

THE CHARLES E. KUBLY FOUNDATION

WWW.CHARLESEKUBLYFOUNDATION.ORG



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.

WINTER NEWS 2017



THE CHARLES E. KUBLY FOUNDATION

A MESSAGE FROM THE CEKF BOARD PRESIDENT

It has been a privilege to serve as the Foundation's Interim Executive Director (with support of Sally Kubly and the entire Board) these last few months! As most of you know, I have been involved with almost all aspects of the Foundation since it was created after Charlie's death over 13 years ago. From event/fundraiser planning to sitting on the Grant Review Committee, I have worked closely with past Executive Directors and Business Managers while on the Board, and as the Board President the past four years. In all my time wearing different hats with the organization, these last few months have been incredibly emotional as I witnessed the power, influence and difference your donations are making in our community. For the first time in 13 plus years, I have followed your donations full cycle from arriving at our mailbox, to the final grant reports.

As a Board member, I have always been kept up to date on our donations, but it came in the form of spreadsheets and totals. During these last 6 months, I was often overwhelmed as Kris and I met at our office on a regular basis to 'log' the Foundation mail together. It is a completely different feeling to open and read each donation you have entrusted with us! The donations, large and small, along with many heartfelt notes of thanks and encouragement are so touching. While we are a public charity, the work we do is in my brother, Charlie's name so it is also very personal.

I have served on the Grant Review Committee since the Foundation began, but once again, I received a beautifully organized binder with

not only summaries, but all the information needed to decide whether the grant was acceptable to the Foundation. As the E.D., I was in contact with the potential grantees from the start. The enthusiasm, passion and desire to make a difference of the non-profits seeking a grant from us is inspiring. I would advise each one of them and we would work together to make sure the grants had the most potential impact for the dollars requested, as well as the pertinent outcome measures to be sure the projects are properly tracked for their success. The number and wide range of projects, from two college students bringing in a speaker, to several projects for school age kids, to an art project for Vets reminded me how far-reaching your donation dollars go and how big the population we serve is. I then was the one preparing those tidy binders for the Review Committee and Board where much care is taken as they are reviewed to be sure your donations are well spent! However, the highlight of the donation cycle was calling grantees to let them know their project was approved!! I wish I could bottle their excitement to share with you!

Lastly, as a Board member, I would receive an overview at the projects' conclusion. As the E.D., I had the opportunity to either meet with the grantee and/or read the entire report, often including the actual papers filled out by participants. Many times these feedback surveys have been full of emotional and heartbreaking stories or someone sharing how their perceptions or awareness of mental health had changed by participating.



While I have thoroughly enjoyed these past months, I am thrilled to tell you that we are in the process of hiring a new E.D. that will bring so much to the Foundation as we move forward. Also, a HUGE thank you goes to Kris Rick, our Business Manager, who has been invaluable these last months, keeping me on task and going out of her way and above her 'job description' to be sure the Foundation stayed on track. It is having been a joy to work with her, and as you read the newsletter, you can see all that we have accomplished since summer! But, if you read nothing else, please take a minute to read through our Fall Grant Cycle on page 3 to see your donation dollars at work! That is why we are here, and together, we are truly changing and saving lives – and making a difference!



A FUN, WELL ATTENDED & SUCCESSFUL BEYOND THE BLUES 2016

Thank you to all who sponsored, attended or donated to Beyond the Blues 2016! It was another successful event with great guests, food and music. Our mission remains serious, but it is our night to reconnect with our donors and non-profit partners and have a good time. Again, the generosity of our donors allowed the Foundation to raise an astounding \$207,254.00.

Our guests enjoyed music by Milwaukee's the Rhythm Kings and a fabulous spread of food provided by Saz's. Our annual raffle continues to be a hit with guests taking their chances on 11 items ranging from a kitchen dinner for four at Bartolotta's Lake Park Bistro to a family favorite X Box One.

A special THANK YOU to the staff of Turner Hall Ballroom, Saz's Catering, the Dan Dance Trio, the Rhythm Kings, Keehn's Valet Service, and all of our young volunteers who made this event move along ever so smoothly!

The funds raised from this event will continue to support important mental health projects in SE Wisconsin and beyond. Your contributions are impactful!

SAVE THE DATE

**BEYOND THE
BLUES 2017**

SEE YOU AT:

Discovery World Pier Wisconsin
Saturday, September 16th

www.charlesekublyfoundation.org

Thank you 2016 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 this list; please contact us if you feel there should be a correction, thank you.

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- Louise McCarthy Windsor
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- Mr. & Mrs. Richard Wythes
- Sarah & Steve Zimmerman



Please visit our newly redesigned CEKF website at:
www.charlesekublyfoundation.org

Created by the dedicated team at Francis Morton's Digital Agency, Foresite Group, located in Bay View WI.

