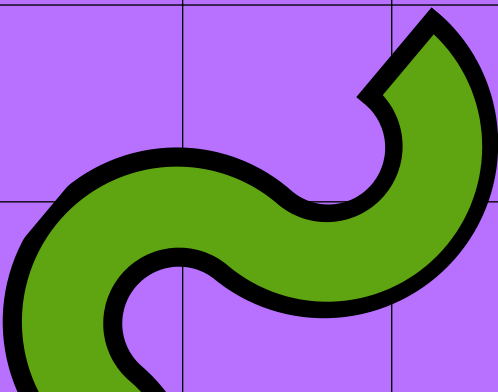
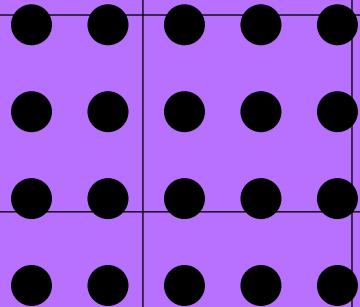
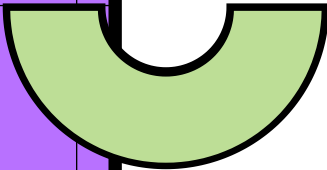
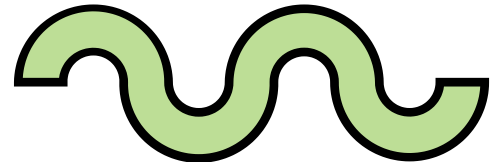


THRIVE

Evaluation Report

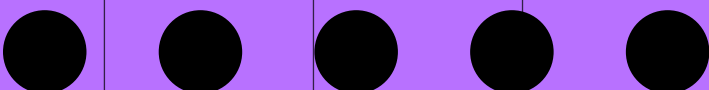




ABSTRACT

This report highlights evaluation findings from the 2021 Tribal Health: Reaching out InVolves Everyone virtual conference hosted June 21 – 25, 2021. Northwest Portland Area Indian Health Board developed the THRIVE conference in response to community visits and a survey conducted in 2008-2009 with Native youth that called for more youth involvement in programming that would prevent suicide and address health disparities among youth. The annual conference provides an opportunity for youth to come together to connect and learn. This year's conference included presentations and workshops on social justice, mental health, and creative expression through art.

For more information about THRIVE, please contact Colbie Caughlan at ccaughlan@npaih.org or visit www.npaihb.org/thrive.



Prepared by Allyson Kelley & Associates PLLC
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EXECUTIVE SUMMARY

Program Description

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 the annual THRIVE conference. Developed by the Northwest Portland Area Indian Health Board (NPAIHB) in 2010, one of the primary components of THRIVE is the annual THRIVE summer conference designed for Native youth between the ages of 13-19. The THRIVE conference includes youth from all over Indian Country and helps youth learn about health with a focus on suicide prevention and mental health. The THRIVE conference integrates culture, history, leadership, problem-solving, connections, and creative expression into the summer curriculum. Youth engage in a week-long workshop designed to build knowledge of mental wellness, resilience, and suicide prevention. At the end of the conference, youth present their work and share personal messages of hope, strength, and support.

Purpose of Evaluation

The evaluation examines the process, outcomes, and impact of the THRIVE conference on youth.

Evaluation Design

AKA utilized a culturally-responsive, indigenous-focused, participatory, non-experimental, mixed-methods evaluation design to examine the process, implementation, and impact outcomes. The evaluation design included process and outcome objectives.

Key Findings

NPAIHB successfully implemented the 2021 THRIVE conference. This year, 44 youth affiliated with 15 tribes across 5 states attended the weeklong virtual event. Results indicated that the THRIVE conference built confidence, increased knowledge in how to be a healthy person, and connected youth with one another and other Native people. Youth learned new skills and practiced creative expressions of emotion through art. The THRIVE conference engaged youth in positive activities, fostered positive connections with peers and mentors, and elevated self-reported mental wellness.

Recommendations

The THRIVE conference is an interactive, unique, annual event that brings Native youth together across Indian Country to learn about what it means to live a healthy, balanced life. NPAIHB's reputation and organizational structure contributed to the success of the THRIVE conference. Both youth and adults voiced a desire for in-person conferences with a virtual conference option, increased opportunities for interaction, and more youth sharing.

ACKNOWLEDGEMENTS

Funding for this report was made possible by the Tribal Public Health Capacity Building and Quality Improvement Umbrella Agreement Centers for Disease Control and Prevention (CDC) Federal Award: 6 NU380T000255-02-03.

The contents of the report are solely the responsibility of the authors and do not necessarily represent the official position of the CDC or NPAIHB. We appreciate the support of NPAIHB staff, tribal programs, partners, presenters, workshop facilitators, innovators, artists, advocates, and our youth who all work together to elevate Native health. The THRIVE conference is possible because Native youth, chaperones, tribes, and families share resources and energy that give youth the experience of THRIVE.



INTENDED USE AND USERS

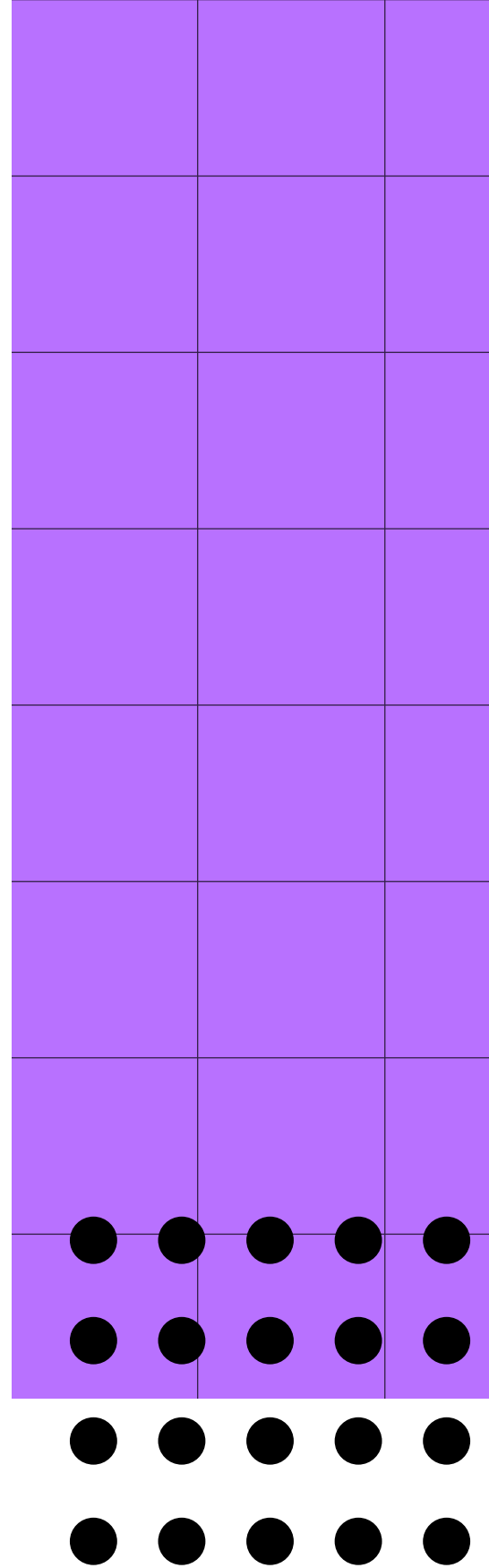
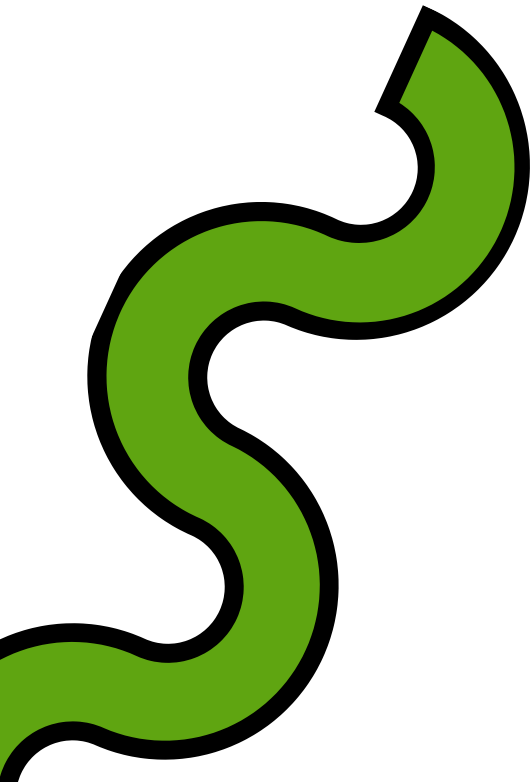
The primary intended use of this report is to inform on the successes of the 2021 THRIVE conference, document processes that led to successes and challenges, identify short, medium, and long-term impacts associated with the THRIVE conference, and share valued recommendations from youth participants for future THRIVE events. Users of this evaluation report are NPAIHB staff, tribal communities, community partners, funding agencies, youth, chaperones, and families of participants.

