Words. So many words. More often now, we read the words depression, anxiety, stigma, suicide and often, especially in headlines, “crisis”.

We’re familiar with some of the headlines around mental illness and suicide. Billie Kubly’s article on the next page mentions these as well. In 2019, we’ve seen headlines like:

- Kids in Crisis: You’re Not Alone (USA Network-Wisconsin, series ongoing since 2016)
- Teen Suicide Prevention Can Be Hard to Find Across USA (Milw. Journal Sentinel, 5/15/19)
- Dairy Farmers are in Crisis (Milw. Journal Sentinel, 2/21/19)
- VA Officials, and the Nation, Battle Unrelenting Tide (New York Times, 4/14/19)

These articles spotlight statistics around the suicide and mental health crises in the U.S. and for specific demographic groups. Veterans, farmers, LGBTQ youth, teens, and middle-aged men are groups with higher suicide rates which have been featured in recent articles.

There is a different crisis too—one of access to scarce mental health resources.

Dr. Jon Lehrmann of the CEKF’s Medical Advisory Board coauthored a 2018 article in WMJ with Medical College of Wisconsin colleagues in which he quoted the following statistics:

- 68 of 72 Wisconsin counties have inadequate numbers of psychiatrists to meet population needs. 49 of Wisconsin’s 72 counties lack an outpatient child psychiatrist.
- Wisconsin is only meeting 20.8% of the state’s mental health needs, ranking it 49th of 50 states.
- Wisconsin is worse than most states in its per capita workforce of all types of mental health professionals: nurses, social workers, psychologists and psychiatrists.
- By 2024, a minimal shortage of 14,000 psychiatrists nationwide is projected.
- An industry analysis of 42 million insurance claims between 2013-2015 revealed that psychiatrists were paid an average of 20% less than their primary care and medical/surgical peers when the same service was delivered using the same billing codes.

Dr. Lehrmann and his colleagues go on to explain initiatives that MCW is undertaking to address these shortages and improve access. (To see the full article and citations, go to www.wisconsinmedicalsociety.org, choose WMJ, and access back issue Volume 117, No. 3.)

The Charles E. Kubly Foundation also ranks access to resources as one of its key priorities. The Foundation’s efforts have ranged from helping launch a pilot to integrate mental health into a primary care clinic to funding a searchable, updated online resource directory maintained by Mental Health America of Wisconsin and providing grants for implementation of telepsychiatry for both Sixteen Street Community Health Centers and Milwaukee Center for Independence.

Through your donations to the CEKF, you are impacting accessible resources for Wisconsin residents. Thank you for that critical support!

Ann Homstad
Executive Director
BILLIE’S CORNER

Happy summer everyone! Our journey started 15 years ago after the loss of our son/brother to the disease of depression. Tragic as it was and will always be, we felt it very necessary to bring this disease out into the open.

It was very gratifying at our first Beyond the Blues to see the turnout. I was so nervous that no one would attend. You not only attended, gave us your support, your interest and your donations but you remain loyal to this this day which means so much. It has allowed us to give support to so many out there who are living with this disease.

I remember distinctly telling you it was predicted by the medical community that by year 2020 suicide would be the second leading cause of death behind heart disease. In 2004 the number in the U.S. was 32,498. Today 45,000 Americans take their death behind heart disease. In 2004 cancer death rates declined these past 25 years, but suicide rates are going up. I also remember telling you over the years that our teachers need more of them. And, most of all, I am thankful for them.

Faith and science can go hand in hand. The scientific research being done by scientists at Marquette and Froedtert is most exciting. I’m hoping that they will be the first in the country to come up with the breakthrough that they will be the first in the country to come up with the breakthrough that we need. I am thankful for them.

Thanks also to the hard-working professionals who try to make a difference for these patients. We need more of them. And, most of all, I am so grateful to all our supporters.

Love, Billie (Charlie’s Mother)

CEKF MAKES IMPACT ON EARLY CHILDHOOD CARE

Recently a CEKF grant made it possible for 100 local childcare professionals to attend the UWM School of Continuing Education’s 2019 Early Childhood Director Day and Preconference events. The focus of the April conference was to increase awareness and understanding of trauma-informed care and trauma responsive practices within the childcare workforce.

