



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.

**20 YEARS OF  
MAKING A  
DIFFERENCE  
FOR THOSE  
AFFECTED BY  
DEPRESSION**

**WINTER  
2023**

# THE CHARLES E. KUBLY FOUNDATION

WWW.CEKF.ORG

**For all of us, past and present, at The CEKF we are amazed that our 20th year is upon us!**

Big anniversaries like this one cause us to take a moment and reflect on all that was accomplished in those years. We are beyond proud that our Foundation, to date, has provided funding for exactly 400 projects to 185 organizations and totaling just over \$3.5 million. We are amazed by this milestone! We say this all the time and we mean it – we couldn't have done this without your incredible support.

It is very apparent how important the mission of improving the lives of those with depression is to all of you. The statistics of depression haven't improved and now we have the additional negative impact of the pandemic. The global experience of COVID-19 has negatively affected all of us in one way or another. This is evident in the conversations we have with mental health organizations, schools, hospitals and other community organizations we encounter regarding potential funding. It has exasperated the numbers of those dealing with anxiety and depression.

We don't plan on stopping to serve our community! After 20 years, we are encountering new and different ways to serve those in need. Technology, social media, podcasts and other 21st century advancements are beginning to more directly serve those who seek help. We are open to all of these unique funding opportunities. Having the 3-digit 988 suicide and crisis lifeline is a perfect example of society realizing the volume of those who need a solid place to land when dealing with their despair.

We are also very excited to have Dr. Mark Hansen, Superintendent of Elmbrook Schools join our Board this year. Mark is a great leader in our community who is passionate about suicide prevention and mental health awareness. Along with our current invaluable Board members, Mark will help steer the Foundation into our 20th year. We are so grateful to have him join our mission! A new Board member also means saying goodbye to two prior and immensely appreciated members. Our gratitude goes out to Laura Koppa and Dan Bird for their time on The CEKF Board. Laura was our first Business Manager and, when she retired from that role, stepped onto our Board. She has guided many of our financial decisions and provided critical oversight of general operations over the past 15 years. Dan is a Psychotherapist/Counselor specializing in substance use disorder with Alliance Counseling Centers. He gave us the perspective of mental healthcare over the past 8 years. Thank you Laura and Dan for your commitment to The CEKF – we can't express our gratitude enough!

Kris Rick, Executive Director

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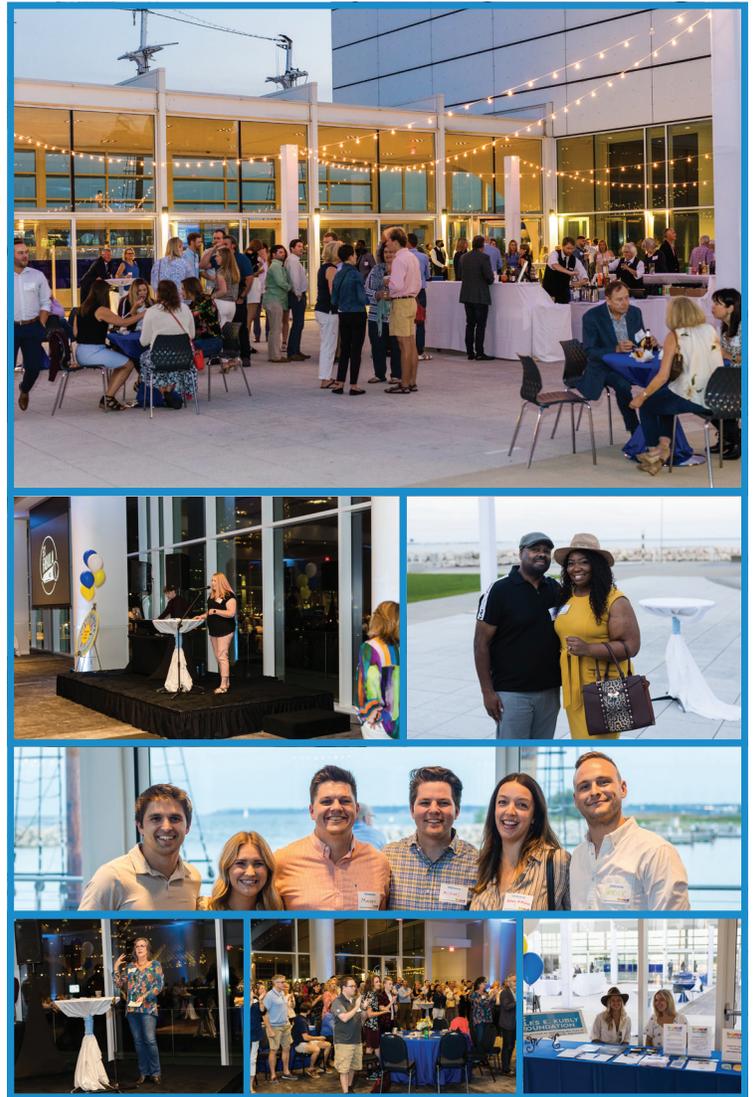
# BEYOND THE BLUES - 2022 RECAP!