IMPACT

The THRIVE conference is a gathering of Native youth designed to build protective factors and learn about healthy behaviors. The THRIVE conference began in 2010 and has reached youth from tribes across the country. The THRIVE conference builds a culture of pride and resilience. Through presentations and interactive workshops, youth connect to celebrate their history and culture. Workshops and presentations incorporate AI/AN culture, traditional learning strategies, and skill-building activities. This annual conference provides youth the opportunity to come together to learn new skills and return to their communities to lead positive change.

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2008

NPAIHB gathered input on the best ways to prevent suicide and address health disparities

2009

NPAIHB applied for and received a 5-year grant to implement a community-based suicide prevention project

2010

“Community is the healer that breaks the silence campaign” is launched

2011

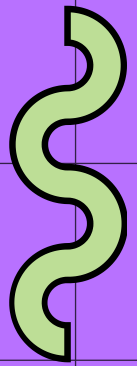
First THRIVE conference

HISTORY OF THRIVE

Northwest Portland Area Indian Health Board's (NPAIHB) mission is to eliminate health disparities and improve the quality of life of American Indians and Alaska Native people (AI/AN) by supporting Northwest Tribes in their delivery of culturally appropriate, high-quality health care. Consistent with this mission, NPAIHB traveled to tribal communities in 2008 and gathered input on the best ways to prevent suicide and address health disparities. Tribal communities called for more youth engagement in prevention, the building of protective factors, and youth skills. Using tribal community perspectives as a guide, in 2009 NPAIHB applied for and received a 5-year grant from the Indian Health Service's (IHS) Methamphetamine & Suicide Prevention Initiative (MSPI) to implement a community-based suicide prevention project. This project has several components. One was a campaign launched in 2010, “Community is the healer that breaks the silence campaign.” This campaign encourages community members to start conversations about suicide and support those at risk through social marketing. Tribal action plans and the Northwest Native Adolescent Health Alliance meetings also gave NPAIHB valuable insight into the need for more youth involvement and engagement in prevention.

The first task of the MSPI project was to brand the project and with the help of the Northwest Tribes the project was named THRIVE, Tribal Health Reaching Out Involves Everyone. Another component of the project was to design and implement an annual week-long Native youth conference in Portland, Oregon. In 2011 this conference was originally titled the Regional Health Promotion Conference and in 2013 the title naturally changed to the THRIVE conference. During these conferences, youth and chaperones learn about themselves, their communities, and their culture. Designed, to prevent suicide and build mental wellness skills in Native youth, the THRIVE conference builds confidence, knowledge, skills, and awareness in participants so that they can respond to someone who is suicidal. The THRIVE conference is comprised of 36-hours of instruction, experiential activities, social interactions, and skill-building activities intended to influence knowledge and behaviors about suicide. The goal of the THRIVE conference is to recruit 50-70 youth each year between the ages of 13-19 years old.

THRIVE OVERVIEW



What is the THRIVE conference?

This is an annual summer conference for Native youth between the ages of 13-19 years old. The conference brings youth from around the country together to learn about health promotion and disease prevention with a strong focus on suicide prevention and mental health. As a result of the COVID-19 pandemic, this year's THRIVE conference was a week-long virtual event hosted June 21-25, 2021.

What are the goals of THRIVE?

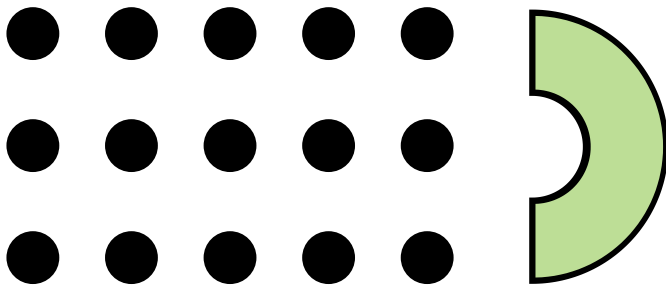
NPAIHB believes that a safe and family-like environment can give youth a sense of purpose, belonging, and pride in their culture to address youth suicide. NPAIHB also believes in having fun, making new friends, and enhancing the creativity that youth already have instilled in them.

The goal of the THRIVE conference is to provide youth with positive protective factors (i.e., creative self-expression, healthy coping skills) that build cultural pride/resilience in the youth and allows them to learn new skills to take back to their communities.

The THRIVE conference seeks to empower youth through presentations and interactive workshops. The conference presentations and workshops are designed to engage youth in intensive discussions and skill-building. This year's presentations and workshops centered on social justice, mental health, indigenous history, and art. The 2021 THRIVE conference presentations and workshops are discussed in more detail below.

How are THRIVE youth participants recruited?

The THRIVE conference is open to the first 65-80 Native youth that complete registration forms. NPAIHB partners and tribal prevention programs recruit Native youth based on interest and availability. Outreach includes social media communications, email invitations, and direct outreach to community partners. During registration, youth sign up for the week-long workshop based on their interests.



Who leads THRIVE?

The THRIVE conference is implemented by a team at NPAIHB that hosts guest speakers, presenters, and workshop facilitators. Details on this 2021 THRIVE conference speakers and facilitators are shared below.

What happens at THRIVE?

At 2021 the THRIVE conference, youth participated in morning presentations with Indigenous speakers focused on social justice, Native history, and mental health. In the afternoon, youth participated in an interactive workshop that they remained in throughout the week. The youth spent the week in these workshops learning a new skill and engaging in discussions with their peers and workshop facilitators. At the end of the week, students and facilitators presented their work to the rest of the group. This final capstone session was about celebrating skills gained, healthy relationships cultivated, and planning for a successful future.