The CEKF grant funds were used to provide scholarships to attend one or both days, pay for speakers and provide resources to attendees. Many participants had never had the opportunity to attend a conference before. Scholarship recipients came from 18 different zip codes and were recruited by door-to-door outreach efforts and collaboration with community partners in addition to traditional marketing.

This passage from UWM’s grant application explains why understanding trauma in young children is so important:

A wealth of research has shown that children are particularly vulnerable to trauma because of their rapidly developing brains. Over time, traumatic experiences have a significant impact on a child’s future behavior, emotional development, mental and physical health (Stein, 2003 [Erik Erikson]). Research indicates that stressors and hardship in childhood, such as that caused by abuse, neglect, exposure to violence and mental illness in caregivers, can alter the brain architecture of a developing child. Those physiological changes, in turn, raise the risk of cognitive and developmental delays, physical health problems such as diabetes and heart disease, and behavioral and mental health problems such as substance abuse and depression.

Understanding the effects of childhood trauma and addressing it early with appropriate services is critical and early childhood professionals are uniquely positioned to do this. That’s why the CEKF is proud to have supported this conference and its scholarship participants.
THE CHARLES E. KUBLY FOUNDATION PROUDLY SUPPORTED THE FOLLOWING PROJECTS:

CONCORDIA UNIVERSITY
Funding for the creation of a SMART (Stress Management, Anxiety and Resilience Training) Lab on the Concordia University campus in Mequon, WI. Modeled after a successful lab at The Ohio State University, this will become a key resource in Concordia’s plan for student mental health and suicide prevention.

JACOB’S SWAG
A grant toward development of a phone app that will link middle and high school students in an initial 11 Southern Wisconsin school districts to local and national mental health resources using the universal stoplight colors of red (crisis), yellow (warning signs) and green (mindfulness, breathing and other helpful activities).

KENOSHA COUNTY DIVISION OF AGING & DISABILITIES
Funding for 15 people to complete Mental Health First Aid training to become certified to teach others. Mental Health First Aid is a national program which gives people the skills to identify, understand, and respond to the signs of mental illness and substance abuse disorders. The new trainers along with a project coordinator will go on to provide trainings in the community to a range of constituencies including health care providers, law enforcement, churches, college staff & students. The goal is to train 360 people between October 2019 and September 2020.

MILWAUKEE CENTER FOR INDEPENDENCE (MCFI)
A CEKF grant will fund telepsychiatry equipment for implementation at MCFI’s Crisis Resource Centers (CRC). The CRCs are an essential component of the redesign of Milwaukee County’s Psychiatric Crisis Services. MCFI has two CRCs currently and is opening a third. The existing two CRCs serve about 130 patients per month with an average stay of 5-8 days. Telepsychiatry via videoconferencing will allow providers to have direct interaction with clients in real time and meet client needs for convenient, affordable, and readily-accessible mental health services. The need for crisis intervention services continues to grow. Implementing telepsychiatry services can help fill the gap in crisis intervention care and augment existing services.

UNITED WAY OF DANE COUNTY/JOURNEY MENTAL HEALTH
In a pioneering partnership, the United Way of Dane County, Journey Mental Health Center and four local school districts have been using CBITS, an evidence-based practice approach for screening kids for trauma, depression and PTSD, to identify students in need of help. Once identified, students are supported through groups in the schools, other educational support, and when necessary, referrals to other community-based services and education. The CEKF grant will cover costs to train eight additional providers in Trauma Focused Cognitive Behavioral Therapy (TF-CBT) as preparation to engage in CBITS work going forward. United Way of Dane County’s partner agency, Journey Mental Health Center is the lead provider of practitioners certified in TF-CBT for the CBITS program.

NAMI - RACINE COUNTY
Last year, the CEKF funded the introduction of NAMI’s Ending the Silence (ETS) program to select schools in Racine County. Ending the Silence is a 50-minute presentation that helps middle and high school students to understand mental illness. The positive response from schools receiving the program last year led the Racine Unified School District to ask NAMI Racine County to bring ETS to all its middle school and 9th grade health classes. The most recent CEKF grant will fund this.

