

# Brave Study Recruitment: We Need Your Help!

We R Native is recruiting 1,500 AI/AN teens and young adults nationwide (15-24 years old) to participate in a study that will evaluate the impact of its text messaging service – and would love your help spreading the word.



**Youth who enroll will be randomized to receive either:**

- 8 weeks of BRAVE text messages, designed to improve mental health, help-seeking skills, and promote cultural pride and resilience, or
- 8 weeks of STEM text messages, designed to elevate and re-affirm Native voices in science, technology, engineering, and math.

Afterwards, the two groups will switch and participants will receive the other set of messages.

**Please encourage students in your community to join the study by November 9th.**

The text messages will arrive in the evenings, and are designed to amplify and reinforce healthy social norms and cultural values, teach suicide warning signs, prepare youth to initiate difficult conversations with peers and trusted adults, encourage youth to access mental health resources (i.e. tribal clinics, chat lines), destigmatize mental health, and connect youth to trusted adults.

**Eligibility** – Youth must be:

- American Indian or Alaska Native
- 15-24 years old
- Live in the United States
- Able to receive text messages on their phone

**Participants will receive \$40.00 for completing 4 surveys over 9 months.**

**Some of the content in the mental health messages could be triggering for students.** If youth come to you with concerns, please support them. Encourage them to talk to the school counselor, visit the school's health center, visit the student wellness room, practice self-care, and get support from other friends and family.

**Questions?** If you have questions, you can contact Stephanie Craig Rushing (email: [scraig@npaih.org](mailto:scraig@npaih.org)).

We R Native Project Director, Northwest Portland Area Indian Health Board

To protect participants, our study protocol has been reviewed by the Portland Area (PA) Indian Health Services' (IHS) Institutional Review Board (IRB) [1384639], a tribal committee responsible for protecting the rights and welfare of research participants and NW tribal members. If you have any concerns about your rights as a participant, please contact Thomas Weiser, MD, MPH, at 1-877-664-0604. Dr. Weiser is Co-chair of the PA IHS IRB, that reviewed this project.