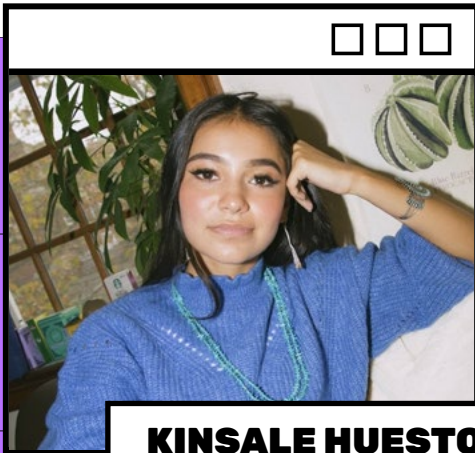
2021 THRIVE Conference Presentations and Workshops

Each year, NPAIHB convenes to identify presentation and workshop topics that are important for the youth and relevant to what youth are facing. For the 2021 virtual conference, topics and discussions centered on social injustice, advocacy, mental health, and 2SLGBTQ rights.

Current events shaped conversations during the conference and presenters, adult facilitators, and youth discussed difficult events from missing and murdered indigenous persons to the unmarked graves found at First Nation residential schools.

PRESENTATIONS

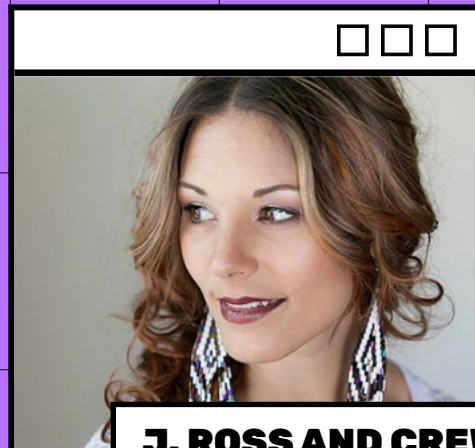
- Joy and Justice Using Social Media to Inspire by Charlie Amáyá Scott
- Save the Indian, Save the Man by Shelby Rowe
- Two Spirit Resiliency and Thrivance by Itai Jeffries
- Indigenous 20 Something Project by Shalene and Joseph



KINSALE HUESTON

Indigi-Zine: The Power of Self-Publishing

WORKSHOPS



J. ROSS AND CREW

Beats Lyrics Leaders



JEREMY FIELDS

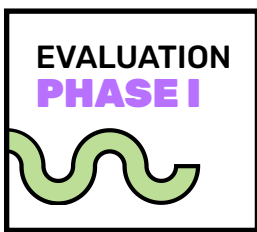
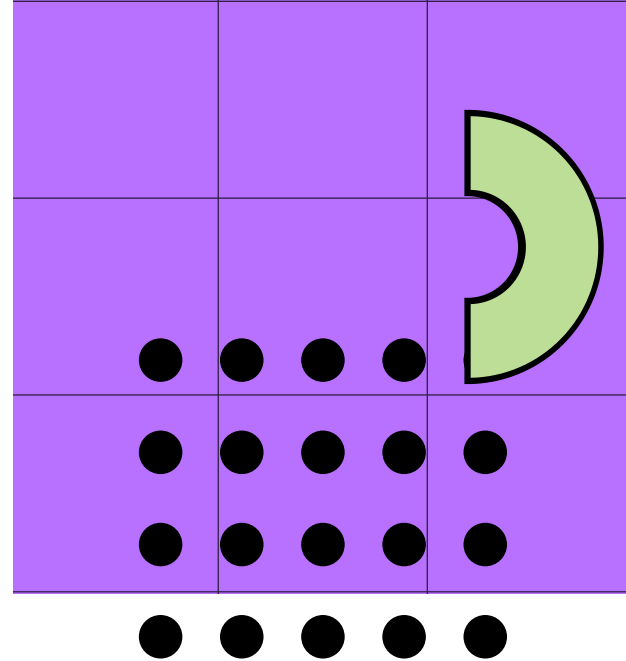
Social Justice & Art: Skate and Uplift

“ We are a manifestation of the love of a thousand generations. ”

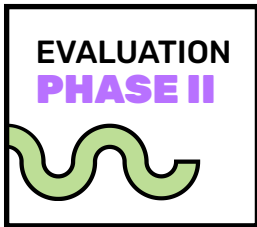
EVALUATION METHODOLOGY

THRIVE Evaluation

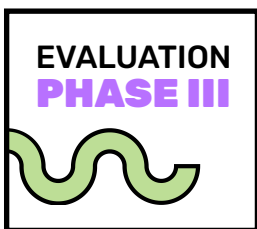
NPAIHB contracted with Allyson Kelley and Associates (AKA) to evaluate the 2021 THRIVE conference. The purpose of the evaluation was to gather youth perspectives to document the impact of the 2021 THRIVE conference with a focus on implementation and outcomes.



In Phase I, AKA built upon previous THRIVE evaluations through a review of reports, evaluations, and data collection approaches for past THRIVE conferences. This information was used to inform the evaluation of the 2021 THRIVE conference.



During Phase II, AKA provided a written evaluation plan and methodology to NPAIHB with the training agenda, methodology, intended outcomes, and outputs for the 2021 THRIVE conference. For consistency of data across years, past tools were leveraged to track change over time. Through a pre-posttest the evaluation tested the change in knowledge, use of skills gained youth engagement, strengths, and impact, and recommendations for future THRIVE conferences. Polls were developed to evaluate interactive workshops. The purpose of the THRIVE conference is to build protective factors that help Native youth practice healthy behaviors, healthy relationships, friendships, and prevent suicide, which was the focus of data collection efforts. Evaluation tools were pilot tested with five Native youth and shared with NPAIHB for review before conference dissemination. Youth participants and adults involved in the THRIVE conference (e.g., facilitators, NPAIHB staff, chaperones) participated in the evaluation through online survey links, paper surveys, and after workshop zoom polls.



Phase III involved the finalization of all evaluation results. Evaluation results were compiled, paper survey data entry completed, and the data analyzed. The final step is the development of this report which summarizes the evaluation process, design, and comprehensive findings.