WISCONSIN FAMILY TIES (WFT)
Funding to enhance the curriculum for WFT’s Breaking Barriers & Building Bridges: How to Work Effectively with Any Family workshop and market it more extensively. The workshop will be marketed to all Wisconsin public schools, county human services departments, and tribal mental health offices. Workshop participants will hear about parents’ experiences raising a child with mental health needs, learn how the involvement of parents can strengthen school programming and improve student outcomes, gain an understanding of barriers to parental involvement, and learn how to better engage families to take advantage of the unique assets they bring to the table.

WLCFS-CHRISTIAN FAMILY SOLUTIONS
Funding for QPR suicide prevention training and educational presentations about the warning signs of suicide and other mental health issues to be presented to Milwaukee teachers and staff at 17 urban elementary schools served by WLCFS, as well as other select other public and private high schools in Milwaukee and the surrounding area.
DONORS

FISCAL YEAR ENDING 2/28/19

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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Nicholas Family Foundation
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Mr. and Mrs. Thomas Wayne
Mr. and Mrs. John Waxmer
Mr. and Mrs. Michael Weiss
Windflower Foundation
Wol Flaxing
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On May 18th old and new friends of the Charles E. Kubly Foundation rallied on the rooftop bar of The Estate in downtown Chicago to raise money and awareness of the CEKF. It was a beautiful Spring evening with approximately 150 supporters coming out to support the mission of the Foundation while enjoying house music, a beef and chicken slider bar, cocktails and a brief introduction from Lily Kubly and Sarah Kubly, the event organizers. Charlie’s Night is becoming a favorite gathering for our young adult supporters and goes a long way toward introducing the tough topics of depression, anxiety, suicide, stigma and related mental health conditions. This Chicago event raised over $3,300! As always, the Foundation could not be more grateful to Lily and Sarah for their enthusiasm and hard work – making Charlie’s Night Chicago a fun and impactful event!

Last year we announced the formation of the Joey Schmitz & Charlie Kubly Endowment Fund. Started with a generous $500,000 gift from Michael Schmitz and his late wife, Jeanne, the income from the endowment will provide stability and additional funds for grant funding and/or operating needs of the CEKF. We’d like to thank all of you who have since made gifts to the endowment. We’re aspiring to meet our $1 million goal by the end of 2019. Whether you are a long-time or more recent supporter of the Foundation, your gift or pledge of up to three years can help us toward our goal. To read more about the endowment, go to our website, www.cekf.org, and click on the “Foundation” tab. Or contact CEKF Executive Director Ann Hornstad at 414-477-8901 or ahomstad@cekf.org.

WE HAVE RAISED A TOTAL OF $778,100

TOWARD OUR $1,000,000 ENDOWMENT GOAL
# CEKF Fiscal Year 2018-2019

**MARCH 1, 2018 - FEBRUARY 28, 2019**

## Statement of Financial Position

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<thead>
<tr>
<th>ASSETS</th>
<th>2019 FY</th>
<th>PRIOR YEAR</th>
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<tbody>
<tr>
<td><strong>Current Assets</strong></td>
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<td>Cash and Cash Equivalents</td>
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<td>Certificates of Deposit</td>
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## Liabilities and Net Assets

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<th>Current Liabilities</th>
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<td>Accruals</td>
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<td>Net Assets, Unrestricted</td>
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<td><strong>Total Liabilities and Net Assets</strong></td>
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## Statement of Activities

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<th>Support &amp; Revenue</th>
<th>2019 FY</th>
<th>PRIOR YEAR</th>
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<td>Contributions*</td>
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<td>Fundraising Support</td>
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<td>Interest Income</td>
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<thead>
<tr>
<th>Expenses &amp; Losses</th>
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<td>Program</td>
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<td>Administrative</td>
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<td><strong>Total Expenses</strong></td>
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<th>Change in Net Assets</th>
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<td>Net Assets - Beginning of Year</td>
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<td><strong>Net Assets - End of Year</strong></td>
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*Includes gifts to the Endowment Fund
The Charles E. Kubly Foundation
1341 W. Mequon Road
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Mequon, WI 53092

BEYOND THE BLUES 2019

TICKETS ON SALE NOW FOR

FRIDAY SEPTEMBER 20TH 2019
At Discovery World Pier Wisconsin

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