



Champions for Drug-Free Youth in Irondequoit

August 31, 2018

Dear Irondequoit Community Member,

Parents do the very best job they can with the information they have at the time. Despite that, we are still all too often naïve. I am one of those parents. My son used alcohol, tobacco and marijuana as a teenager. I now know that his use of these substances changed his developing brain. These changes led to addiction. My son, like so many others, was prescribed opioids following an injury, became addicted to these medications, and in May of 2015, at the age of 32, he sadly became a statistic in our nation's current increase in the opioid epidemic.

Drug-Free Irondequoit: Together has been busy over the last two years, as key community stakeholders have come together to form a coalition focused on nurturing happy, healthy, drug-free youth in Irondequoit. It is our mission to 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.

Since January of 2018, Drug-Free Irondequoit: Together has participated in 9 community events in Irondequoit and has reached over 400 people. The *Hidden in Plain Sight* display has been effective in providing examples to parents of items that are often used by teens to take mind altering chemicals, such as a JUUL, and to point out common hiding spots for substances including alcohol, marijuana and nicotine.

We need to continue to bring educational programs to parents, businesses, and the greater Irondequoit community, and to continue to advocate for and

FACTS

According to the Center on Addiction, the use of addictive substances – tobacco/nicotine, alcohol and other drugs – during adolescence interferes with brain development, reduces academic performance, and increases the risk of accidents, homicides, suicides and serious health conditions.

In 2016, more than 63,600 Americans died from drug overdose. On average, drug overdoses now kill 174 Americans a day.

- CDC. *Drug Overdose Deaths in the United States, 1999-2016.*

December 2017

support healthy, positive activities and events for the youth in our community. Please consider supporting our First Annual Appeal by donating to Drug-Free Irondequoit: Together. We are a 501c3, not-for-profit organization and all your donations will be used to directly support our mission.

Our Annual Appeal will run from August 31th, International Overdose Awareness Day, through the end of the year. International Overdose Awareness Day is a global event dedicated to remembrance, awareness, education and action to help eliminate overdose deaths.

Please visit our website, www.dfitogether.org for more information and “like us” on Facebook to get updates on information related to substance use and all our upcoming initiatives. You can send a check, payable to “Drug-Free Irondequoit: Together” to the address below, or donate electronically from either our website or Facebook page.

Thank you, very much, for anything you can give to help us champion drug-free youth in Irondequoit.

Sincerely,



Virginia Macy

President

Drug-Free Irondequoit: Together

c/o Virginia Macy

122 Old North Hill

Rochester, New York 14617-3230

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