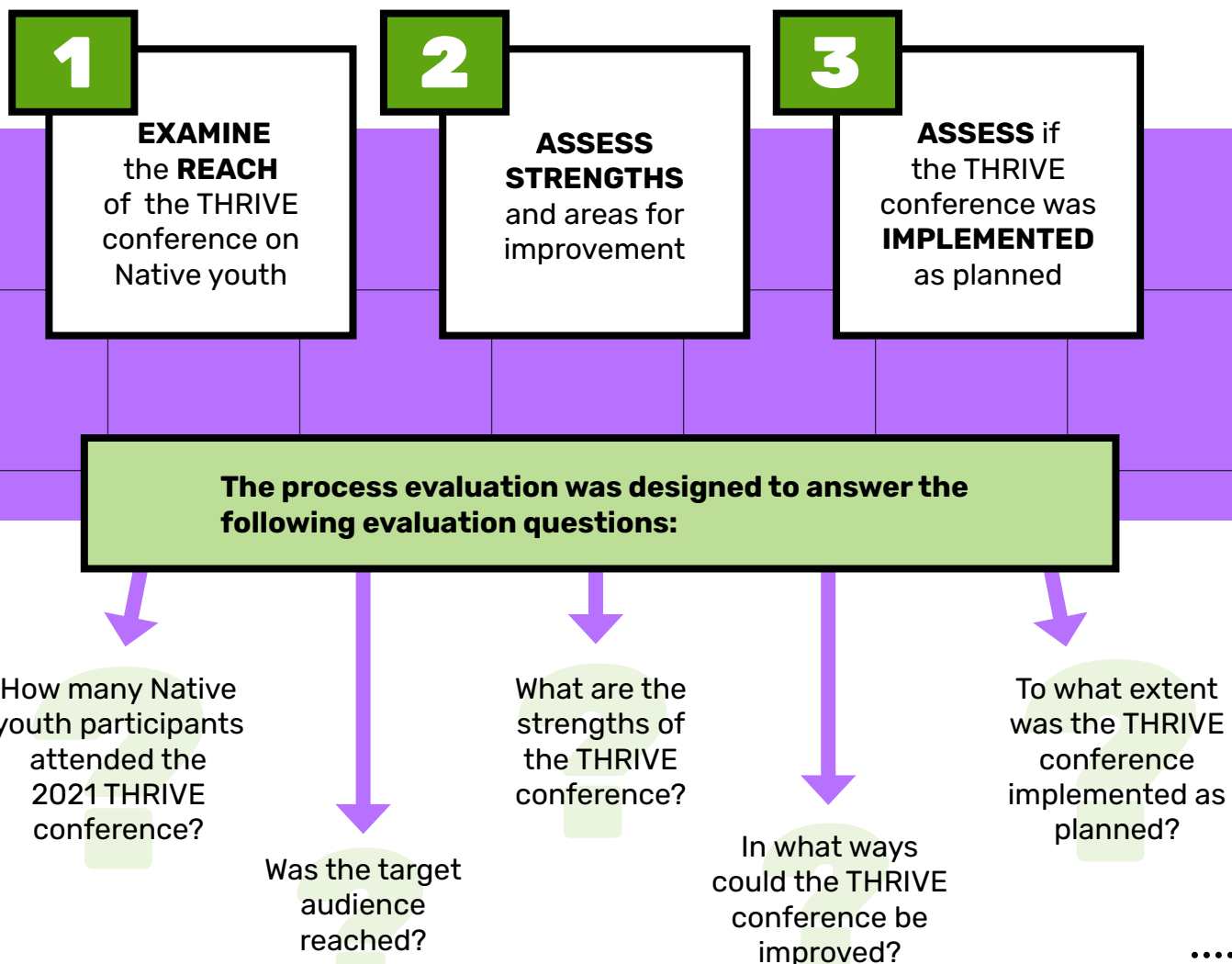
Evaluation Design

The evaluation utilized a culturally-responsive, Indigenous-focused, participatory, non-experimental, mixed methods design with a focus on process and impact outcomes. The evaluation aimed to find out the impact of the THRIVE conference on youth participants and whether it was successful in meeting its primary goal.

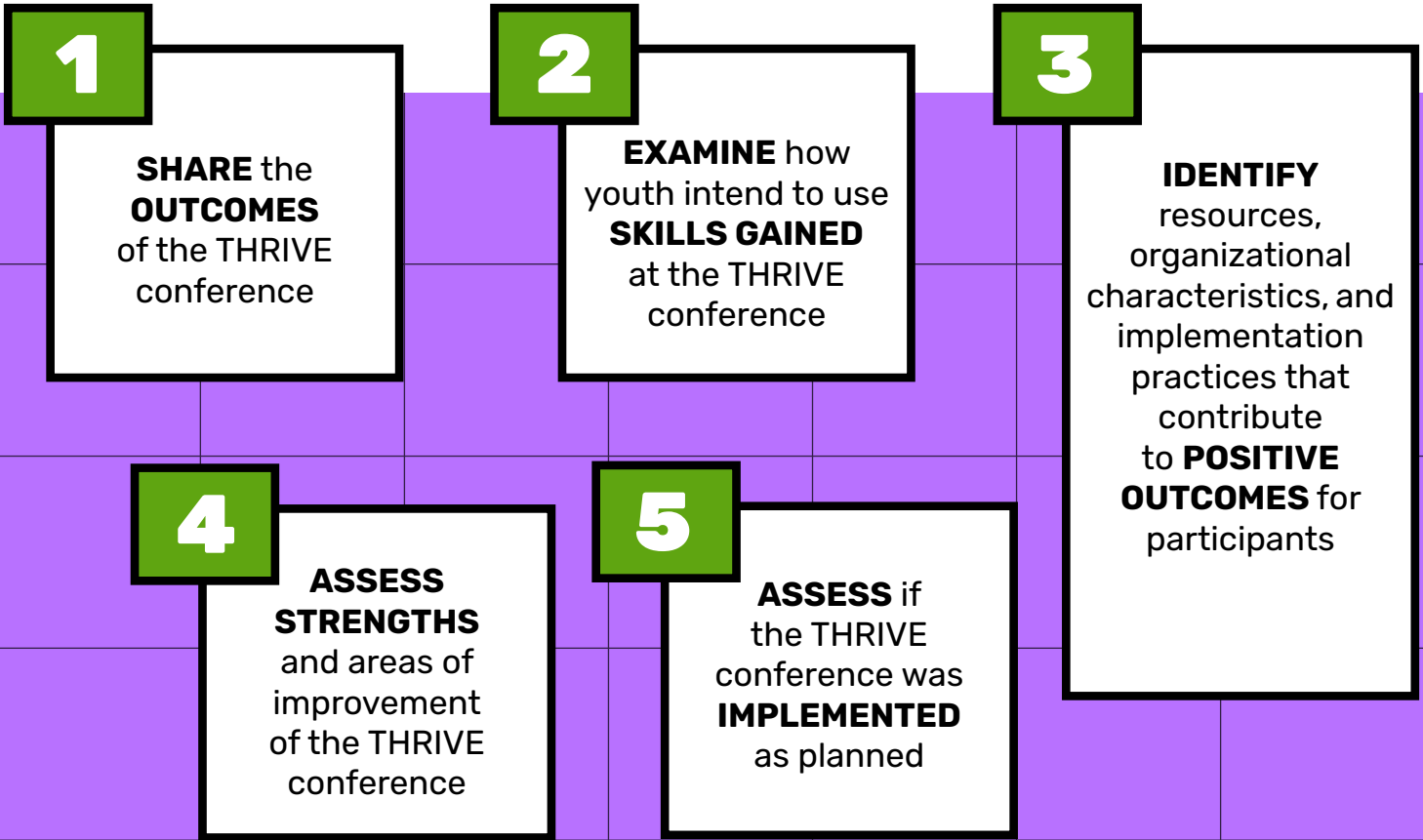
Primary goal of the THRIVE conference: To provide youth with positive protective factors (i.e., creative self-expression, healthy coping skills) that build cultural pride/resilience while learning new skills to take back to their communities.

