

## What Kids are Saying

"When you talked about your life story and what you have to go through now, I believe that affected me the most." **Blake, 16**

"I am writing to tell you that your presentations have helped me through my life. I have seen it 4 times now and each time it makes me think about my choices. Thank you." **Ryan, 13**

"My choices now could make all the difference in the future. It's not, *we all have to die some way... It's, how do I want to live my life?*" **Jessica, 12**

"You're my hero and you don't even know it. Some friends invited me to a Rave this weekend & I might have gone if it weren't for you." **Bethany, 13**

"The organs were amazing. It is one thing to see those kinds of things on TV, but quite another to see them in person. Keep doing what you are doing because I believe it can help us kids understand that we aren't invincible." **Jordan, 14**

"Thank you for my life."  
**Dustin, 15**

### Choice & Consequence™

33454 W. Shore Dr.

Mount Vernon, WA 98274

Phone: 360-422-5704

Toll-Free: 1-866-organs3 (674-2673)

Fax: 360-422-5862

Colleen email: [colleen.williams4@verizon.net](mailto:colleen.williams4@verizon.net)

Kathy email: [kkorganlady@aol.com](mailto:kkorganlady@aol.com)

Kathy Cell: 360-631-4204

Colleen Cell: 360-631-2673

Web: <http://www.choiceandconsequence.org>

PROVIDENCE  
GENERAL  
FOUNDATION



The  
Everett  
Clinic

Foundation

3901 Hoyt Avenue ■ Everett, WA 98201



Choice & Consequence™ is the only not-for-profit 501(c)(3) human organ program using registered nurses operating in classrooms across Washington State. "The Real Inside Story™" program nurses follow the Revised Code of Washington, RCW 26.44.030 and all other laws governing nursing practice in the state. CC's nurses can present the program in all 50 states and other countries.

UBI# 602-240-990  
EIN# 33-1027240  
CHARITY REGISTRATION # 10357



## Choice & Consequence™

*The Real Inside Story™* is an empowering and unforgettable presentation delivered by registered nurses at your school or event site and can be adapted for audiences of all ages.

## The Organ Ladies™



Colleen



Kathy

360-422-5704

## Mission

Our mission is to educate youth about the consequences of their health behaviors. We show the benefits of choosing wisely using real human organs and empower audiences of all ages to make positive health choices.



Colleen Williams, RN shows the organs to first graders.

We also provide these services...

- Enhance Tobacco Cessation Programs
- Corporate Health Fairs
- Community Health Events
- Youth Events
- Conference Speakers

## Program Description

“The Real Inside Story™” (TRIS) is an enhancement to school curriculum and contributes a reality element. Healthy and damaged human organs are compared by youth at the end of each class. Each 90 minute (flexible) presentation uses...

- **Interactive activities**
- **Humor**
- **Hands-on Component**
- **Life Stories**
- **Scientific Facts**

...to deliver essential information about alcohol, tobacco, & other drugs, so youth can contemplate their vulnerability, often a problem for kids!

## What Educators Say

“This program has inspired many of our Native American children to closely examine and understand the dynamics of their bodies and the importance of how they maintain their health. Our goal is to be healthy for the next generations to come.”

**Deborah Parker, Tulalip Tribe**



“The Real Inside Story™” creator, Kathy Ketchum, RN, has fun with students! She started the program in 1989 at Providence Everett Med. Center. The hospital donated TRIS to CC on Jan. 1, 2004, which Colleen Williams, RN, co-founded in 2002 to take the program statewide and beyond .

Assistant, Marylou Hoidal, helps students touch the fragile human brain.



“What better way for our young people to learn about the consequences of their choices than by seeing first hand others' poor choices? Several of them are trying to quit smoking as a result of what they saw and heard. I am ecstatic!”

**Debbie McMenamy, Special Education Teacher, Northwest Regional Learning Ctr.**

“Your program really does show how an unhealthy lifestyle choice can definitely have an impact on your life. There is no better experience than to see it first hand.”

**Gina Wilson-King, Washington State Department of Information Services**

“I rarely see such interest and involvement with all ages of adolescents. Students remark about going home and seriously talking with their parents about stopping smoking or using other drugs.”

**Kathy Colombo, Science Department, Kirkland Junior High**

## Help Keep Youth Drug-Free!

CC is a non-profit 501 (c)(3) charity and your tax-deductible donation check can be sent directly to the office. You can make a donation using a credit or debit card on the web site or through FaceBook Causes with GuideStar .