



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

This time of year is always so bittersweet for me and writing for the newsletter is always a bit of a challenge. Fifteen years ago in August, David, our kids and I moved from Mequon to Milwaukee into our "forever home". On September 10th we welcomed our 6th child, Shelby, into the world. Six weeks later, my brother Charlie took his life. It is hard to separate two such significant life events that are so closely related, so each year, the fall is a jumble of mixed emotions.

But the feeling of loss remains with Charlie's friends and family throughout the year. While we can't have Charlie back, doing so much in his name through the Foundation is the next best thing.

The Charles E. Kubly Foundation (CEKF) was created shortly after Charlie died. If you had asked anyone that was on the inaugural Foundation Board if we would be looking back 15 years later, having raised over \$2.3 million and supported over 273 local, city, state, and national projects and events, the answer would have been an overwhelming "no way"!

The CEKF has done that and so much more!

I should point out that the Charles E. Kubly Foundation is a 501(c)3 public charity NOT a family foundation. That means the CEKF raises the money that it grants to other organizations. As a public foundation, we have a broad array of supporters. Currently, my mom as an honorary Board Member and I, as President, are the only family members involved on the board. You'll find a list of the other Board Members and staff on the address page of this newsletter.

Beyond the Foundation, my parents, Billie and Mike Kubly, still wanted to do more. While they initially made a large donation to the Medical College of Wisconsin naming the Psychology Chair in Charlie's name, there was more to come. Over the past few years, my parents have made several major donations to local colleges and hospitals in Charlie's name. Most recently after my father passed away in January, my mother made a significant gift to create the Dr. Michael C. Kubly Military & Veterans Mental Health Endowment at UWM to honor my dad's service as an army surgeon.

While my parents' donations have been immensely impactful and meaningful, they cause occasional confusion for both the Foundation's donors as well as our grantees. For example, in addition to my mother's recent endowment gift to UWM, the CEKF has also made its own grants in support of the annual Mental Health Summit hosted by UWM's Military and Veterans Resource Center (MAVRC). Just know that when you see my parents' names or simply Charlie's name, those are personal gifts and when you see the CEKF name or logo, those grants are funded by your donations for which we are so grateful.

As I have said before, I wish you all could be flies on the wall to see the time, care and rigor that goes into spending your donation dollars. The CEKF has a set mission with defined funding guidelines and goes through a thoughtful, formal process with our Grant Review Committee, which includes both Board members, doctors and mental health professionals, to determine our grant funding. Our grants are commonly in the \$2,500-\$25,000 range and support a variety of nonprofits and community initiatives. As one of the only Wisconsin funders focused on mental health, we can attest to the critical need that exists for more dollars devoted to depression awareness, stigma elimination, suicide prevention and overall access to resources.

I am truly honored to be a part of this wonderful group of dedicated Board members and all those we collaborate with in our community to be sure there is a better future for those affected by depression. Thank you for your part in making our work possible.

Molly Kubly Fritz
President

SUMMER 2018

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BILLIE'S CORNER

Happy summer to all! I truly mean it when I tell you that I'm always overwhelmed with gratitude every time I read our donor lists. It is because of you that the CEK Foundation is still going strong.

It will be fifteen years ago this September that we launched the first Beyond the Blues fundraiser and opened up the uncomfortable conversation about depression. I now can tell that there is more openness and understanding about this disease as we realize that everyone knows someone with the Disease of Depression. But, lots more work needs to be done.

These following areas still need our focus:

- Stigma - must be eliminated
- Treatment - so important
- Teachers and religious leaders MUST have mental health education

In July, New York State became the first state in the United States to require all schools to incorporate mental health education into the curriculum. The intent is to take a public health approach; giving students the knowledge and resources they need to help recognize the early stages of mental health problems and how to get help.

Wisconsin, let's be the second state to incorporate this into our schools.

A quick overview:

Depression has increased 63% in ages 12-17 and 47% in ages 18-34 since 2016.

Suicides: 45,000 occurred in 2016 – twice the number of homicides and, for ages 15-24, it is the second leading cause of death. These numbers reflect a 30% rise in death by suicide.