The process evaluation examined what the THRIVE conference accomplished and if it was implemented as intended based on NPAIHB, IHS, and SAMSHA grant goals and objectives. The outcome and impact evaluation examined change in knowledge, attitudes, or behavior and the use of skills gained. The following process and outcome objectives and questions informed the evaluation design.

PROCESS EVALUATION OBJECTIVES



OUTCOME EVALUATION OBJECTIVES



The outcome evaluation was designed to answer the following evaluation questions:

What were the outcomes of THRIVE?



How will THRIVE attendees use the skills gained?



Is there evidence of changes in knowledge, attitudes, or behaviors that resulted from THRIVE? (e.g., examining confidence, self-efficacy, knowledge of mental wellness, resources available)



Is there evidence to support a wider impact on physical and behavioral health?



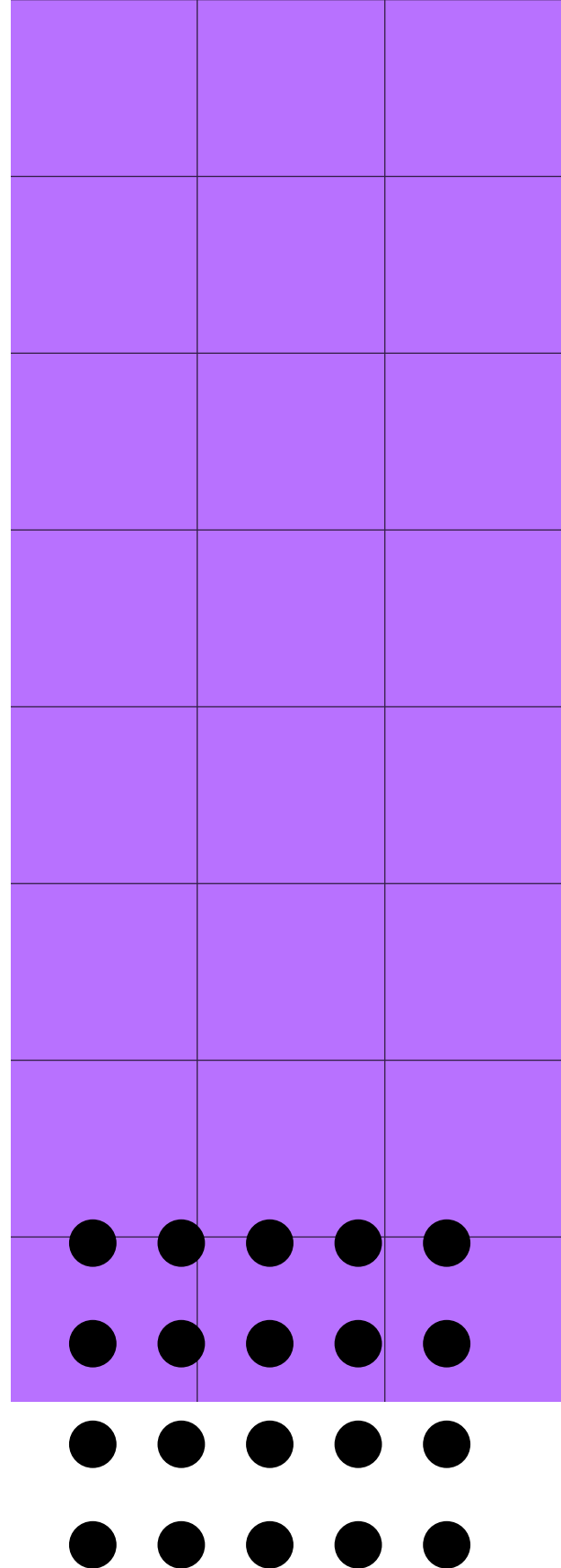
What are the lessons learned to inform future THRIVE conferences?



Data Collection

The data collected helps tell the story of what happens at the THRIVE conference and how it impacts Native youth. Data for the 2021 THRIVE conference was collected through a mixed-method approach through multiple data sources. Youth completed a pre-test on the first day of the conference and a post-test on the final day to evaluate the overall conference. The pretest-posttests were designed to be completed in 8-10 minutes. When youth completed the evaluation, they were entered to win Apple AirPods. Youth participants also had the opportunity to take part in daily evaluations assessing satisfaction and impact of the interactive workshops. Additional data was obtained through chat boxes, direct quotes, and observation notes. Adult facilitators, chaperones, and NPAIHB staff also had the opportunity to participate in the THRIVE conference evaluation, completing a 5-minute posttest at the end of the conference. Overall evaluations for youth and adults were completed by paper or through an online Qualtrics link. Workshop evaluations were completed by youth and adults through Zoom polling.

Multiple data sources were used to inform on the THRIVE conference. This is a process known as triangulation, where multiple methods (e.g., observations, documents, questionnaires), sources (e.g., staff, facilitators, chaperones, youth), and researchers are used to gather data to enrich, confirm, and explain findings in a more comprehensive approach.¹ Triangulation is used in social science research and evaluation to increase trustworthiness and enhance credibility, dependability, and confirmability of findings.²



Data Sources

THRIVE Overall Evaluation

The overall evaluation was designed to assess knowledge gained, satisfaction, usefulness, logistics, and what youth liked the most/least. Questions were selected for consistency across years.

- a. Response options were fixed (e.g., Yes/No) or Likert scales (e.g., agree/disagree, none of the time/all of the time). For consistency across THRIVE conference evaluations between 2011-2019, two questions were included 1) assessment of overall opinion of the THRIVE conference and 2) use of skills gained.
- b. Mental wellness was assessed in the pretest and posttest evaluations through a self-report mental health scale and the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to examine the impact of the THRIVE conference on youth well-being including connection, confidence, and positive affect.

Adult Evaluations

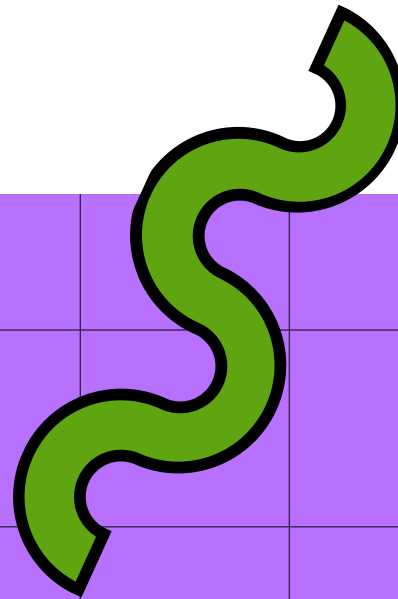
The adult overall evaluation documented satisfaction, impact on youth, youth knowledge gained, application, and recommendations for future conferences. All adults involved in the THRIVE conference were invited to complete the overall evaluation. This included workshop facilitators, chaperones, support staff, and NPAIHB staff.

Observation

Agendas, registration lists, chat boxes, flyers, and posters were examined for context, demographic information, drawings, photographs, and program-related reports from previous THRIVE conferences.

Documents

Agendas, registration lists, chat boxes, flyers, and posters were examined for context, demographic information, drawings, photographs, and program-related reports from previous THRIVE conferences.