PROJECTS FUNDED FALL 2016

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

CATALPA HEALTH:

A grant to develop a social media strategy in the Fox Valley area of Wisconsin that raises awareness of mental health issues, while offering education and outreach to their community served.

CATHOLIC CHARITIES OF MADISON:

Funding to expand the existing FACE-Kids (Five+ Agency Cooperative Effort) to Mt. Horab, WI. FACE-Kids uses a collaborative system as a strategy to provide accessible group counseling in schools, neighborhood centers, and FACE-Kids agencies.

COPE SERVICES OF GRAFTON:

A grant to provide 6 QPR Training sessions (one every other month) for community members and advertisement of COPE hotline.

JEWISH FAMILY SERVICES:

A grant to help fund "Real Men, Real Stories" at their Spring, 2017 Mental Health conference.

LIFE OF HOPE:

A grant to have 2 staff members attend QPR "Train the Trainer" programs so that they may then provide ongoing QPR training throughout Washington County schools, businesses and the general public.

MENTAL HEALTH AMERICA:

Funding for the publication of 7,500 Resource Guides and an online version – both done in English and Spanish.

MENTAL HEALTH AMERICA: PREVENT SUICIDE GREATER MILWAUKEE:

Funding for the organization's 3rd annual conference held in Milwaukee. This conference provides important information sharing of national and regional resources and statistics, focused on suicide.

MILWAUKEE RESCUE MISSION:

A grant to provide "trauma-informed care" training to the staff at Joy House, a family shelter for moms and kids.

MAVRC - UNIVERSITY OF WISCONSIN MILWAUKEE:

Funding for a "Project 22" (a documentary based on two veterans who complete a 22 day motorcycle ride across the country to raise awareness of veteran suicides) viewing and conference with the filmmakers for a panel discussion.

NAMI GREATER MILWAUKEE:

Funding provided for the creation of a youth version of "Pieces: In My Own Voice" and then bringing the performance, post-performance discussion and resources to ten Milwaukee area schools, as well as the follow-up in-service mental health education to teachers and school staff.

NAMI WAUKESHA:

Funding for a Suicide Awareness and Prevention Conference for approximately 250 attendees and a comprehensive program designed to eliminate misinformation by caregiving individuals. The program hopes to give youth, families and the community at large a common language and understanding of how to help someone dealing with a mental health condition that could eventually lead to suicide.

PIUS CATHOLIC HIGH SCHOOL:

A grant to begin part one of a two-part program to develop a standardized approach identifying, serving and educating students with risk factors for depression, anxiety, adverse childhood experiences and sustained trauma by sending two teachers to "7ei of Trauma Sensitive Schools"- Train the Trainer.

SAFE COMMUNITIES OF MADISON & DANE COUNTY:

Funding for part two of a three-part program that brings the concept of Zero Suicide to mental health practitioners in and around Madison, WI, through training and conferences. "Zero Suicide" is a foundational belief that all suicides of someone currently in care from a behavioral or health system are preventable.

UNIVERSITY OF WISCONSIN PLATTEVILLE:

Funding to invite Frank Warren, a Suicide Prevention Specialist and motivational speaker, to the University of Wisconsin-Platteville. This will include several promotions and other events surrounding the main speaking event.

VERY SPECIAL ART:

Funding for seven six-week long visual arts studio class sessions for 30 -40 military veterans.

YMCA- CAMP SOUL:

A grant to support an overnight camp for approximately 58 youth and teens that have suffered a loss of someone near to them.



Image Caption

FEAST OF CRISPIAN

NANCY SMITH-WATSON,
Project Director

**Feast of Crispian:
Shakespeare with Veterans**

WWW.FEASTOFCRISPIAN.ORG

recruitment, and deployment. In Act II, they expressed many of the hurdles that make transitioning back to a satisfying civilian life so very challenging for many of our warriors. Their own stories of physical injury, loss, addiction and the dark abyss of suicide brought the audiences, finally, to a place of hope.

Told eloquently through original dramatic scenes and uncannily current scenes from many of Shakespeare's plays, the all-veteran cast took the audience through their life journey. These tender, heart-wrenching, and sometimes funny stories were also told through the original songs of veteran singer/songwriter Jason Moon.

We, at Feast of Crispian, offer our productions to make a platform from which the veterans can have their stories heard, and as a forum for civilian audiences to gain new understanding of their veteran community members.



Image Caption

As part of our Fall 2016 Grant Cycle, the Charles E. Kubly Foundation supported the production of the Feast of Crispian for 4 days in late September. The Director of this production, Nancy Smith-Watson, eloquently explains the premise of this artistic interpretation and the healing it can bring to our Veterans.

