



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.



# SUMMER 2023

# THE CHARLES E. KUBLY FOUNDATION

[WWW.CHARLESEKUBLYFOUNDATION.ORG](http://WWW.CHARLESEKUBLYFOUNDATION.ORG)

## A MESSAGE FROM MOLLY KUBLY FRITZ REFLECTING ON 20 YEARS OF THE CEKF

It is hard to believe it has been 20 years since we lost my youngest brother Charlie. It is with such mixed emotions that we have poured our heart and souls into a Foundation's mission, which in our brightest hour, will be obsolete as the ultimate goal is that mental health struggles are treated and addressed just like any other medical issue.

I am so proud to be a part of this family and a member of the CEKF and all that have been accomplished these past 20 years, and the CEKF and my parents' efforts are often crisscrossed, causing some confusion. My parents have made several significant and impactful donations in Charlie's name in the Milwaukee area, leaving Charlie an incredible legacy. The Foundation has provided smaller grants (\$50,000 and under with most in the \$5,000 to \$10,000 range) in our area and beyond, often helping to build community and provide education and resources. To date, we have donated \$3.6 million dollars to 413 projects. The list of these projects and whom they touch is wide reaching and can be found on our website.

We would not be where we are without some incredible leadership since Charlie's family and his friends started the Foundation. We currently have the incredibly capable Kris Rick as our Executive Director, Business Manager and Event Planner. Lily Kubly (Charlie's' niece) and several of her cousins and others taking the torch for the next generation with the Young Leaders Council (YLC). Our Board, now headed by Linda Lundeen, consists of dedicated people sharing their expertise to continue making a difference. This year we say good-bye to our Treasurer, Laura Koppa, and her parting letter says it all (page 3). Our Grant Committee, lead by Dr. Jon Lehrmann is our bi-annual rock as they guide us their up-to-date knowledge. But we would not be where we are without YOU, our incredible donors, that continue to support not only the Foundation, but the Kubly family and help to provide a collective voice through your donations that are creating the changes we are all seeing in the fight for mental wellness! We are forever indebted!

This issue of The CEKF newsletter is dedicated to Charlie Kubly and all families who have lost a loved one from the disease of depression

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# MERA CARES

## A GROUNDBREAKING MENTAL HEALTH CRISIS PREVENTION AND INTERVENTION PILOT



### INTRODUCTION

Mental health has emerged as a critical concern in today's fast-paced and stressful world. The prevalence of mental health disorders, combined with the rising number of individuals experiencing crises, necessitates innovative solutions. Recognizing this urgent need, MERA (Mental Health Emergency Response Authority) has partnered with the Charles E. Kubly Foundation to launch a groundbreaking pilot project focused on mental health crisis prevention and intervention. This initiative, aptly named MERA Cares, aims to transform the landscape of mental health support services, fostering early intervention, and saving lives.



Montréal Cain

### THE COLLABORATION

The MERA Cares pilot project is a collaborative effort between MERA, an organization dedicated to mental health emergency response, and the Charles E. Kubly Foundation, renowned for its advocacy and support for mental health initiatives. Together, they aim to address the gaps in the current mental health system and revolutionize crisis response.

### PREVENTION AND EARLY INTERVENTION

One of the primary goals of MERA Cares is to prioritize prevention and early intervention in mental health crises. The program focuses on identifying individuals at risk of mental health emergencies through comprehensive

screening and assessments. By proactively reaching out to individuals exhibiting early signs of distress, MERA Cares aims to prevent crises before they escalate.

### INTEGRATING TECHNOLOGY

Harnessing the power of technology, MERA Cares utilizes cutting-edge tools to enhance crisis prevention and intervention efforts. The program leverages artificial intelligence algorithms to analyze data from various sources, such as social media platforms, medical records, and community reports, to identify individuals who may be in need of assistance. This data-driven approach allows for targeted outreach and support, ensuring that help reaches those who need it most.