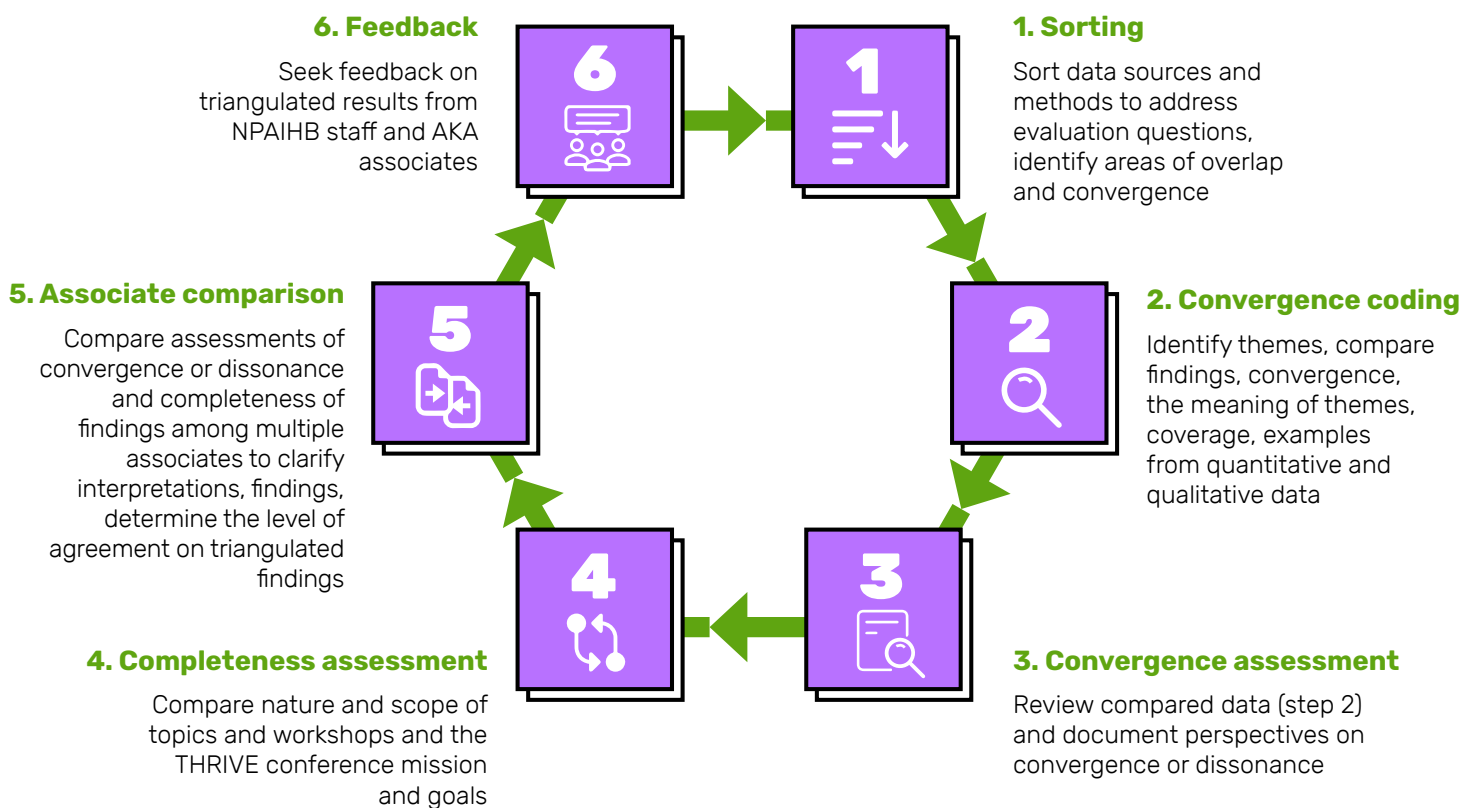
Consent

AKA obtained parental and guardian consent and youth assent to participate in the THRIVE conference evaluations. Parent/guardian consent was obtained through a survey link sent out before the conference. Verbal youth assent was obtained during the conference before the dissemination of evaluations.

Analysis

Quantitative and qualitative data collected from the 2021 THRIVE conference were analyzed using descriptive analysis to summarize and describe the data. Quantitative data was exported from Qualtrics into MS Excel and coded, summed, counted, and analyzed. Qualitative data from evaluations, chat boxes, observation notes, and direct quotes were exported, organized, hand-coded, and analyzed. Photos, artwork, and song recordings were included in the data analysis process to provide a cultural lens, context, and meaning. Consistent with triangulation protocols, a six-step analysis process was followed and is detailed below (Figure 1).

Figure 1. Triangulation Protocol



Process, Outcome, and Impact Results

A Look Back at the THRIVE Conferences

Since 2011, 716 youth affiliated with 57 tribes from 12 states have attended the THRIVE conferences. Youth were predominantly from the NPAIHB service area, with 77% from Washington, Oregon, and Idaho.

