



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)

## THE POWER OF VOICES

Did you know that multiple research studies have shown individual story-telling to be more effective than educational lectures or programs in reducing stigma and increasing understanding about depression and other mental health diagnoses?

In this issue of our newsletter, we pass the microphone to several mental health partners we've recently funded. Each is using the power of individual voices to make a difference.

*Giving Voice to Depression* is a weekly podcast by sisters Terry Bertha McGuire and Bridget Bertha Shore. You can read more about it in the article Terry wrote for this issue. Check out the podcast, you'll hear lots of folks with compelling stories. We funded Season 3 of this podcast, which has now reached more than 20,000 plays. Listen in at [www.givingvoicetodepression.com](http://www.givingvoicetodepression.com).

With our sponsorship, Radio Milwaukee (88.9) featured four personal stories about mental health through its multi-media *In the Wings* series in November 2017. Explore the *In the Wings* story archives at [www.radiomilwaukee.org](http://www.radiomilwaukee.org).

Beyond the profiles in this issue, we've funded many programs powered by personal stories in the past fourteen years. That includes multiple performances of *Pieces, In My Own Voice*, a thought-provoking theater production written by Brenda Wesley of NAMI Greater Milwaukee. The play depicts the lives of people living with various mental health diagnoses. CEKF also funded the creation of a youth version of the production. The play and the audience talk-back work to break down stigma and increase understanding.

Feel the power in this issue's voices!

Ann Homstad  
Executive Director

Robin Zelek sharing  
her personal story at  
Charlie's Night

## WINTER 2018

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# GIVING VOICE TO DEPRESSION

**Y**ou can read that “In 2016, an estimated 10.3 million U.S. adults aged 18 or older had at least one major depressive episode with severe impairment.”

Or I can tell you that I was one of them.

A former Milwaukee TV news reporter/anchor who mindfully raised a family, has a successful freelance career as a voiceover talent, finds the good in most any situation and laughs loudly and freely—I was taken out at the knees by depression. Like many, I smiled when forced to be in public, but crawled back in bed at the earliest opportunity—wondering what the point of life was, convinced (by depression) that the things I had once enjoyed were no longer accessible to me, as the bad things in my life shifted to dire. I actually went to bed at night hoping to be lucky enough to die in my sleep.

Because of stigma, and the fear I would be bothering people (or let down by them if I did ask for help,) I didn't share my struggles. I isolated myself and tried to soldier through the pain. That didn't work. It rarely does. The darkness of my thoughts scared me enough one day that I called my doctor, got on antidepressants, and slowly began to Be Myself again.

Once back on solid ground, with a genuine smile on my face and some hope for a future I had nearly given up on, I felt compelled to share my story and be a voice for those who can't or won't tell their own story of Life with Depression. My time volunteering at a crisis line, loss of loved ones to suicide, Mental Health First Aid training, and 30+ years interviewing people and using my voice professionally, all distilled to a mission:

I founded the non-profit organization Giving Voice to Mental Illness, Inc. and started the Giving Voice to Depression podcast, which I co-host with my sister. Each week in a new episode, we have candid, informative,



Terry McGuire

engaging conversations with people living with or affected by depression; teens, seniors, new mothers, suicide-attempt survivors, suicide-loss survivors, hotline workers, supportive family members, comedians, couples, and dozens of other perspectives.

The CEKF sponsored our third season, and in that time the number of people hearing those important stories grew from the 100 in our first month, to more than 1000 a week, totaling more than 21,000 plays in less than a year. That's a large and neglected audience, regularly hearing first-person stories that let them know: They are not alone. They are not weak or broken. Depression is treatable, and its storms do pass. People lucky enough not to have depression learn what is (and isn't) helpful when talking to or trying to support someone who is struggling.

In addition to the podcast, more than 4,500 people benefit from our daily informative/inspirational posts on Facebook and Twitter. We respond personally to every comment so our community members know their voice is heard and their struggles are understood. We speak at suicide-prevention and depression-awareness events, conferences, colleges, in the media.

We are willing to take our masks off and expose our whole selves (depression is only one small piece,) because numbers don't tell the story. People tell the story. We have no shame, because depression is nothing to be ashamed of.

A heartfelt thank you to the Charles E. Kubly Foundation for believing in our work, funding it, and for trusting us with full-editorial control. So much good work is being done in Charlie's name; what a legacy!