### COMMUNITY ENGAGEMENT AND EDUCATION

MERA Cares recognizes the importance of community engagement and education in destigmatizing mental health and fostering a supportive environment. The pilot project includes initiatives to raise awareness about mental health issues, providing resources and training to community members, first responders, and healthcare professionals. By empowering individuals with the knowledge and tools to identify and address mental health challenges, MERA Cares aims to create a network of support that extends beyond the pilot program.

### COLLABORATION WITH EXISTING SYSTEMS

MERA Cares works closely with existing mental health services and organizations to ensure a coordinated approach to crisis response. By collaborating with local healthcare providers, crisis centers, and law enforcement agencies, the program aims to streamline the process of identifying individuals in crisis and connecting them with the appropriate resources. This collaboration promotes a seamless transition from crisis intervention to ongoing

support and treatment.

### EVALUATION AND EXPANSION

Throughout the pilot project, MERA Cares prioritizes data collection and evaluation to assess its effectiveness and make necessary adjustments. By tracking key metrics, such as crisis resolution rates, reduction in hospitalizations, and overall community satisfaction, the program aims to continually improve its strategies and outcomes.

### LOOKING AHEAD

The MERA Cares Mental Health Crisis Prevention and Intervention Pilot, supported by the Charles E. Kubly Foundation, represents a groundbreaking step towards revolutionizing mental health support services. By prioritizing prevention, early intervention, community engagement, and collaboration, this initiative has the potential to save lives, reduce the burden on healthcare systems, and foster a society that values and prioritizes mental well-being. As the pilot project progresses, the hope is that its success will pave the way for wider implementation and inspire similar initiatives worldwide.

In conclusion, MERA Cares, in partnership with the Charles E. Kubly Foundation, demonstrates the power of collaboration and innovation in addressing mental health crises. By combining technology, community engagement, and a proactive approach to crisis prevention, this pilot project is poised to make a significant impact on mental health support systems. With its comprehensive evaluation and commitment to improvement, MERA Cares offers a ray of hope for individuals struggling with mental health challenges, ensuring that they receive the help they need, when they need it most.

Signup for MERA Cares newsletter at [www.meracares.com](http://www.meracares.com).

# PROJECTS FUNDED - SPRING 2023

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

### CHRISTIAN FAMILY SOLUTIONS

Parent education and peer mentoring program for families enrolled in their day treatment program using Trust Based Relational Intervention. TBRI equips parents with skills needed to help their children heal from past relational traumas and improve their long term outcomes.

### EASTBROOK ACADEMY

Supplies, materials, facility improvements, sensory room needs and further support for newly implemented school mental health program.

### THE FRIENDSHIP CIRCLE

Funding for "One Thing I Wish I Knew"; a speaker event with shared personal stories of strength and hope, showcasing their resilience in face of mental health struggles.

### GATHERING ON THE GREEN, INC.

Supporting Stages program support to engage audiences and bring awareness to community mental health resources.

### INSTITUTIONAL MINISTRIES

First Responder support programming including support groups and the design and release of a moral injury brochure. Additional funding provided for QPR (Question, Persuade, Refer) training.

### LUTHERAN SOCIAL SERVICES OF WI & UPPER MICHIGAN

School Centered Mental Health services to remove systemic barriers to treatment for Milwaukee area children of color impacted by healthcare disparities and inequities.

### MKE URBAN STABLES

Equine assisted therapy and learning program to build self-esteem, improve social skills, build confidence and better relationships for at-risk youth in Milwaukee.

### MILWAUKEE ACADEMY OF SCIENCE

Continuum of art therapy project for middle school students in order to promote healing from trauma, decrease depression and anxiety and improve mental wellness.

### MILWAUKEE YOUTH THEATRE, INC.

Summer Theatre Arts Program for Milwaukee Academy in an effort to raise self esteem and improve social skills for participants.

### PIUS XI CATHOLIC HIGH SCHOOL

Comprehensive School-Based Mental Health Support and Family Engagement partnered with Children's Wisconsin to meet increased "in the moment" student needs.

### REDGEN

Funding to support and strengthen REDgen Education Program through an enhanced speaker series, Spanish language education for collaborative suicide prevention programming of 16th Street Community Clinics and Notre Dame School of Milwaukee, educational videos, QPR training for leadership and a social media campaign.