Our 19th Beyond the Blues annual fundraising event was held on Milwaukee's lakefront at Discovery World Pier Wisconsin on September 16th, 2022. **It was a beautiful evening and was well attended with over 300 people enjoying the event.** Our mission was shared through a presentation that included the Giving Voice to Depression video (featured on page 3), an Ex Fabula story slam share from Elisabeth Bentti's lived mental health journey and, finally, the film trailer of My Ascension which The CEKF hopes to bring to many audiences in 2023. This powerful trifecta of sharing personal stories of "depression's lies" and the havoc it creates, followed by hope and triumph made an impact on our guests. We can't share our gratitude enough for these amazing people and their willingness to bring their raw and personal experiences to our event.

Our heartfelt thanks also goes to the Joann Hansen and the staff of Bartolotta catering at Discovery World, Milwaukee Airwaves DJ services, the Dan Dance trio, Jordan Kuhn photography and our wonderful volunteers that helped us that night.

**And a final HUGE THANK YOU to all of our Sponsors, Blues Backers, donors and attendees for making this one of our most successful Beyond the Blues to date!** We raised over \$238,000! The funding generated from BTB makes up approximately two-thirds of our annual income.

**THIS FUNDING WILL MAKE A DIFFERENCE IN SO MANY LIVES.**



ON TO OUR 20TH ANNIVERSARY BEYOND THE BLUES! STAY TUNED FOR ALL THE DETAILS AND HOW WE HOPE TO CELEBRATE 20 YEARS OF OUR MISSION. THERE WILL BE LOTS OF FUN AND POSITIVE REFLECTING AT THE EVENT!

**DON'T MISS IT -**

**FRIDAY, SEPTEMBER 29, 2023 AT DISCOVERY WORLD PIER WISCONSIN**

# THANK YOU BEYOND THE BLUES 2022 SPONSORS

## SAPPHIRE LEVEL – \$20,000

Colony Brands, Inc.  
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Abby & Scott Williams  
Sunny & Sandy Williams  
Amy & Devin Wolf

**Thank you 2022 Blues Backers for supporting our event with a contribution of \$100 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 these lists; please contact us if you feel there should be a correction, thank you.*

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Mary & Scott Sullivan/Baird  
Lisa & Tom Vogt  
Nan & Jerry Welch  
Jennifer & Patrick White  
Madonna & Jay Williams  
Kim & Michael Winter  
Paul Zanowski

# GIVING VOICE TO DEPRESSION

If you were at the 2022 Beyond the Blues, you were among the first to screen **“Pulling Back the Curtain on Depression’s Lies,”** a 10-minute video I created from excerpts from six years of the Giving Voice to Depression podcast.

After interviewing hundreds of guests about their depression and suicidal ideations, I realized that the descriptions of depression’s dark thoughts I was hearing were shockingly similar. I knew that sharing that truth might help someone struggling with suicidal ideations to better describe and manage them. For those on the outside, hoping to support someone, this knowledge could be a key to opening a conversational door.

**It took months to sift through 350+ episodes and create compilations of our guests’ quotes.** Then the challenge was trying to make a video from the collection of audio clips. With the help of friends in the Wisconsin video-production community who shot interviews and on-camera transitions and curated stock video that would reinforce the audio messages, a powerful presentation was brought to life.

We had known that the intimate stories of lived experience shared on our weekly podcast were a form of peer support. But it had never occurred to us that the interviews constituted a form of

mental health research until the National Alliance on Mental Illness (NAMI,) upon previewing the video, chose it for the Innovations in Research and Treatment track for its national conference.

What makes this video so unique and impactful is that it features the actual voices of dozens of people, describing the lies depression tells them. While therapists and researchers may hear these disclosures, they obviously cannot record and distribute them. And the rest of us simply don’t have access to that information and sample size.

CEKF awarded a grant which retroactively covered the production costs (the people involved had originally donated their time and equipment over the many months it took to produce the project) and will allow for help marketing the video to get its potentially life-saving message to more eyes and ears.

