



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

Beyond the Blues 2020

– A safe & easy way to make a difference!!

By now you might have heard we are pivoting our annual Beyond the Blues event to a week-long campaign beginning September 14th. Given the very social nature of our usual Beyond the Blues evening, with a band and lots of stand-up mingling, we didn't see a way to sufficiently mitigate the risks of a 400+-person crowd without changing the essential nature of the fun event. As you can imagine, this was a difficult decision. However, we are excited about a new alternative this year.

The campaign starts on September 14th, but you are welcome to use the donation envelope enclosed in this newsletter to make a Beyond the Blues contribution. If your gift is \$150 or more, we will list you in our winter newsletter as a Blues Backer. If your gift is \$500 or more, we will list you as a Sponsor. Beyond the Blues is our largest fundraising initiative and this funding allows The CEKF to support incredibly important mental health and suicide prevention projects (such as those listed on our Projects Funded page of this newsletter).

Since we know that COVID-19 and its social and economic reverberations are affecting people's mental health, we anticipate requests for our grant support will increase as community organizations try to meet the mental health and suicide prevention needs here in Southeastern Wisconsin. That makes us doubly grateful for your support.

If you have questions about the Beyond the Blues campaign, please contact Kris Rick at 414-477-9959. We will see you again LIVE in 2021 at Discovery World Pier Wisconsin – save the date for Friday, September 10th!



SUMMER 2020

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MENTAL HEALTH NEEDS RISING WITH COVID-19 CRISIS

Despite all the unknowns that COVID-19 has brought, one thing is clear: People are experiencing mental health challenges related to the pandemic. Some are facing situational stress, anxiety or depression related to job loss or grief. For others living with mental health disorders, their usual coping strategies and lived experience are being taxed by the added stress of the times. As a result, the mental health effects of the pandemic are predicted to have a far-reaching impact for the next several years.

That impact will not strike all people equally. Unfortunately, health disparities in our community have always been there. Now, however, the combination of the pandemic with the recent protests for racial justice is highlighting the link between health disparities experienced by Black and Indigenous people of color (BIPOC) and the related roots of poverty, trauma, and systems with long-standing inequities.

One of the most recent grants awarded by the CEKF was to HIR Wellness Institute (www.hirwellness.org), a nonprofit providing counseling and holistic services to Indigenous and other underserved people. The pandemic has caused HIR Wellness to transition to virtual delivery of counseling, classes and groups and a CEKF grant helped fund this change. Read more about that below in the comments from HIR Wellness founder, Lea Denny.

Like HIR Wellness, many of the CEKF's grantees have also had to adapt their programming on the fly. Their resilience and ingenuity are inspirational but come with very real associated costs. I'm grateful that our donors have shown such wonderful continued support for the CEKF in recent months. These gifts will allow us to fund the continuing and new programs that many of our longtime community partners have adapted to best match the needs of the people they serve. Thank you for helping us sustain their good work!

-Ann Homstad, CEKF Executive Director

Lea Denny, founder and CEO of HIR Wellness Institute, reflects on the transition to virtual services.

"During these unprecedented times of uncertainty, many people are feeling the relentless impact of social unrest, anticipatory grief, loneliness, and decision fatigue. Like the rest of the world we had to quickly shift our work from face to face to an unfamiliar space of online and virtual services. Offering our virtual mental health and wellness services presented unique challenges and a learning curve for our team. We started in March offering continual and daily virtual Telemental health, TeleAdvocacy, and TeleOutreach services to combat the effects on those who are feeling isolated and alone.

Our virtual services initially started out to address the immediate needs by helping to mitigate stress, anxiety, and depression for the most vulnerable. We have received encouraging and positive feedback from those seeking our services who have benefited from our approach. They have shared with our team that our ongoing virtual services have helped to relieve emotional discomfort, distress, and pain.

The growing demand for virtual services isn't just related to COVID-19. Virtual delivery breaks down a common barrier to accessing traditional in-person mental healthcare including for someone who is struggling with depression and finds getting dressed to leave their house difficult to do, or for the single parent with no one to watch their kids while they attend a therapy session, or for the domestic violence survivors who need to be discreet about seeking services for their own safety.

While our virtual services started as a temporary response to the "Safer at Home" orders, we now see this as another ongoing way to serve our communities and support community resilience."



LEA DENNY, MS, LPC, NCC, NMT
Founder & CEO
HIR Wellness Institute



PROJECTS FUNDED SPRING 2019

HERE'S WHAT YOUR DONATIONS TO THE CHARLES E. KUBLY FOUNDATION SUPPORT:

CONCORDIA UNIVERSITY

Funding to begin implementation of a comprehensive suicide prevention program developed by the JED Foundation. The model integrates campus systems, policies and programs along with support for students into a campus-wide approach to mental health and suicide prevention. Additional equipment for Concordia's student Stress Management and Resiliency Training (SMART) Lab is also included in the CEKF's grant.