### SHIELD OF SISTERS

A grant to support Restoration Retreats for female active duty/reserve/guard and veterans that have suffered the impacts of military sexual trauma. Retreats provide tools to prevent suicide, peer support and referrals for aftercare.



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# GLANCING BACK. MOVING FORWARD.

BY LAURA KOPPA, PAST BOARD MEMBER.

Acknowledging an anniversary often involves reflecting on the past. As I look back on 20 years of progress by the Charles E. Kubly Foundation (CEKF), I feel encouraged, optimistic and grateful. I have had the privilege of being associated with the CEKF for 16 of those years, first as a staff member, then as a Board and Grant Review Committee member.

When people ask me about the CEKF, I am proud to offer examples of the over 400 projects funded. Each project is facilitated by a group of talented staff and volunteers of nonprofit organizations. Most of these projects benefit those in southeastern Wisconsin, while others reach all corners of our state, nation and beyond. The scopes of these projects have expanded and the populations they have served are more diverse than ever. We now know that mental health challenges can touch anyone, and the widening reach of these projects reflects Kubly's commitment to serve an increased need.

In the past 20 years, I have seen discussions about mental health change. They have become more common, more compassionate, and less stigmatized. Looking forward, I think hopefully of our next generation. Braver about sharing their experiences and normalizing discussions of mental health, today's youth understand the power of vulnerability in fostering connection.

To anyone struggling, knowing that they are not alone, that they even have the support of advocates, is powerful. To this end, CEKF's Young Leaders Council does important work in dismantling the shame that often prevents people from seeking help. These impressive young adults volunteer their time to plan events designed to raise awareness of mental health and resources, both preventative and treatment focused. In addition, their recent golf outing raised funds for future projects.

Of course, CEKF's impact is largely owed to the generosity of our donors. To all of you: Thank you! Our gratitude is deep. Thank you for supporting a foundation that continues to improve the lives of so many. My own gratitude also extends to the entire Kubly family and those who helped to launch the CEKF 20 years ago. Their courage and fortitude to turn a devastating event, the loss of a son, brother, and friend into a life-saving foundation is impressive. And to all those who work in the mental health field: Thank you. We need you, we appreciate you, and we will be advocates of your work!



## THANK YOU LAURA!

The CEKF is so grateful for the 16 years Laura Koppa gave us both as an employee and Board member.

# THE 3RD YLC GOLF OUTING!

The Charles E. Kubly Foundation Young Leaders Council held their 3rd annual golf outing at The Preserve at Silver Spring on Saturday, June 10th. It was another great day on the links with 72 enthusiastic golfers bringing their "A" games all to bring awareness of the disease of depression and end stigma associated with it.

The YLC raised over \$18K through hole sponsorships, game wristband sales, participant fees and a "Beat the Pro" competition. This event has grown over the past few years and we are grateful for this "young" group of golf enthusiasts for their gathering in such a fun way in support of our mission. Thank you sponsors, golfers and YLC members for making this such a great day for The CEKF!



## AND A BIG THANK YOU TO THE MANY SPONSORS AND SUPPORTERS OF THE EVENT:

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**THANK YOU**

The CEKF would like to thank everyone who has created social media fundraising events over the past year! Here are a few that aren't listed on our full donor list but have made a HUGE difference, not only with funds but by bringing awareness to our cause!

Thank you to Ann Moran Lecher, Janet Debelak, Thayre Faust, Betty Rubner, Kelly Cooper, Abby Millman, Kristin Rick, Chloe Salvino, Katie Frommelt and Lily Kubly. We never mean to exclude anyone – so please excuse us if we accidentally omitted someone.

# 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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# BEYOND THE BLUES

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# BEYOND THE BLUES 2023

FRIDAY, SEPTEMBER 29TH, 2023

At Discovery World Pier Wisconsin

A Charles E. Kubly Foundation Event - [www.beyondtheblues.org](http://www.beyondtheblues.org)