-Terry McGuire

## CEKF TAKES TO THE AIR WITH 88NINE

Last fall, we granted money to 88NineRadio Milwaukee for a mental health series featuring compelling personal stories. The stories were part of a new multi-media series, *In the Wings*, created for the station's 10th anniversary. Over 10 months, *In the Wings* looked in depth at 10 issues affecting our community.

In the November mental health series, one of the stories focused on the frequent intersection of addiction and mental health disorders. It highlighted Nicole, a woman in recovery who is now a peer mentor to others. A second story featured a veteran, Dan, who is finding his way back to health with the help of Dryhooch, a nonprofit serving veterans and one of the organizations to which CEKF has provided grants. Told through audio and video, those stories and two others enlightened listeners/viewers while reducing the stigma associated with discussing mental health issues.

Francesca Kempfer, Radio Milwaukee Development Director, wrote “Thank you for playing a key role in furthering our mission of creating a better, more inclusive and engaged Milwaukee.”

A nonprofit organization, 88Nine Radio Milwaukee is a public radio station, digital media company and convener of community conversations. You can tune in at 88.9 FM or find the station at [www.radiomilwaukee.org](http://www.radiomilwaukee.org).



# PROJECTS FUNDED FALL 2017

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

### ALMOST SUNRISE

A grant to fund a companion piece to follow the Fall 2017 PBS airing of the award-winning documentary "Almost Sunrise".

### BOYS & GIRLS CLUB - GREATER MILWAUKEE

Train Boys & Girls Club staff to use LEADS for Youth curriculum and to receive Anger Management certification to better address mental health for youth club members as well as support Mental Health Awareness Month activities at the Boys & Girls Clubs.

### CHILDREN'S HOSPITAL OF WISCONSIN

Funding for NAMI Greater Milwaukee's theater performance of "Pieces" at the Pediatric Nursing Conference in November 2017.

### GIVING VOICE TO DEPRESSION

The weekly podcast "Giving Voice to Depression" and its Facebook page help normalize conversations about mental illness and create an environment where people feel secure seeking the help and support they need to lead healthy lives.

### MENTAL HEALTH AMERICA - WISCONSIN

Funding for the 8th annual Prevent Suicide Wisconsin Conference to be held April 1, 2018.

### NAMI - DANE COUNTY

Crisis Intervention Team Training for Dane County to improve officer and consumer safety during interventions involving individuals with mental illness and to redirect such individuals into community-based treatment instead of having them enter the criminal justice system.

### NAMI - WASHINGTON COUNTY

The development of AHA Connections: Acceptance, Harmony & Affirmation - to resolve isolation of mentally ill community members. NAMI Washington County and Life of Hope developed this project jointly to provide activities and social opportunities.

### NAMI - WAUKESHA COUNTY

An educational offering called Ending the Silence for approximately 1,500 middle and high school students. The program is designed to improve suicide awareness and prevention, as well as mental health awareness for young adults.

### PREVENT SUICIDE GREATER MILWAUKEE

QPR (Question/Persuade/Refer) training to increase number of QPR trainers available to high risk groups such as veterans, non-English speaking, LGBTQ and men in middle years. These are demographics that have a high suicide rate.

### PROHEALTH CARE FOUNDATION

Funding for critical staff training to launch a collaborative care pilot which will improve the capabilities of primary care providers to treat depression by integrating behavioral health into clinic settings.

### RADIO MILWAUKEE 88.9

*In the Wings* radio and video segments focused on mental health and specifically, removing stigma and increasing understanding by featuring individual people telling their own stories.

### RAWHIDE

Funding to establish a licensed mental health clinic within the Silver Spring Neighborhood Center and build relationships with community residents and other community providers. They are also hoping to reduce the stigma of seeking mental health services.

### SIXTEENTH STREET CLINIC

Funding for the opening of the Layton Clinic which will serve unmet community needs. They will screen more adults and adolescents for depression and create follow-up plans – hoping to create 11,000 behavioral encounters in the first year.

### TRAUMATIC INCIDENT RESOURCE

Mental Health First Aid training for several first responder honor guard members who will then be able to train peers in Wisconsin and beyond. Mental Health First Aid teaches how to identify, understand, and respond to signs of mental health and substance abuse disorders in the community.



CEKF newsletter design and  
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by Foresite Group.





