

## D-FI

### Drug Free Irondequoit: Together

#### **VISION**

Our vision is to create systemic change of beliefs, attitudes, perceptions and practices associated with the use of alcohol, tobacco, and other drugs among youth, their families and the community at large, in order to build a safe, healthy and drug free community.

#### **MISSION**

D-FI: Together will establish and strengthen collaboration among multiple community sectors to develop and support the implementation of programs and activities related to prevention, education and reduction of youth substance use by:

- Acting as a channel for programs and information relating to healthy non-addictive lifestyles,
- Assessing and reporting the needs of our community through evidence based effective practices, and
- Addressing gaps revealed by these reports

## Did You Know?

The National Association of Drug Diversion Investigators reports that teen substance abuse, can begin with prescription drugs, commonly found in the medicine cabinet. **Drop boxes** offer an easy means to dispose of unused prescription medications.

The Irondequoit Police Department has a drop box. Interested individuals can dispose of unwanted and/or expired prescription drugs in the locked containers, located inside the **Irondequoit Public Safety Building-bottom floor. Hours are Monday through Saturday 8 AM- 11 PM.**

#### **Prevention Works!**

- \* People who begin using any addictive substance before age 15 are 6.5 times more likely to develop a substance use disorder as those who delay use until age 21 or older.
- \* Parental and community involvement is the key!
- \* Go to **www.dfitogether.org** for additional resources.
- \* Talk with your child! Get involved!
- \* Be a good role model.
- \* Monitor your child's activities and choice of friends.
- \* Don't be afraid to ask for help if you suspect your child may be struggling with substance abuse.



Email: [dfitogether@gmail.com](mailto:dfitogether@gmail.com)

Website: [www.dfitogether.org](http://www.dfitogether.org)

Phone: (585) 314-6546

Facebook: **Drug-Free Irondequoit: Together**

Twitter: [@dfitogether](https://twitter.com/dfitogether)

Instagram: [itowndfitogether](https://www.instagram.com/itowndfitogether)

# What is D-FI: Together?



## Drug Free Irondequoit (D-FI): Together

was formed in 2016 with a focus on decreasing early substance use among youth while promoting wellness and healthy lifestyles in our schools and community. We are a not-for profit 501©3 corporation and are currently funded solely through private donations. Representation in **D-FI: Together** includes:

- ◇ Administration, faculty, parents and students of East and West Irondequoit Schools and Bishop Kearney High School
- ◇ Business Community
- ◇ Youth Serving Organizations
- ◇ Media
- ◇ Irondequoit Police Department and other law enforcement agencies
- ◇ Local and state government
- ◇ Mental Health Professionals
- ◇ Religious organizations
- ◇ Civic and volunteer groups
- ◇ Interested citizens and volunteers

## Achievements: Community Successes!

- ⇒ Created and promoted the Hidden in Plain Sight Display.
- ⇒ Created and distributed prom safety cards to local florists, hair salons, and tuxedo rental businesses.
- ⇒ Participated in Drug Take Back days in both spring and fall in conjunction with the Irondequoit Police Department.
- ⇒ Distributed information about D-FI: Together including safe medication disposal at a variety of local sponsored events.
- ⇒ Supported the school districts forum: Knowledge and Prevention (formerly Parents Who Host Lose the Most)
- ⇒ Hosted a community Narcan Training at the St. Paul Fire Department..
- ⇒ Participated in our first annual press conference in conjunction with the Town Supervisor, Chief of Police and School District Superintendents and prevention specialists.
- ⇒ Continuing to develop a Logic Model leading to evidence based effective practices while building capacity of coalition members.



## What can D-FI: Together Do for YOU and YOUR Community?

- Share facts, resources and strategies
- Promote healthy lifestyle choices
- Encourage youth engagement and empowerment
- Educate and build awareness about both legal and illegal substances.
- Develop evidence based projects based on community needs assessment.



## How can YOU get involved?

We welcome and encourage your participation by becoming a volunteer at one of our many events or by joining one of our sub-committees. in our large group coalition meetings as well as sub committees.

- Complete a volunteer questionnaire found on our website [www.dfitogether.org](http://www.dfitogether.org)
- Send an email to Ginny Nancy, President, at [dfitogether@gmail.com](mailto:dfitogether@gmail.com) for more information.
- Like and follow us on Facebook.