



# Summary 2011-2019



**About THRIVE:** Tribal Health Reaching out Involves Everyone (THRIVE) is a suicide prevention project designed to increase tribal capacity to prevent suicide and improve regional collaborations by using the Zero Suicide Model (ZS), various training and presentations, social marketing campaigns, and hosting the annual THRIVE conference. Northwest Portland Area Indian Health Board (NPAIHB) hosted the first THRIVE summer conference in June 2011. The annual THRIVE conference is designed for Native youth between the ages of 13-19 and includes youth from all over Indian Country. THRIVE integrates culture, confidence, leadership, and wellbeing through a series of week-long workshops. Youth build their knowledge of mental wellness, resilience, and suicide prevention. On the last day, THRIVE ends with youth presenting on their work, which was designed to promote resilience and connections that help youth as they return to their communities.

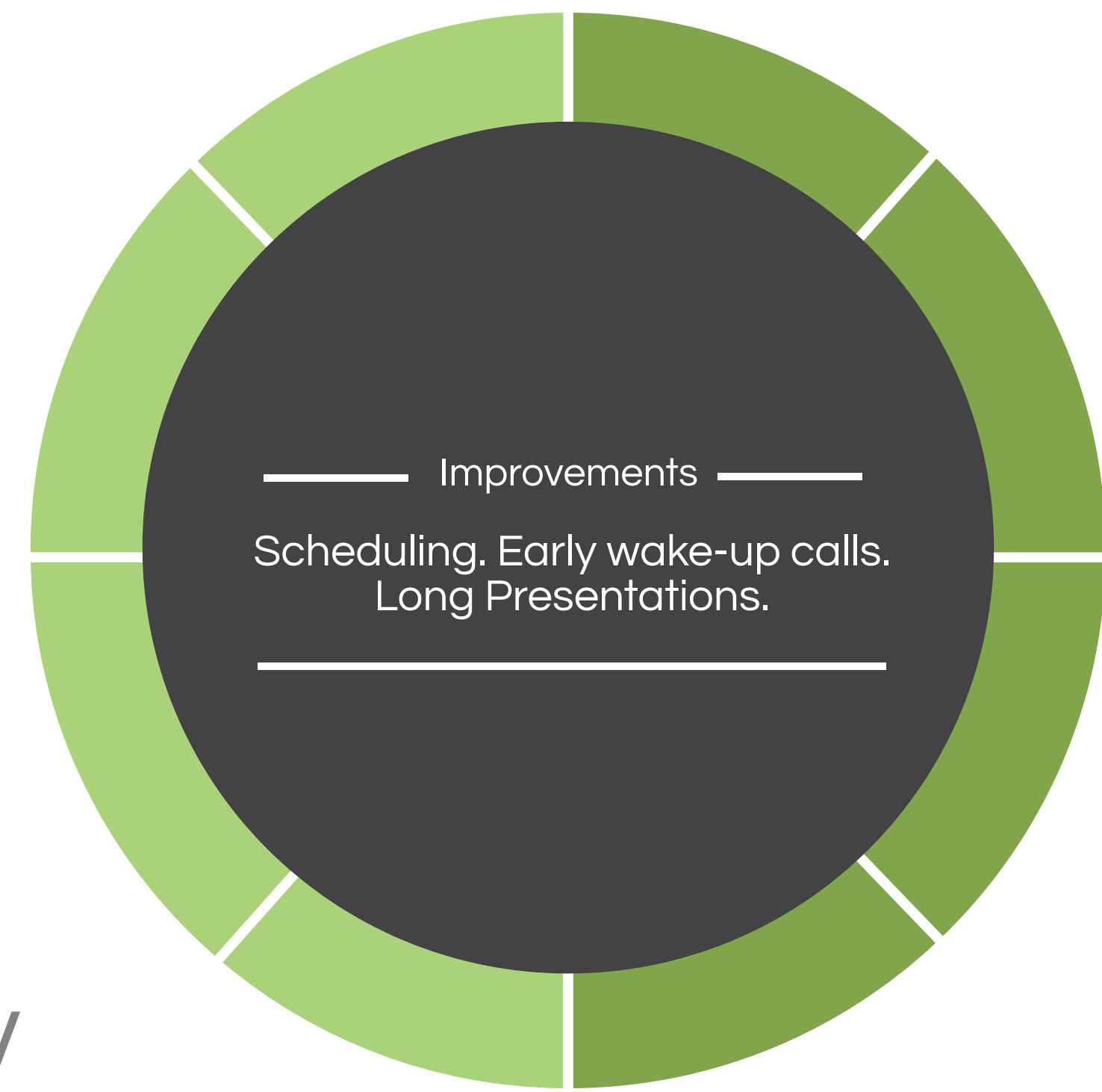
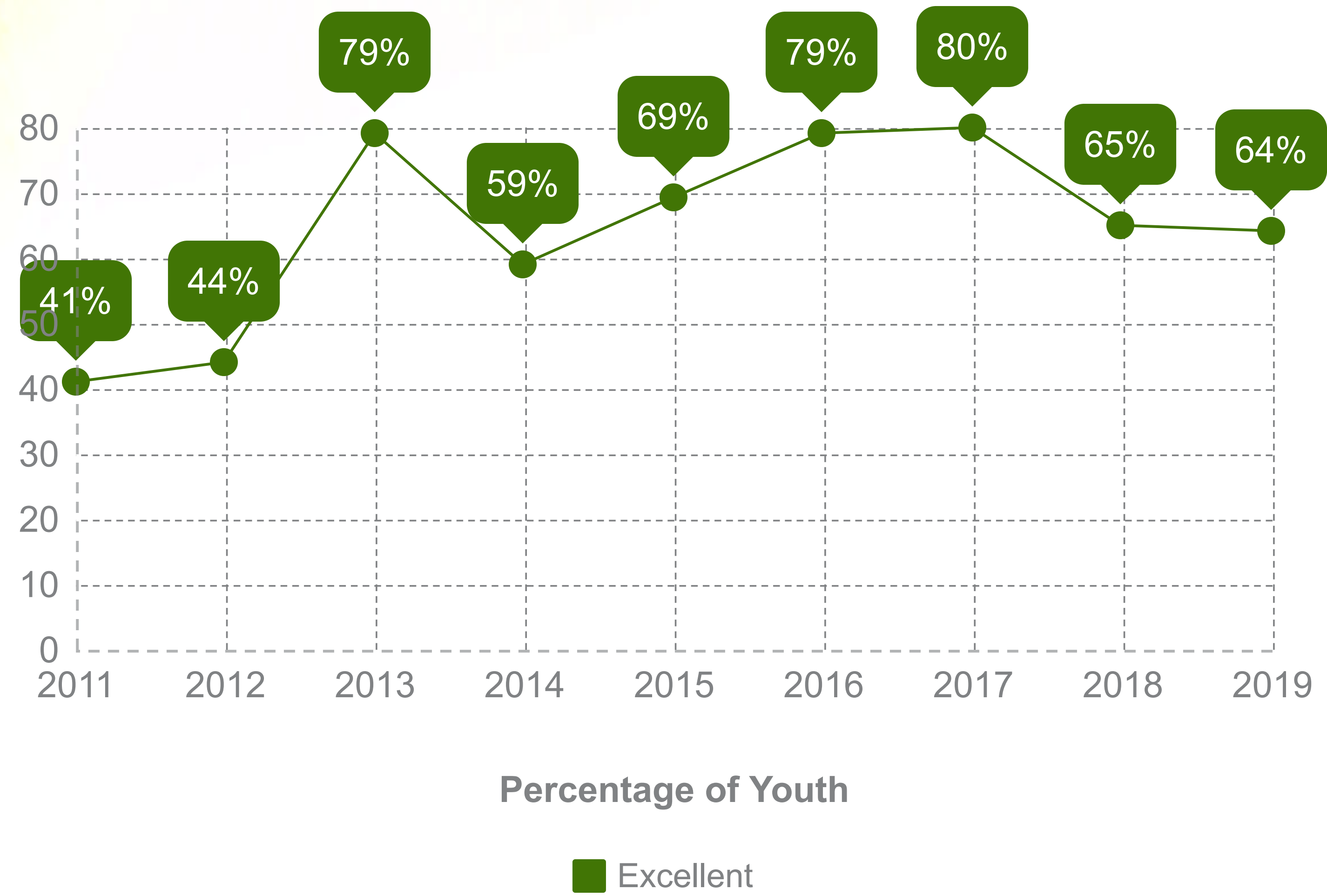
**Evaluation:** Our purpose was to document perspectives and impact of THRIVE on youth and communities. We used THRIVE evaluations from 2011 to 2019 to capture youth perspectives, themes, and provide recommendations for future work at NPAIHB.