The title of Feast of Crispian's first original play, And Comes Safe Home... comes from the same Henry the V speech as our unusual name. "He that outlives this day and comes safe home..." (Henry V, act 4 sc 3)

Many personal stories from our veteran participants/friends were collected for months before we went into rehearsal for the final production. Using the personal experiences of our veterans allowed us to tell the story of returning from war in a particularly touching and powerful way. In the first act, they shared with us moments from their childhoods,



CHARLIE'S NIGHT OUT

The Charles E. Kubly Foundation's mission was shared with a very important audience in early January. The first ever "Charlie's Night Out," a fun party with music, delicious food spread, raffle and more was attended by over 140 twenty-somethings. This event was held at the new Black Swan MKE in Milwaukee's Third Ward with music by the Kreu and DJ JoJo. A fierce taco/nacho bar from the popular BeAir cantina was on hand, along with a raffle, games and the impactful message of Mental Wellness to those attending. Guests heard a brief presentation on the CEKF and its genesis from both Lily and Billie Kubly, and then a "mindfulness" breathing technique was demonstrated by yoga instructor, Mary Ellen Metzendorf. Depression is often onset at the beginning of adulthood and if untreated, can have devastating effects on young adults. A "Stick it to Stigma" banner allowed guests to share their open thoughts on depression. The Foundation would like to thank Ms. Lily Kubly for her initiation and hard work putting this event together - it was a GREAT SUCCESS!

PROJECT 22

Article Submitted By:

Jayne Holland, M. Ed.,
Assistant Director- Community Outreach,
MAVRC, University of Wisconsin-
Milwaukee

Project 22 was also part of Fall 2016 Grant Cycle.

UWM.EDU/MAVRC/PROJECT-22

Over 1,400 military and veteran students attend the University of Wisconsin-Milwaukee – more than any other 4-year university in the 6 state Midwestern region. Many of these student veterans come into the MAVRC (Military & Veterans Resource Center), a gathering space and resource and support center on the UWM campus. MAVRC staff have overheard them talking about the loss of friends during combat and deployments, but more and more frequently over the past couple of years these veterans have been talking about the loss of military and veteran friends from suicide.

With VA research stating that 22 veterans commit suicide every day, UWM student veterans and MAVRC staff decided there was a need to raise awareness in the Milwaukee community about the problem. They also wanted to inform veterans, their family members, and others in the community about the hopeful resources and solutions that can help.

With the generous support of the Charles E Kubly Foundation, Dry Hootch Milwaukee, and the University of Wisconsin-Milwaukee, they planned an event around the documentary film, Project 22. Made by two veterans – Doc



King and Daniel Egbert, the film documents their motorcycle ride across the country, their own struggles with depression and thoughts of suicide, as well as the non-traditional resources and hopeful solutions they discovered that helped them and other veterans.

The Milwaukee Project 22 event began with a 22-mile motorcycle ride starting at UWM and ending at the Harley-Davidson Museum. The UWM MAVRC team located the same types of resources shown in the film in the Milwaukee area and brought them together at the museum for a free, community-wide resource event, dinner and showing of the Project 22 film. Following the film, a panel discussion was held with Dr Mike McBride from the Milwaukee VA Medical Center as facilitator. The panel was made up of combat veterans from Vietnam, Iraq and Afghanistan, the mother of a combat veteran, a female combat veteran and a

military spouse. An interactive conversation ensued between the audience and the panel about the difficulty some veterans have when transitioning from the military back into the civilian world, the problems with depression, PTSD, traumatic brain injury, and thoughts of suicide. This was balanced with stories and examples of the types of resources and support they found that helped them successfully navigate through these issues.

Our purpose for the event was to increase awareness in the Milwaukee and surrounding communities about the high rates of veteran suicide, and to provide access to local resources with hopeful solutions. Our analysis of our social media marketing of the event showed we reached over 10,000 people the week of the event, and during the month leading up to the event, we reached nearly 54,000 people in Wisconsin, with over 4,200 of those engaging in likes, comments, shares, and messages. Almost 300 individuals participated in planning and attending the event and many more participated indirectly in conversations, emails, and social media posts.

Over the months since the event, the UWM MAVRC team has continued to provide support and resource information to veterans, their family members and friends, in personal meetings and via their website with a downloadable PDF listing traditional and non-traditional resources to assist veterans and their family members in locating resources that can help. This PDF can be found at:

uwm.edu/mavrc/project-22/

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

BEYOND THE BLUES 2017

SATURDAY SEPTEMBER 16TH 2017

At Discovery World Pier Wisconsin