

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

THE STATE OF MEN AND MENTAL HEALTH

The Charles E. Kubly Foundation asked me to inform its advocates, especially those who are male, about the state of men's mental health. Nearly one out of ten of us men experience depression or anxiety, but less than half ever receive treatment. The stressful and polarized world today threatens our mental health. There is no health without mental health. Up to half of us will struggle with our mental health in our lifetime. Men are four times more likely to die by suicide than women.

Stigma continues to be a major hurdle. Many men worry that being seen getting mental health care will be viewed as a weakness. That is bull****! I have provided psychiatric care for some of the toughest combat hero veterans in the world. Depression and anxiety disorders can happen to any of us and toughness has nothing to do with it. It is truly a strength to recognize our mental health struggles and to get help when we need it.

What are some things that can really help with your mental health? Regular exercise has antidepressant and anti-anxiety effects. Even getting out and walking for thirty minutes a day makes a difference. Getting enough sleep helps—look up “sleep hygiene” on the internet and learn some good rules to optimize your sleep.

Watch your alcohol intake. I always find I start drinking more when I am stressed. Alcohol has depressant effects, and though it might help you fall asleep, it impairs deep sleep and negatively impacts sleep. Having a close friend you can talk about things with makes a difference.

If you are feeling more anxious or depressed day after day, first talk to your primary care provider. They can get you started with some treatment or will refer you to a mental health professional. Anxiety and depressive disorders are treatable. Effective treatments include talk therapy, commonly referred to as psychotherapy, and medications. These treatments are sometimes most effective when used in combination. They do not work overnight and usually take several weeks, so be patient.

Jon A. Lehrmann MD

Charles E. Kubly Chair in Psychiatry & Behavioral Medicine, Professor, MCW Department of Psychiatry & Behavioral Medicine



SUMMER 2026

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Mental Health in Wisconsin



Many Wisconsinites struggle with their mental health.

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.

1,082,000

adults in Wisconsin have a mental health condition. That's more than **4x** the population of **Madison**.

Wisconsin Adults



1 in 5 adults experience a **mental illness** each year.

More than **1 in 20 U.S. adults** experience a **serious mental illness** each year.

269,000

Wisconsin adults have a **serious mental illness**.

1 in 6 of the more than **4,500 people** in Wisconsin who are **unhoused** have a **serious mental illness**.



1 in 20 adults have **serious thoughts of suicide** each year.

236,000 Wisconsin adults have **serious thoughts of suicide** each year.

924

lives were **lost to suicide** in Wisconsin in 2022.

Wisconsin Youth



1 in 6 U.S. adolescents aged 12-17 experience a **major depressive episode** each year.

89,000 Wisconsin adolescents experience a **major depressive episode** each year.

1 in 9 adolescents aged 12-17 have **serious thoughts of suicide** each year.

63,000 Wisconsin adolescents have **serious thoughts of suicide** each year.



16% of youth aged 0-17 in Wisconsin have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

1 in 800

ratio for school psychologist to students in Wisconsin's K-12 public schools. This is **worse** than the recommended ratio of one school psychologist for every 500 students.

The need to address access to mental health care in Wisconsin is urgent.

1.5x

more likely for a Wisconsinite to be **forced out-of-network** for mental health care than for primary care.

76,998

calls were made to Wisconsin's **988 Suicide & Crisis Line** call centers in 2023.

262,000

adults in Wisconsin reported needing mental health treatment but not receiving it between 2018-2019. **Cost is a prevailing factor** in not receiving treatment.

More than

1,500,000

people in Wisconsin live in a **community without enough mental health professionals**.

Wisconsinites deserve to get the mental health care they need, when they need it.



NAMI Wisconsin is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Learn more at namiwisconsin.org. For data citations, visit nami.quorum.us/mhpolicystats/.

This fact sheet was compiled based on data available in March 2025.

6TH ANNUAL “FORE THE CAUSE” GOLF OUTING

The CEKF Young Leaders Council held its 6th annual “Fore the Cause” golf outing on Saturday, June 6th. It was a great success! We want to thank everyone who went out of their way to make it FUN and impactful. We had an amazing turnout of both sponsors and golfers who helped us raise awareness and funds to support our mission. Thank you to Adam Karnes, Jack Walsh, Colin Fritz, Katie Walsh, and Michaela Fritz for their individual efforts that collectively came together for a great day of golf!

Proceeds from the event totaled over \$8,000.