**Approach:** We documented workshop titles, number of youth participants in each workshop, overall ratings of THRIVE, opportunities to practice new skills, share ideas, and use of skills in the future. We counted the number of youth and states represented from past THRIVE evaluations. A total of 672 youth affiliated with 51 different Tribes attended THRIVE from 2011 and 2019 and the majority of youth were from Washington (n=302) or Oregon (n=172).

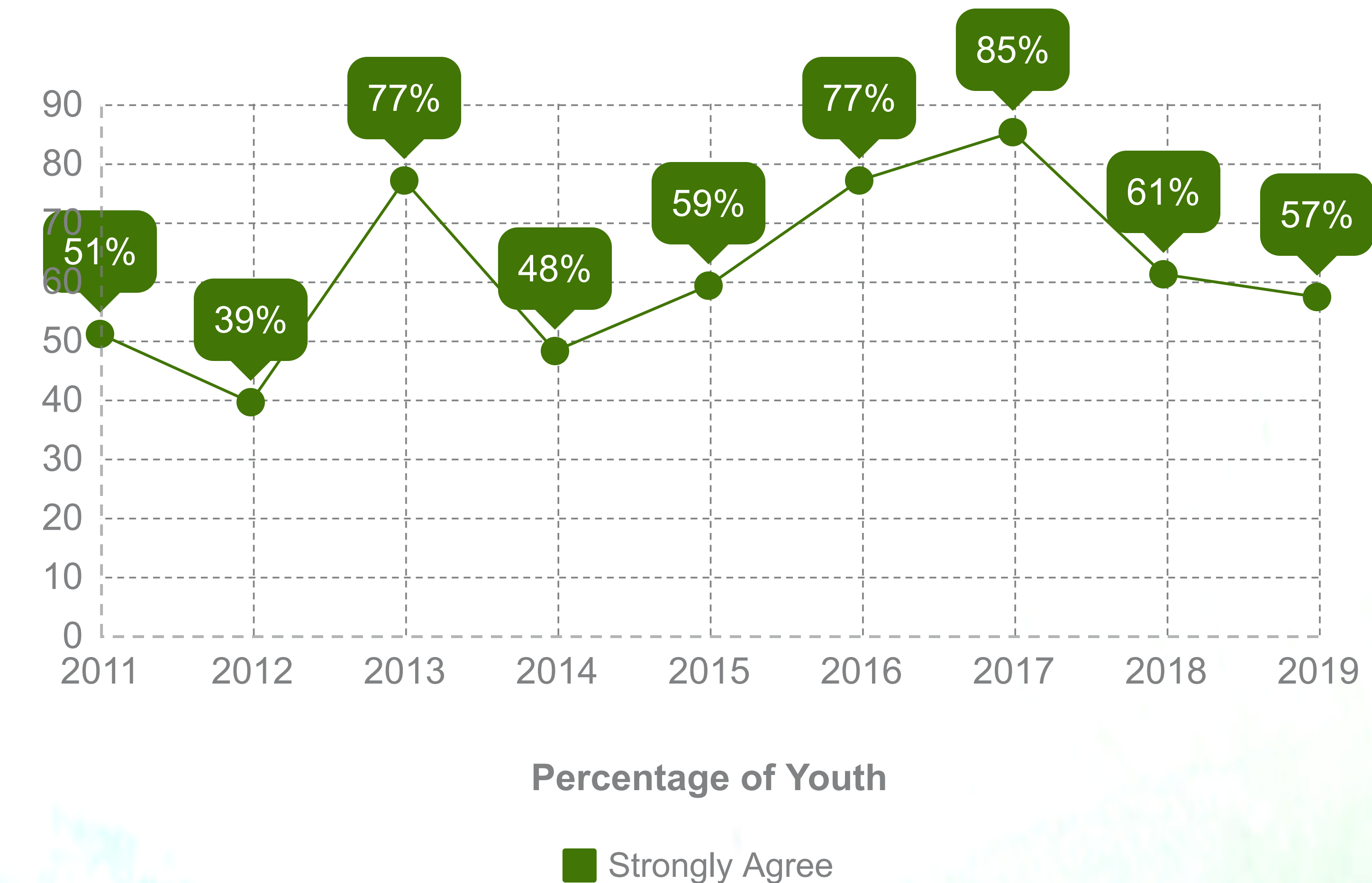


# THRIVE Reviews

THRIVE Ratings of Excellent: 65% Rate THRIVE as Excellent Across Years



Opportunities to Practice New Skills: 62% Strongly Agree Across Years





# What people are saying about THRIVE...

**Keep the good work  
your doing with youth,  
teaching them things  
they didn't know.**

Youth 2012

**I see the youth coming  
together building  
unity, building bridges  
and sharing ideas...**

Chaperone 2013

**I plan to use the skills I  
learned in the workshop  
by helping and changing  
my community.**

Youth 2014

**We were able to try new  
things and we were able to  
express ourselves and find  
new talents or show old  
ones.**

Youth 2015

**This helped  
people come out  
of their shell .**

Youth 2016

**I will use skills to talk to  
my community about the  
negative and positive  
things that go on...**

Youth 2017

**I will be more outgoing.  
Don't be afraid of  
showing people who you  
really are.**

Youth 2018

**THRIVE gave them an  
opportunity to explore who  
they are, identify who they  
are, and where they come  
from.**

NPAIHB Staff 2019