Oh yes, let me repeat, lots more work needs to be done. You are helping by your contributions so we therefore can support many more mental health programs.

Thank you and love to all, Billie

*Sources for above information include the Wall Street Journal, mentalhealthamerica.net, and who.int – these statistics are also available at nih.gov and samsha.gov.



CREATING SUICIDE-SAFE ENVIRONMENTS IS PRIORITY FOR MILWAUKEE BHD



There were many partner events where gun locks and medicine disposal envelopes were distributed.

The CEKF recently received a letter with thanks for its funding of the Milwaukee County Behavioral Health Division's efforts to reduce suicide and deliver quality mental health services within Milwaukee County. Nzinga Khalid, BHD's Prevention Coordinator, wrote "Without funding from the CEKF, BHD would be unable to expand its reach in Milwaukee County. With your help we've been able to increase our impact and focus on objectives that respond to the realities of suicide in Wisconsin and the interventions that have the best chance of achieving success in our communities."

The \$55,000 grant provided by CEKF supports activities, trainings, resources and events that assist individuals, families and communities in creating suicide-safe environments for people at risk of suicide.

Reducing access to the means to complete suicide is a positive step toward suicide-safe environments, as are barriers to delay suicide attempts. So far in 2018, BHD's activities toward this goal have included:

- Gun locks—10,000 gun locks were distributed to treatment and recovery providers in BHD's network. BHD also partnered with Mental Health America and Prevent Suicide Greater Milwaukee to distribute gun locks at health fairs and conferences.
- Medication disposal envelopes—BHD distributed 3,800 envelopes for the safe collection and disposal of unused medications. It was a community effort using the power of 6 different community coalitions, 8 health departments, and 15 resource fairs. Since November 2016, 1020 pounds of medication have been collected.

In addition, BHD has disseminated critical information in an array of events and programs addressing the stigma around mental health and substance abuse. These include 7 Mental Health Awareness Month events, 5 suicide prevention events and 16 substance abuse events in the form of trainings, conferences and presentations.

PROJECTS FUNDED SPRING 2018

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

ANU FAMILY SERVICES

Funding for the Community-Based Flexible Support program targeting residents of rural Western Wisconsin communities. The program provides in-home education and support for adult and children with mental or substance abuse disorders to assist them with increasing independence, practicing skills that keep them healthy and promote positive well-being, and connects them to community.

COPE SERVICES

Funding to replenish COPE brochures and provide partial support of the after-hours hotline service that assists callers in need when COPE is closed.

EXPRESS YOURSELF MILWAUKEE

The Girls' Voice Studio Program will provide urban teen girls with arts-based therapeutic intervention that uncovers inner strength and resilience, builds teamwork and belonging, and develops healthy self-identities.

LIFE OF HOPE

Grant for a Community Suicide Education Forum in West Bend, WI, featuring actor and comedian Josh Rivedal and including a panel discussion and resource fair.

MILWAUKEE COUNTY BEHAVIORAL HEALTH DIVISION

Milwaukee County BHD will assist communities, families and individuals in creating suicide-safe environments for people at risk of suicide. The grant will fund distribution of gun locks and medication disposal envelopes as well as reduce stigma and bring awareness to mental health and suicide prevention through trainings and participation of BHD in community events.

NAMI - RACINE COUNTY

Grant to bring NAMI's national suicide prevention program, Ending the Silence, to middle and high school students in Racine to reduce stigma surrounding mental illness and improve knowledge of mental health conditions.

PAINTING PATHWAYS CLUBHOUSE

Funding for a wellness program that helps Manitowoc-area Clubhouse members living with mental illness to adopt healthier wellness practices. Ultimately aims to reduce risk factors for preventable diseases, promote recovery and reduce need for crisis intervention services.

SAFE COMMUNITIES MADISON- DANE COUNTY

Support for a Zero Suicide Initiative that includes distribution of Safe Storage of Firearms cards, lockable medication boxes through local health systems, and Spanish language QPR booklets, as well as the implementation of physical suicide deterrents in at least two parking structures.