**YOUNG
LEADERS
COUNCIL**
THE CHARLES E. KUBLY FOUNDATION

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

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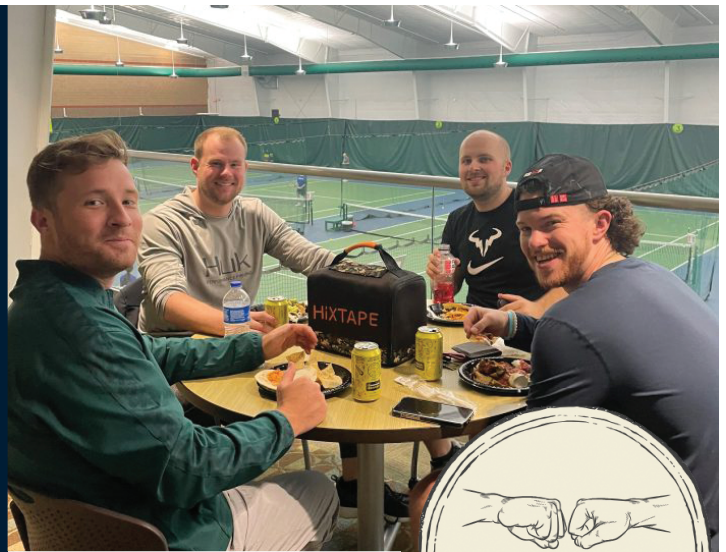
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Do you know a young leader who may want to join our mission of improving the lives of those affected by depression and bring awareness to the disease? Please connect them to The CEKF. We are looking to grow our council. The commitment is minimal with maximum impact of letting young adults know about addressing mental health and erasing the stigma associated with it. A tough topic but FUN events!

Contact Kris Rick for more information at krick@cekf.org or 414-477-9959.

WHAT IF SAVING LIVES STARTED WITH TACOS?



What if saving men's lives began with something as simple as showing up, sharing a meal, and having a real conversation?

That's the idea behind **Dudes & T.A.C.O.S.**, an innovative initiative of Foundations Health & Wholeness that is reshaping how men engage with mental health and suicide prevention.

Dudes & T.A.C.O.S. exists to reduce suicide among men by creating accessible, connection-driven opportunities that support mental and emotional well-being. The acronym stands for a **Trailblazing Adventure of Connection, Outreach, and Support**—three pillars that guide the initiative's impact.



The need is urgent. Middle-aged men face the highest rates of suicide, often struggling in silence due to stigma, societal expectations, and limited access to support. These challenges are even more pronounced in male-dominated industries like construction, manufacturing, agriculture, and the trades, where cultural norms can discourage vulnerability and help-seeking.

Connection

At its core, Dudes & T.A.C.O.S. is about connection. Instead of clinical environments, it creates welcoming, low-pressure, “dude-friendly” spaces where relationships form naturally. A key strategy is “shoulder-to-shoulder” engagement—activities where conversation happens side by side, reducing discomfort and building trust.

Monthly gatherings include bowling, billiards, cookouts, hiking, yoga, and sporting events, giving men opportunities to connect in ways that feel authentic and enjoyable.

Outreach

Outreach ensures these opportunities reach those who need them most. Free monthly events remove financial barriers and provide consistent access. Community education works to normalize conversations around men's mental health, reducing stigma and encouraging early help-seeking. Peer support is central, with men looking out for and supporting one another.

Support

Support provides the tools for lasting change. Guest speakers with lived experience remind men they are not alone, while practical resources offer strategies for managing stress and building resilience. When needed, clear pathways to counseling and crisis services ensure ongoing care.

Something powerful is happening—men are showing up, connecting, and opening up. In fact, 100% of participants report feeling better equipped to navigate difficult times, and 91% feel more prepared to support others.

With support from the Charles E. Kubly Foundation, Dudes & T.A.C.O.S. is helping build **healthier men, stronger families, and more connected communities.**

PROJECTS FUNDED - SPRING 2026

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

ASCENSION WISCONSIN FOUNDATION

WOW (Women of Worth) program providing women's health education, parenting and nurturing in the hopes of improving mental health and resiliency. giveawf.org

CATHOLIC CHARITIES OF MADISON

Building Bridges program, a school-based wraparound support initiative for grades 4K through 9th providing immediate and critical mental health needs. catholiccharitiesofmadison.org

CENTERS FOR INDEPENDENCE

Zero suicide workforce and public awareness initiative providing AMSR (Assessing and Managing Suicide Risk) certifications to frontline behavioral health providers. CFIhope.org

EMBRACE ME COMMUNITY SERVICES

Funding for Seen & Supported Initiative – a 120-day prevention-focused education project serving adults experiencing homelessness or housing instability in Milwaukee County.