FAMILY PROMISE OF OZAUKEE COUNTY

A grant to begin a new support group for women in FPO's shelter and housing programs who are experiencing depression and anxiety so they can learn to cope with stress before it becomes distress by developing positive action plans.

GATHERING ON THE GREEN

Funding for two free "Music and Conversation" community events that open community discussions, especially for students and parents, about the stress, anxiety, and depression which teens can experience. The evenings will feature a live musical performance and a moderated conversation with a mental health professional and the evening's young musician sharing her or his mental health story.

HIR WELLNESS INSTITUTE

HIR Wellness improves mental health and wellness outcomes for Indigenous and underserved populations who often experience barriers to receiving adequate and accessible mental health services. The CEKF grant provides funding to transition HIR's mobile mental health outreach to virtual and telemental health services until the mobile services can be reintegrated post-COVID-19.

MENTAL HEALTH AMERICA OF WISCONSIN

Funding for the 2020 Annual Prevent Suicide Wisconsin conference, Sept. 8-9, 2020. This virtual state-wide conference draws a variety of participants including school professionals, law enforcement, veterans groups, clergy, healthcare providers and more than 40 suicide prevention coalitions around Wisconsin to hear regional and national speakers and take part in topical breakout sessions and trainings.

NAMI DANE COUNTY

A CEKF grant will fund a pilot program of ongoing weekly support groups for 6th-9th graders in the Madison School District who are living with a mental health condition. The groups will be peer-led and co-facilitated by NAMI Dane County volunteers and school-based staff.

TWO RIVERS AND MISCHICOT SCHOOL DISTRICTS

These two Wisconsin school districts are collaborating to bring HOPE Squads to their schools. HOPE Squads are a school-based "peer-to-peer" program that partners with local mental health and community agencies. HOPE Squad students are trained to be active listeners so they may help and respond to peers who are struggling with emotional issues such as depression and suicidal thoughts and guide them to a trusted adult.

VETERANS MENTAL HEALTH COALITION

Support for a free virtual Veterans Mental Health Summit on October 2, 2020. The Summit will focus on inspiration and tools for wellness, encouraging veterans to act by integrating a variety of traditional and alternative wellness practices to decrease or eliminate stress for them and their families. The virtual event will be recorded and available for future viewing.

RADIO MILWAUKEE

Support for mental health education events in two Radio Milwaukee programs for musicians, Backline and Grace Weber's Music Lab, in order to bring awareness to the creative community, destigmatize mental illness, create a culture of collaboration and sharing, and to provide accessible and free resources to musicians. Backline fosters the holistic career development of Milwaukee musicians and Grace Weber's Music Lab engages high school students.

PREVENT SUICIDE GREATER MILWAUKEE (PSGM)

A grant providing operational support to Prevent Suicide Greater Milwaukee as it transitions to a new fiscal sponsor. PSGM is a 40-member coalition focused on area efforts related to suicide prevention. Coalition members represent community agencies, local governments, schools, law enforcement and others. In addition to quarterly convenings of coalition members, PSGM's steering committee responds to public requests for trainings and event resource tables, communicates with coalition members, manages PSGM social media and its website, and fields public inquiries about suicide prevention and mental health.

CEKF NOTE:

In this unusual time, we recognize many of our grantees may continue to experience challenges and be required to further adapt their programs and timelines. We are committed to working with them to adjust as needed so that important mental health programs can be delivered to the many people who need them.

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

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LET'S TALK SOCIAL MEDIA AND MENTAL HEALTH

Over 3 billion people internationally use social media. It is now as common in our everyday lives as brushing our teeth. It has been applauded for what it can accomplish in many ways, including social connection, sales and marketing, crime solving and more. However, by now we've become aware of the pitfalls of social media use. There are disturbing trends that include bullying, jealousy of friends' events or lives, lack of sleep due to overuse, and chasing "likes" for our own self-worth.

How can we all check ourselves and our loved ones on our social media use? Ask yourself these questions:

- How much time per day am I on social media?
- Have I ever been hurt, jealous or mad due to other's social media posts? Or have I made others have these feelings after seeing my posts?
- Have I lost a relationship due to a social media exchange?

These self-examining questions may lead you to seek out a healthier relationship with your social sharing. Social media should enhance your life, not disturb it. Here are a few tips for healthy social sharing:

- Remember, social media isn't the only way of being social. There is real value in face-to-face time. (Although we are physically distanced right now!)
- Don't "grade" yourself in relationship to your peers on social media. Remember, we all generally post only the highlights of our day to day lives, not the mundane or negative aspects of our daily routines.
- Be selective about who you follow, and vice versa.
- Limit your screen time each day and try to put your devices away at bedtime.
- Finally, be authentic!

