

From the Executive Director

Colleen C. Williams, RN, MS

In America, one out of four of us are being raised in an alcoholic or alcohol abusing home and that doesn't even count the other drugs! Our country is #1 in the world for demanding illegal drugs. Prevention works! Adverse childhood experiences resulting from abuse and trauma have a huge impact on the mind, body, and spirit of a child and can affect their health and relationships throughout life. Children need to know they are not alone, it's not their fault, and that it is okay for them to ask for help if they are having problems. Early detection of any problem, whether it is in your mind, body, or spirit, is important in reducing suffering. Educating youth with "The Real Inside Story™" (TRIS grades 4-12), and "Body Buddy™" (BB grades K-3) and a truth they can touch helps them contemplate their vulnerability and is an important step toward improving the health of the nation and the quality of life for our kids. For all practical purposes, keeping Americans healthier is one of the most important, but overlooked ways we could reduce the staggering healthcare costs that burden our nation. For every \$1 states spend on substance misuse and addiction, 94 cents go to clean up the consequences instead of for treatment and prevention. In spite of knowing this, Washington State has cut its prevention funding to the bone. Please help us to continue to provide TRIS education to youth in schools by [donating here!](#) For every \$1 you donate, 89 cents go to the direct costs of providing TRIS in classrooms. Our goal is to promote healthy lifestyles. After all, we are the sum total of the choices we make in our lives and we may get 100 years on the planet. We use human organs, scientific facts, humor, interactive activities, storytelling, and an unforgettable hands-on component designed to empower audiences and give hope for a better future. TRIS and BB cover substance use, nutrition, bullying/racism, physical activity, and mental health. Currently a student in the Psychiatric Mental Health Nurse Practitioner program at the University of Washington, I plan to study the teaching methods used in TRIS and BB. My vision is to spread organ ladies and guys across the USA.

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