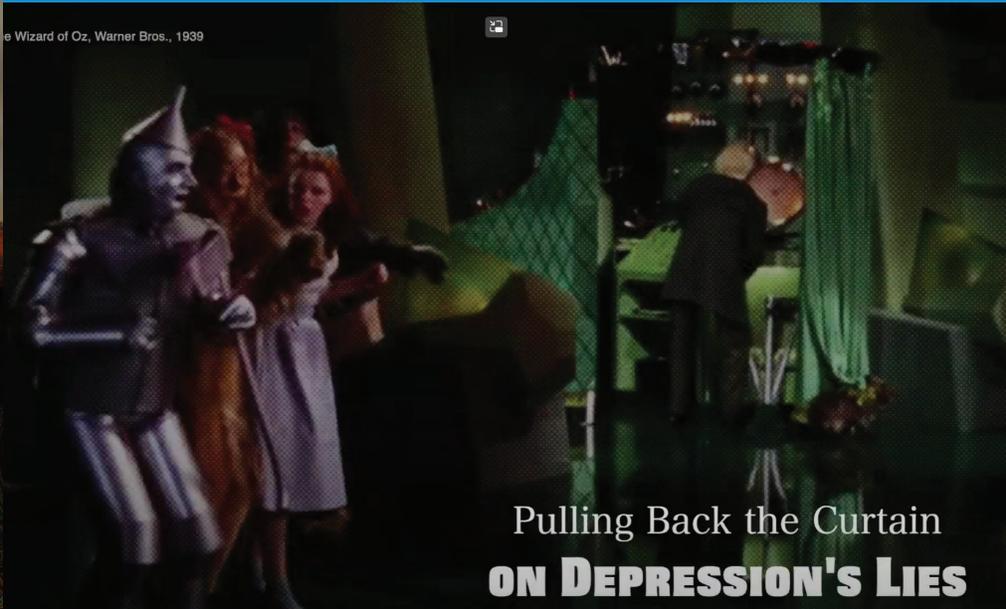
If you know a person, foundation or other mental health advocacy organization that would like to support the video and have its logo added to this unique piece, please contact CEKF Executive Director Kris Rick at [krick@charlesekublyfoundation.org](mailto:krick@charlesekublyfoundation.org).

**FUNDS FROM THAT SUPPORT WILL BENEFIT BOTH THE CEKF AND GIVING VOICE TO DEPRESSION, WHICH PLANS TO PRODUCE ADDITIONAL VIDEOS.**



## TERRY MCGUIRE

FOUNDER & PODCAST HOST  
GIVING VOICE TO MENTAL ILLNESS, INC.



Pulling Back the Curtain  
**ON DEPRESSION'S LIES**

# PROJECTS FUNDED - FALL 2022

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

### BOYS & GIRLS CLUB – GREATER

#### MILWAUKEE

“Train the Trainer” trauma-informed care training from Wellpoint Care Networks along with Mental Health First Aid training, ultimately benefitting 172 total staff members.

### CARROLL UNIVERSITY

“Depression on College Campuses” 2-day conference registration for two Carroll University campus therapists.

### CHRYSLIS, INC.

Support of “Stories of Hope” storytelling events using The MOTHMadison Story Slam programming. This includes video production of the events for continued share with the community to reduce stigma and show stories of hope and healing.

### GIVING VOICE TO MENTAL

#### ILLNESS, INC.

CEKF branded support of the Giving Voice to Depression produced video called “Pulling Back the Curtain on Depression’s Lies” which includes plans for screening rights of other mental health organizations and co-branding.

### THE HIGHGROUND VETERANS

#### MEMORIAL PARK

Funding for Veteran peer support program which includes featured speakers and resource materials for ongoing mental health support.

### INTERNATIONAL ASSOCIATION

#### FOR HUMAN VALUES

Two year implementation of Social Emotional Learning and SKY Schools breathwork programming for District 4 Milwaukee Public Schools.

### LUTHERAN COUNSELING AND

#### FAMILY SERVICES

School staff training on identifying depression in students, accompanied by resources including “in-the-moment” coping strategies, calm down boxes and a created binder encompassing available supportive services.

### MOUNT MARY UNIVERSITY

Funding for campus “Voices of Leadership” event featuring speaker Diano Chao who founded Letters to Strangers. The event’s focus is destigmatizing mental health and serves students at Mount Mary as well as local business leaders.

### NAMI RACINE COUNTY

Support for mental health services for people with depression and mental illness, and their families. This support is for the underserved western area of Racine County.

### NORTHLAKES COMMUNITY CLINIC

Funding for resilience-building materials and resources utilized by their school based behavioral health program.

### RADIO MILWAUKEE

A grant to support the Grace Weber Music Lab with a visiting music therapist, mental health professionals conducting Amplifier workshops and a Storyteller in Residence.

### SANCTUARY MENTAL HEALTH

#### MINISTRIES

Canadian-based SMHM global launch – Wisconsin. Funding for a public workshop for those who have expressed interest in this faith-based mental health programming and would like to bring it to their church, organization or educational institution. (approximately 40 organizations have expressed interest at time of grant application)

### SIRONA RECOVERY

A grant for support of the well-used COPE line that has been under the Sirona Recovery umbrella for several years.

