ann Smolin and John Guinan, Simon and Schuster, 1993.

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis Among African-Americans
Alvin F. Poussaint, M.D., and Amy Alexander, Beacon Press, 2001.

Reaching Out after Suicide: What's Helpful and What's Not
Linda H. Kilburn, M.S.W., 2008.
Available from KP Associates, LLC

Rocky Roads: The Journeys of Families through Suicide Grief
Michelle Linn-Gust, Ph.D.
Chellehead Works, 2010.

Silent Grief: Living in the Wake of Suicide
Christopher Lukas and Henry M. Seiden, Ph.D.
Jessica Kingsley Publishers, 2007 (revised edition).

Suicide of a Child
Adina Wrobleski
Centering Corp., 2002.

Suicide Survivors' Handbook
Trudy Carlson
Berline Press, 2000 (expanded edition).

THE CHARLES E. KUBLY FOUNDATION

A public charity devoted to improving the lives of
those with depression

The Charles E. Kubly Foundation
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SAVE THE DATE FOR

BEYOND THE BLUES 2020

FRIDAY, SEPTEMBER 18TH 2020

At Discovery World Pier Wisconsin

A Charles E. Kubly Foundation Event - www.beyondtheblues.org