The CEKF is on social media. We hope we add value to our FB friends, LinkedIn connections and Instagram followers. Please follow us on any of those platforms and stay informed on mental wellness and all that's happening with the Foundation!

**Reference: Article by Lawrence Robinson and Melinda Smith, M.A., January 2020 HelpGuide.org*

PLEASE FOLLOW THE CEKF ON:



INSTAGRAM
@CEKF2003



FACEBOOK
@CEKFOUNDATION



LINKEDIN
THE CHARLES E KUBLY FOUNDATION

ANNOUNCING THE CEKF'S YOUNG LEADERS COUNCIL

YOUNG LEADERS COUNCIL

The CEKF is excited to announce the formation of a Young Leaders Council. The Council is currently comprised of 9 members all of whom have a genuine interest in the CEKF and are passionate about our mission. The council members are 35 years of age or younger. Our hope is to have 10-12 members in total.

After hosting several events that have been geared to this younger demographic, we realize how important it is to share our mission and hopeful insights into mental health/wellness and suicide prevention with them. The goal of the Council will be to make a greater connection to the CEKF through social media and additional unique fundraising opportunities that provide social connection and conversation. We feel this interaction will further help break down the stigma associated with depression, as well as bring awareness to the disease, promote suicide prevention efforts and more.

Watch for the member roster of the Young Leaders Council in our Winter newsletter, along with short bios. We think this group will create exciting new outreach on behalf of the CEKF!

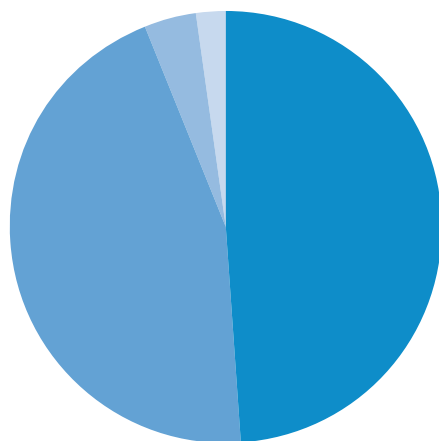
THE CHARLES E. KUBLY FOUNDATION

ANNUAL FINANCIAL REPORT

MARCH 2019 - FEBRUARY 2020

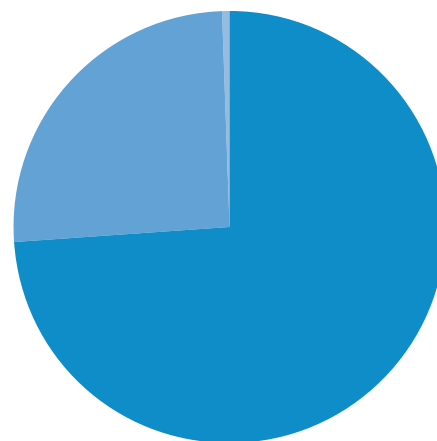
REVENUE

REVENUE SOURCES
\$416,572



Beyond the Blues	\$203,055
Sponsorships	\$167,750
Tickets	\$17,200
Donations	\$18,105
Contributions	\$185,897
Other Special Events	\$17,007
Other Income	\$10,613

ENDOWMENT
\$277,854



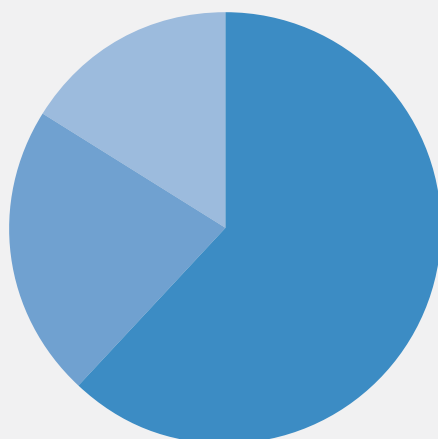
TOTAL REVENUE:
\$694,426

Donations	\$206,010
Pledges	\$71,007
Interest	\$677

EXPENSES

TOTAL EXPENSES:

\$414,838



Grantmaking	\$258,396
Core Activities	\$89,306
Mission Advancement	\$67,136

CEKF BY THE NUMBERS

CUMULATIVE GRANT DOLLARS GIVEN
SINCE INCEPTION
\$2.7 MILLION

GRANTS FUNDED
SINCE INCEPTION
321

2019-20 DONORS
625

BOARD DIRECTORS
9

EMERITUS BOARD MEMBER
BILLIE KUBLY!

FOUNDATION EMPLOYEES
2

THE CHARLES E. KUBLY FOUNDATION

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

The Charles E. Kubly Foundation
1341 W. Mequon Road
Suite 220
Mequon, WI 53092



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beyond the blues --- 2020

a Charles E. Kubly Foundation event

Campaign

SEE INSIDE FOR
BEYOND THE BLUES 2020
CAMPAIGN DETAILS

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

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