# BEYOND THE BLUES GOES BACK TO DISCOVERY WORLD FOR A BEAUTIFUL NIGHT OF MUSIC AND INSPIRATION

The Charles E. Kubly Foundation would like to thank everyone who made Beyond the Blues 2017 another great success. It was a beautiful evening on the shore of Lake Michigan at Discovery World Pier Wisconsin where guests enjoyed noshing on food offerings of Bartolotta Catering and music by the Dan Dance Trio and the Kris Crow Band. This year we included a brief talk from Anthony Anderson, who was featured in the award-winning film, *Almost Sunrise*. Our hushed crowd was inspired by his story of healing from "moral injury" on a trek from Milwaukee to L.A. The CEKF has been a proud supporter of this film in a few different capacities in the hopes to raise awareness of our American Veterans and the too often depression or mental health concerns that remain after active duty.

A successful Beyond the Blues means continued funding for many important projects as it is our largest fundraiser and last year brought the Foundation over \$200,000 in revenue. Please see our Fall 2017 Project list and descriptions included in this newsletter on page 2.



SAVE THE DATE FOR THE

15TH ANNUAL

## BEYOND THE BLUES 2018

AT THE NEWLY RENOVATED

Discovery World Pier Wisconsin  
Friday, September 21st

[www.charlesekublyfoundation.org](http://www.charlesekublyfoundation.org)

# Thank you 2017 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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# CHARLIE'S NIGHT RETURNS



Burgers and fries, a hot raffle, and busy dance floor were just some of the moments from the second-ever Charlie's Night held at Black Swan MKE on Saturday, January 13, 2018.

The awareness event is targeted at young adults with the purpose of bringing awareness of depression and suicide prevention to this key demographic as well as introducing the work of The Charles E. Kubly Foundation (CEKF). All funds raised went to support the mission of the Foundation.

This year, 200 people attended and heard from Billie Kubly about her late son Charlie and how depression affected his life and led ultimately to his suicide at age 28.

Special speaker Robin Zelek brought that message home as she shared her own experiences with depression and addiction and how those often-related diseases have affected her life. Now in recovery, Robin spoke of her symptoms, her treatment and what has helped her to begin to thrive on her recovery journey.

A student at UW-Parkside, Robin is the current president of the Active Minds chapter on campus. Active Minds is an organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking.

The event was conceived and organized by Lily Kubly who brought in music by The Krew and DJ JoJo and made sure the newly-opened Shake Shack was on hand to keep the crowd fed.

After the event, Lily recalled, "My cousins and I (Charlie's nieces and nephews) had been talking for years about wanting to get our friends and our generation involved with the Foundation, which is how Charlie's Night was conceptualized. Mental health is extremely important as we go through the major changes of adulthood since many mental illnesses first present during that time. We wanted to spread that message as well as tell Charlie's story. We're so happy that Charlie's Night has taken off!"

Great job, Lily! We can't wait for next year!

Shop Sendik's Food Market locations February through April, 2018 and support mental health. At check-out you will be able to make a donation to the Charles E. Kubly Foundation. Here are the upcoming opportunities to contribute to the CEKF and mental health initiatives:

**February:** Did you buy a chocolate heart for your Valentine?

**March:** Get a blue CEKF bracelet for \$1

**April:** Round up your purchase in support of the CEKF

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*Sendik's*  
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AND  
SUPPORT  
MENTAL  
HEALTH



IN MEMORIAM  
**DR. MICHAEL  
KUBLY**

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Dr. Michael Kubly, husband of Billie Kubly and Charlie's dad, passed away at home four days after a diagnosis of T-cell Lymphoma. The Charles E. Kubly Foundation started after the loss of their dear son Charlie, with whom Mike is now reunited.

Since Charlie's death 14 years ago, Billie and Mike have been committed to the Foundation with passion and purpose. Although the Foundation is a public charity supported by you, it is nevertheless in name and in heart, synonymous with the Kubly family. So many of our loyal supporters have ties to the Kublys. Our nonprofit grantees have enjoyed meeting Billie and Mike at our annual Beyond the Blues event or other community gatherings. Some of you know Billie and Mike's children and grandchildren.

Mike was a gifted orthopedic surgeon, a Vietnam War veteran, and most of all a proud father and grandfather. He is remembered for his quiet humor and joke telling. He will be greatly missed and we send our condolences to Billie and the entire Kubly Family along with his many friends. We are grateful that many of you, our donors, have honored Mike with donations in his memory.

# 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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SAVE THE DATE FOR THE  
**15<sup>TH</sup> ANNUAL**

# BEYOND THE BLUES 2018

**FRIDAY SEPTEMBER 21<sup>ST</sup> 2018**

**At Discovery World Pier Wisconsin**