2011 – 2021 THRIVE Attendees by State (n=716)*

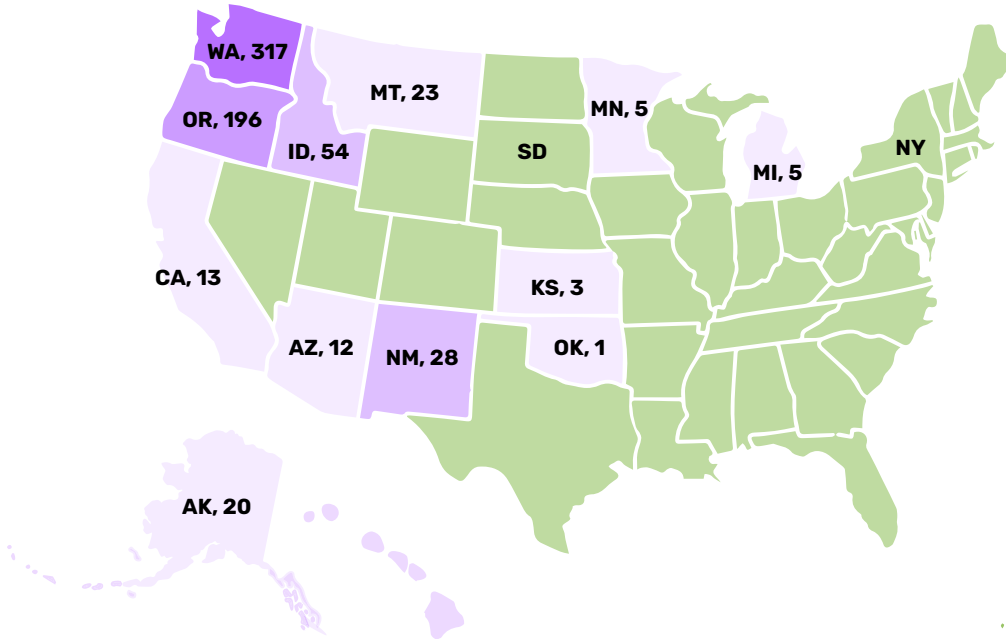


Figure 2. THRIVE conference attendees by state

* Mapped data does not include 2020 THRIVE conference attendee locations

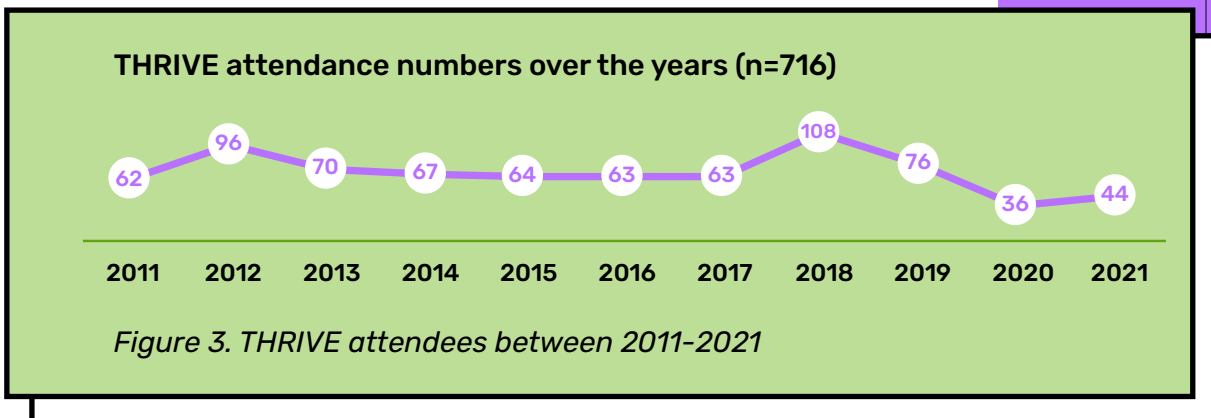


Figure 3. THRIVE attendees between 2011-2021

Due to COVID-19, the 2020 and 2021 THRIVE conferences were adapted from in-person to virtual events. These years saw a decrease in attendees. There are multiple possibilities for the decreased attendance including lack of consistent internet access, lack of technology to support attendance or virtual fatigue.

Strengths of the 2021 THRIVE Conference

The 2021 NPAIHB THRIVE conference was a week-long virtual event attended by 44 youth affiliated with 15 tribes from six states (Washington, Oregon, New Mexico, Idaho, California, Montana). Attendees were between the ages of 13-20 and attended individually or by groups from home, schools, or Native organizations. Data from 2021 THRIVE conference attendees shows that the THRIVE conference reached three states that are not members of NPAIHB (California, Montana, and New Mexico).

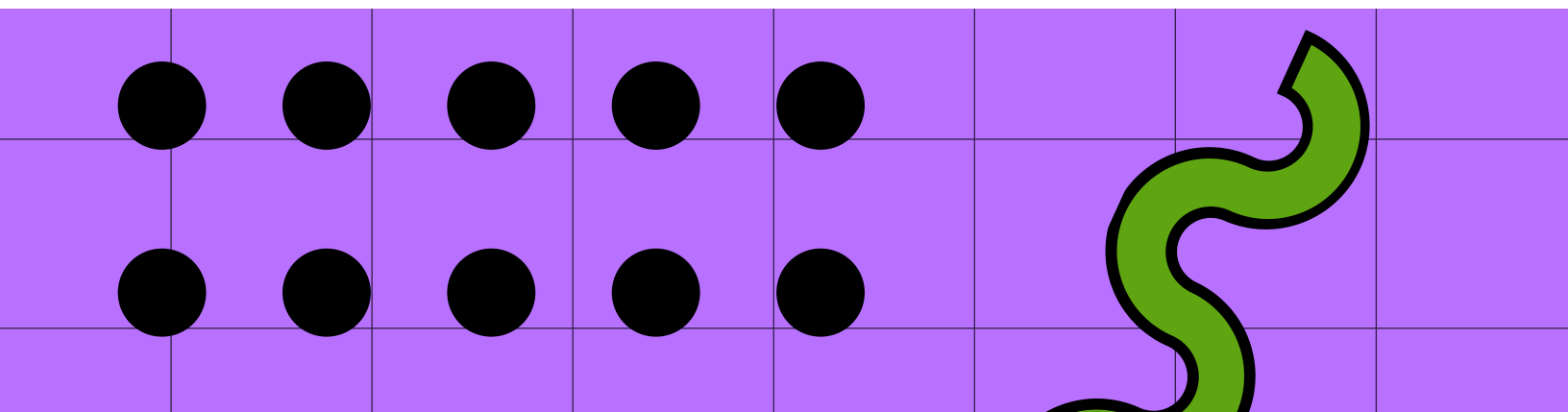
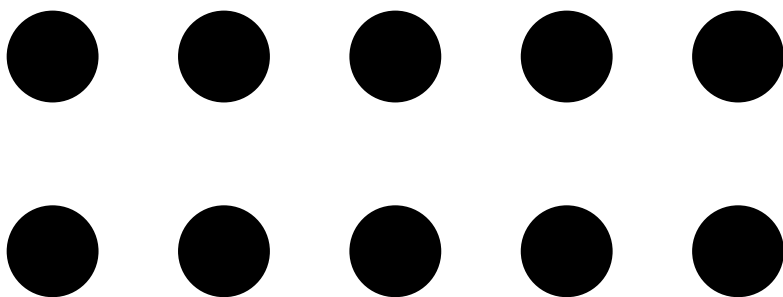
AT THE 2021 THRIVE CONFERENCE



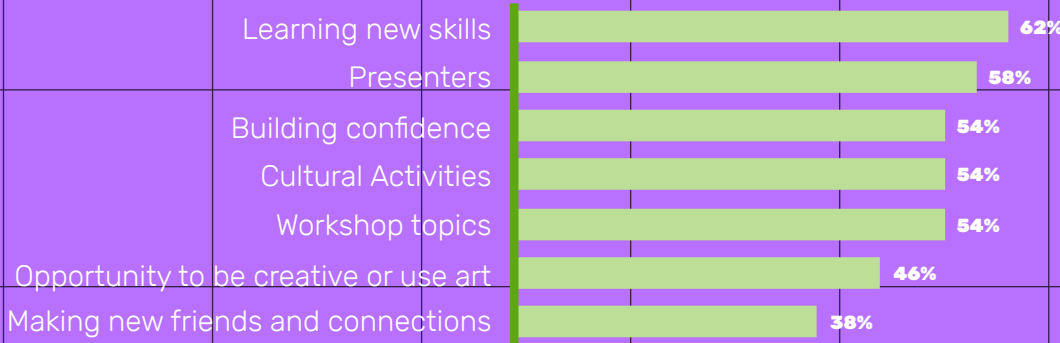
96% (n=26) of youth positively rated the event

73% (n=20) described it as excellent or very good.

In the overall evaluation, the youth provided insights into what they liked most about the 2021 THRIVE conference and how they will use the skills they gained. The youth liked learning new skills (see Figure 4) and planned to use these skills to achieve their dreams and goals and to speak publicly about topics that matter to them (see Figure 5).



What youth liked most about the 2021 THRIVE conference (n=26)



AT THE 2021
THRIVE
CONFERENCE,

62% of youth liked learning new skills

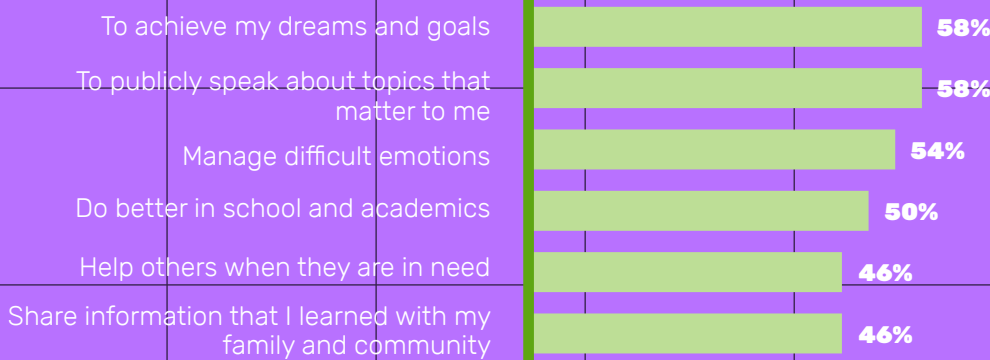
54%

appreciated that it built their confidence.