# What We Know

## Themes

We found three primary themes from THRIVE evaluations:

Theme 1- Youth Learn New Skills

Theme 2- THRIVE Builds Youth Confidence

Theme 3- Youth Take Skills to Communities

These themes are interrelated where youth that learn new skills at THRIVE feel more confident about who they are and where they come from as strong, healthy Native people. Youth leave THRIVE ready to make positive changes in their families and communities.

# THRIVE was the best experience of my life.

Youth 2019

For more information about THRIVE or NPAIHB visit our website at [www.npaihb.org](http://www.npaihb.org)  
[weRnative.org](http://weRnative.org)

Text NATIVE to 97779

Check out our YouTube Channel, Twitter account, and Ask Auntie Q & A.



## Recommendations

THRIVE is an interactive, unique, annual event that brings Native youth together from around the US to learn about what it means to live a healthy, balanced life. NPAIHB's reputation and organizational structure contributes to success. Below is a list of recommendations:

- Continue to cultivate partnerships with facilitators and communities.
- Encourage inclusivity and diversity in recruitment efforts.
- Analyze and revise Health and Science workshop.
- Plan for sustainability beyond grant funding.
- Maintain connections with youth beyond THRIVE.
- Explore ways to document the process and outcomes of THRIVE.
- Engage youth in the planning, implementation, and evaluation of THRIVE.
- Consider developing a mental wellness and suicide prevention training at THRIVE.
- Further explore the meaning of culture.