### STAYING ON TRACK

Support of the relaunch of the stage production, “Pieces”, which showcases personal accounts of living with different mental health diagnoses. This funding also will support the ASK outreach program which targets underserved Milwaukee area residents.

### UNIVERSITY OF WISCONSIN

#### MILWAUKEE

Funding to provide social work telemental health education in the prevention and intervention of depression and death by suicide.

### UNIVERSITY OF WISCONSIN

#### MILWAUKEE FOUNDATION

With services by Growing Minds, this grant will support 3 mindfulness workshops within the Lubar Entrepreneurship Center held on campus with wrap around services included.

### WISCONSIN HEALTH LITERACY

BIPOC educational programming called “Let’s Talk About Coping”. This program includes “train the trainer” education and outreach to the public to bring better mental health understanding to underserved families.



THE CHARLES E. KUBLY  
NEWSLETTER AND WEBSITE  
DEVELOPMENT IS FACILITATED BY  
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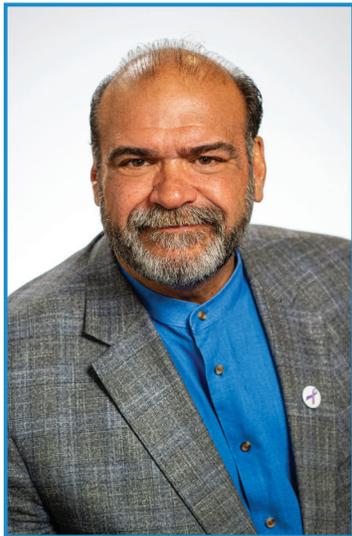
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# GRANT REVIEW COMMITTEE

The Foundation would like to thank our current Grant Review Committee members for their valuable time and expertise they lend to us each grant cycle. Two times a year the committee reviews our current grant requests with their skilled lens of a behavioral health professional or experienced Board member. We then meet as a committee virtually or in person to discuss the applications and recommended funding. The grant requests have increased significantly since our Foundation's inception in 2003. This increased amount of requests/need means more time on their end for review and recommendations. We feel it is important that you, our donors, know how thoroughly these requests are scrutinized before our Board then votes on their approvals. Sometimes we don't allocate our full project funding amount if the grants requested don't align with our guidelines.

**THANK YOU AGAIN TO ALL THOSE SERVING ON OUR GRANT REVIEW COMMITTEE FOR THEIR COMMITMENT TOWARD HELPING THE CEKF MAKE THE RIGHT CHOICES IN OUR MISSION FUNDING PRIORITIES.**



**PETE CARLSON**  
PRESIDENT

Advocate Aurora Behavioral Health



**HEIDI F. CHRISTIANSON, PH.D.**  
ASSOCIATE PROFESSOR

Vice Chair of Psychology, Department of Psychiatry and Behavioral Medicine

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**ROSA KIM, MD**  
MEDICAL COLLEGE OF WISCONSIN

Department of Psychiatry and Behavioral Medicine

Division of Child and Adolescent Psychiatry at Children's Wisconsin

## MORE COMMITTEE MEMBERS

MOLLY FRITZ

LINDA LUNDEEN

KRIS RICK



# CHARLIE'S NIGHT RETURNS IN 2023!!



After several years of postponing this Foundation favorite put on by our Young Leaders Council, Charlie's Night returned on Saturday, January 7th at Central Standard Crafthouse & Kitchen in Milwaukee. The cozy warehouse vibe was a perfect backdrop for bringing awareness of depression and suicide prevention to a group of young adult attendees. The CEKF would like to thank all those who came out that night and to our YLC members who worked hard to put this together. Make sure you follow us on Instagram, Facebook or LinkedIn to stay up to date with all CEKF and YLC events!

## JOIN US FOR OUR 3RD ANNUAL YLC GOLF OUTING!



Tickets are now available for our 3rd annual "Fore the Cause" golf outing back at Silver Spring Golf Club in Menomonee Falls! Golf game wristbands are now available for purchase ahead of time on Eventbrite, and an option to buy a team of 4 with a Mulligan (for a \$50 donation) are also available.

If you are interested in sponsoring, we have regular hole sponsors for \$200 and game sponsorships for \$400! Contact Kris Rick ([krick@cekf.org](mailto:krick@cekf.org)) or Lily Kubly ([lkubly@cekf.org](mailto:lkubly@cekf.org)) for more information.

To buy tickets, please scan this QR code:



# 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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## STAFF

Kris Rick, Executive Director



the 20th  
**beyond**  
the blues  
a Charles E. Kubly Foundation event

**FRIDAY, SEPTEMBER 29TH**

At Discovery World Pier Wisconsin

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