WLCFS CHRISTIAN FAMILY SOLUTIONS

A grant to provide Zero Suicide Model Training for the staff of Wisconsin Lutheran Child & Family Services to create organization-wide awareness and response to suicide that is evidence-based, consistent, and effective, as well as to implement a measurement tool that helps track outcomes toward the goal of zero suicide.

UWM MAVRC

A grant to fund the VA UWM Mental Health Summit, which focused on the unique mental health issues facing the African American veteran community in the Milwaukee area.



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website development provided
by Foresite Group.

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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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G'S BIG JIG RETURNS

The second annual G's Big Jig fun run/walk was another great success! The Kelley family and friends did an amazing job of putting together the event to remember Garrett Kelley, raise awareness of the disease of depression and help erase the stigma associated with it. The event was started last year by Garrett's sister, Bridget and her father, Garry to honor Garrett who died by suicide in 2016.

Held Friday, June 1st at Thiensville Village Park, the event attracted more than 200 attendees and raised over \$38,000. These funds will be part of the Garrett Kelley memorial fund and ultimately will fund a project that the Kelley family will help select in Garrett's name.

That evening, Big Jig attendees visited with area mental health organizations and browsed resource tables carrying with them "passports" that could be stamped and turned in for a chance to win donated prizes. The supporting organizations were REDgen, COPE Services, Giving Voice to Depression, and LIFE of HOPE.

Watch for details of next year's event and come enjoy a late spring evening of exercise, food, music and games – all for a great cause! Thank you to Garry and Bridget Kelley for their tireless efforts in making this happen. And thank you to their family, friends and neighbors who support them and the CEKF!



FUELS THE CEKF

Thank you, Sendik's! From February through April 2018, the Charles E. Kubly Foundation was the designated charity for several different store promotions which ultimately generated \$70,000 to the Foundation.

During February, Sendik's shoppers were able to buy chocolate Valentine hearts for \$1, then blue CEKF suicide prevention bracelets in March, and finally in April, guests could "round-up" their purchases in support of the Foundation. Also donated were proceeds from the sale of the February issue of "Real Food", Sendik's very own magazine devoted to inspiring their guests' culinary endeavors. Capping it off was a first-ever, delicious surprise promotion called Cupcakes for a Cause.

In the spirit of our partnership, the CEKF arranged to offer Sendik's employees an interactive session focused on maintaining mental health. The Foundation is so grateful to have had this opportunity to bring awareness of the disease of depression and suicide prevention to the community through this inspiring collaboration.

Shop local at Sendik's to support your community!



CEKF FISCAL YEAR 2017-2018

MARCH 1, 2017 - FEBRUARY 28, 2018

STATEMENT OF FINANCIAL POSITION

ASSETS	2018 FY	PRIOR YEAR
<u>Current Assets</u>		
Cash and Cash Equivalents	\$456,483	\$320,126
Prepays	\$6,500	\$7,000
Total Current Assets	\$462,983	\$327,126
<u>Other Assets</u>		
Certificates of Deposit	\$91,075	\$90,811
Total Assets	\$554,058	\$417,937
LIABILITIES AND NET ASSETS		
<u>Current Liabilities</u>		
Accruals	\$2,469	\$1,535
<u>Net Assets, Unrestricted</u>	<u>\$551,589</u>	<u>\$416,402</u>
Total Liabilities and Net Assets	\$554,058	\$417,937

STATEMENT OF ACTIVITIES

SUPPORT & REVENUE	2018 FY	PRIOR YEAR
Contributions	\$341,901	\$116,927
Fundraising Support	\$269,691	\$221,468
Interest Income	\$578	\$564
Net Support & Revenue	\$612,170	\$338,959
EXPENSES & LOSSES		
Program	\$319,489	\$260,109
Administrative	\$74,871	\$85,190
Fundraising	\$82,623	\$56,454
Total Expenses	\$476,983	\$401,753
CHANGE IN NET ASSETS	\$135,187	\$(62,794)
Net Assets - Beginning of Year	\$416,402	\$479,196
Net Assets - End of Year	\$551,589	\$416,402

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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TICKETS ON SALE NOW FOR

15TH ANNUAL

BEYOND THE BLUES 2018

FRIDAY SEPTEMBER 21ST 2018

At Discovery World Pier Wisconsin

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