THE GATHERING PLACE

Funding to strengthen and sustain free, peer-based recovery programming for individuals living with depression, mental health challenges, substance use disorders, and co-occurring conditions throughout NE Wisconsin. thegatheringplaceinc.org

GOGEBIC, IRON & VILAS COUNTY NETWORK

Northern Wisconsin Depression Education and Access to Care initiative. This effort will provide education to area residents about depression, its impact on personal health and suicide along with opportunities to expand services through collaboration. givn-network.org

IMPACT, INC.

Specialized training for IMPACT 211 Community Resource Specialists (CRS). This training will help CRS with emotional resilience, self-care and coping strategies as they work with large-scale community connections in trauma-related narratives. impactinc.org

LUTHERAN SOCIAL SERVICES OF WISCONSIN & UPPER MICHIGAN

School-centered mental health (family coaching services) removing systemic barriers to mental health treatment including therapeutic services, family coaching, partnerships with school staff, and resource connections for families. lsswis.org

MANKIND PROJECT USA

Southeastern Wisconsin Brotherhood Connection: Expanding peer-facilitated mental health support groups in SE Wisconsin utilizing a train-the-trainer model for continued outreach. mkpusa.org

MILWAUKEE COUNTY WAR MEMORIAL INC.

Reach Out to Wisconsin Veterans Project – coordination of ground outreach efforts with an air media campaign. warmemorialcenter.org

NAMI BROWN COUNTY INC.

Support for the Building Resilience: Youth Mental Health Initiative, expanding Brown County school- and campus-based mental health education and equipping students with the knowledge and skills to recognize and manage depression, stress, anxiety, and stigma. namibrowncounty.org

REDGEN

Funding for an expanded REDgen Rally bringing together students from diverse schools and cultures to share experiences, build meaningful connections, and collaborate on better ways to serve their peers who may need mental health support. redgen.org

RIVEREDGE NATURE CENTER

Mental Wellness in Nature (Mental WIN) and QPR (Question, Persuade and Refer) suicide prevention training and mental wellness day. riveredgenaturecenter.org

ROCKETSHIP WISCONSIN

A Multi-Tiered System of Supports (MTSS) providing students at Stellar Elementary with developmentally appropriate services aligned with their level of need, ranging from universal, preventative supports to targeted, and intensive mental health interventions. rocketshipschools.org

SAFE COMMUNITIES OF DANE COUNTY

Sources of Strength upstream suicide prevention programming for elementary and secondary schools in the Madison area. safecommunities.org

RIVEREDGE NATURE CENTER

A grant to enable Riveredge to provide QPR training coupled with mindfulness hikes to five partner organizations who serve high-risk individuals or individuals with limited access to mental health resources in the Greater Milwaukee Area. www.riveredgenaturecenter.org

SAFE FAMILIES FOR CHILDREN

A grant to offset the cost of recruiting, screening and onboarding new volunteers. Volunteers are utilized to assist when families are experiencing a mental health crisis. safe-families.org

ST. JOAN ANTIDA HIGH SCHOOL, INC.

The implementation of REDgen Roots of Resilience programming using peer support model. saintjoanantida.org

SAMARITAN COUNSELING CENTER OF THE FOX VALLEY, INC.

A voluntary, school-based mental health screening program designed to identify early signs of depression, suicide risk, and other emotional concerns among youth. Samaritan-counseling.com

SCALING WELLNESS IN MILWAUKEE LTD.

Support for SWIM's Community Outreach Series: Men & Mental Health. swimke.org

WAUSHARA COUNTY DEPARTMENT OF HUMAN SERVICES

Support for a three-part initiative addressing public awareness of suicide and suicide prevention, an educational campaign regarding depression and suicide prevention and a public sharing of resources for suicide prevention and those in need of mental health services. waushara.wi.us

WELLPOINT CARE NETWORK

Youth Voice Trauma-Informed Suicide Prevention Training Collaborative for Schools. wellpointcare.org

WISCONSIN VIETNAM VETERANS MEMORIAL PROJECT INC.

Rural mental health outreach through popular local "Shopper" newspaper articles providing community resource information and education. thehighground.us

WOMEN LEAVING THE CLUBS & RETURNING HOME

Support of the annual Red Dress Mental Health Gala designed to empower women to take charge of their mental and behavioral health. womenleavingtheclubs.info

THANK YOU FISCAL YEAR 2025 – 2026 DONORS

We apologize in advance for any unintentional omission from this list; Please contact us if you feel there should be a correction, thank you. Fiscal Year 3/1/2025 – 2/28/2026

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BEYOND THE BLUES 2026

FRIDAY, SEPTEMBER 18TH, 2026

6:30 - 10:30 p.m.

At Discovery World Pier Wisconsin

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