Figure 4. Percent of youth and what they liked most at the 2021 THRIVE conference

“ I learned that medicine could come in many different forms and is not just “manmade.” It can be in many different plants, talks, weather, and family. ”

How youth will use the skills gained at the THRIVE conference in the future (n=26)



OF THE SKILLS
GAINED AT
THE THRIVE
CONFERENCE,

58% of youth

planned to use them to **achieve** their **dreams and goals** and felt **empowered** to speak publicly about topics that matter to them.

Figure 5. Percent of youth and how they plan on using skills gained

Workshop Strengths

Beat Lyrics Leaders

In the Beats Lyrics Leaders workshop, the youth had the opportunity to build character and leadership skills through the art of music. Youth participants wrote lyrics, created song beats and rhythms, and recorded their original music. Songs were written on topics important to youth and included songs about their culture, family life, and relationships.

Youth described feeling included, connected, and hopeful after participating in the Beats Lyrics Leaders workshop. Across the three days of the workshop,

85% (n=20) of youth participants felt they would use the skills gained at the workshop in the future.

Indigi-Zine: The Power of Self-Publishing

In the Indigi-Zine: The Power of Self-Publishing workshop youth learned about Indigenous zine artists and poets and explored their creativity through writing poetry and making zines. The youth wrote poetry and created zines sharing personal messages of hope, resilience, and strength. The youth wrote zines on important topics including suicide, missing and murdered indigenous women, and hopes for the future.

Youth described feeling good about themselves, connected, and a sense of belonging after participating in the Indigi-Zine workshop.

Over 80% (n=16) of youth participants felt they would use the skills gained at the workshop in the future.

Social Justice through Art: Skate and Uplift

In the Social Justice through Art: Skate and Uplift workshop youth learned about social activism and the power of art through painting their skate deck. Youth painted personal images and transformative messages of hope.

Youth described feeling included, connected, and hopeful after participating in the Social Justice workshop. Among participants,

75% (n=4) felt they would use the skills gained in the workshop in the future.

“ THRIVE normalized talking about mental health for youth. ”



Impact of the THRIVE Conference

The evaluation looked at the impact of the THRIVE conference on youth by examining protective factors including mental well-being, connection, and confidence. Figure 6 highlights youth impacts.

Impact of the 2021 THRIVE conference on youth participants



THE 2021 THRIVE CONFERENCE fostered **cultural pride**, elevated **knowledge**, and increased **connections** among youth. **73%** of youth left **feeling good** about where they came from and their future (n=16).

Figure 6. Percent of youth by impact (n=22).

“ **THRIVE helped me figure stuff out some important stuff about myself.** ”

Mental Well-Being

Mental well-being was a key construct in the evaluation of the 2021 THRIVE conference. Mental wellness, or mental well-being, is a dynamic state in which the individual can develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.³ Or put more simply, mental well-being is when an individual is 'feeling good and functioning well.'⁴

Mental well-being has wide-reaching impacts on an individual from the quality of life to healthy behavior seeking.⁵⁻⁶ Measuring mental well-being provides a perspective into an individual's feelings and functioning. We can increase youth resilience and healthy behavior seeking by positively influencing mental well-being. THRIVE's goal is to address key protective factors such as connectedness, self-esteem, and problem-solving skills.

THRIVE's ability to promote protective factors was measured through subjective well-being scales. Constructs of wellbeing were measured through the self-report mental health scale and the Warwick Edinburgh Mental Well-being Scale (WEMWBS).

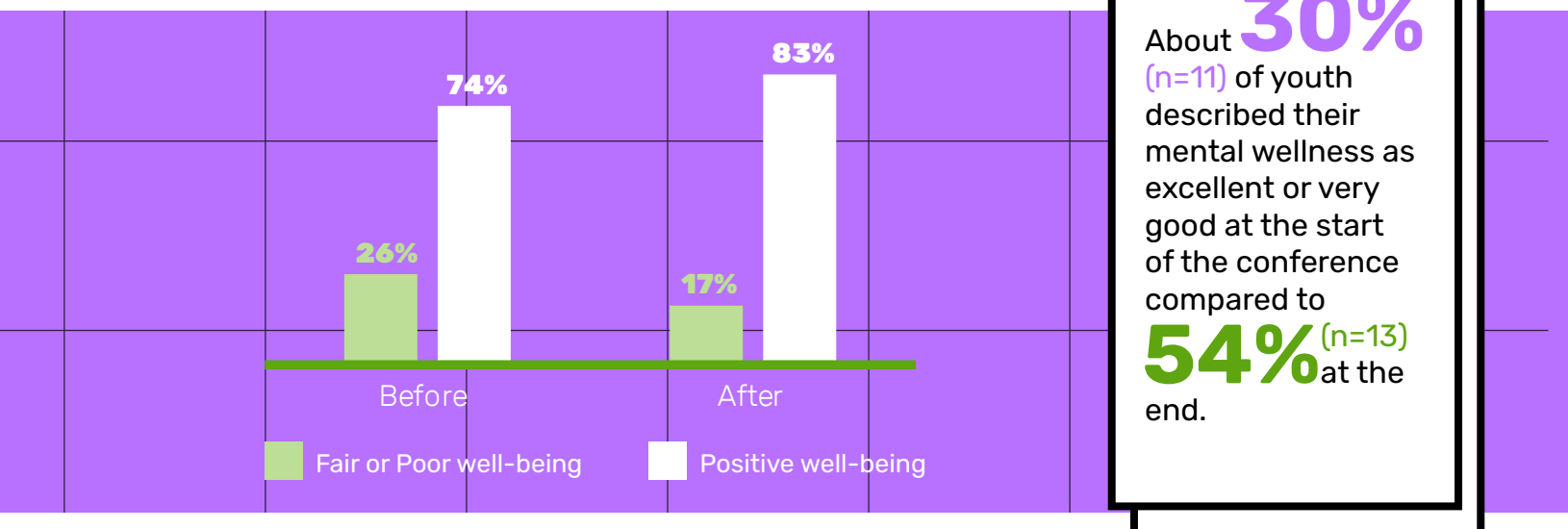
Self-Report Mental Wellness

The self-report mental health scale asked the youth about their overall mental wellness. Change over time was measured by the pretest-posttest design. Participants reported an increase in mental wellness before and after THRIVE. An independent t-test was conducted to compare wellness scores at the start and end of the conference.

There was **significant difference** ($t(45) = -2.33, p=0.01$) found in youth mental wellness **before (M= 3.14, SD=0.99)** and **after (M=3.71, SD=1.10)** THRIVE. Figure 7 depicts findings.



Youth Mental Wellness Before and After THRIVE

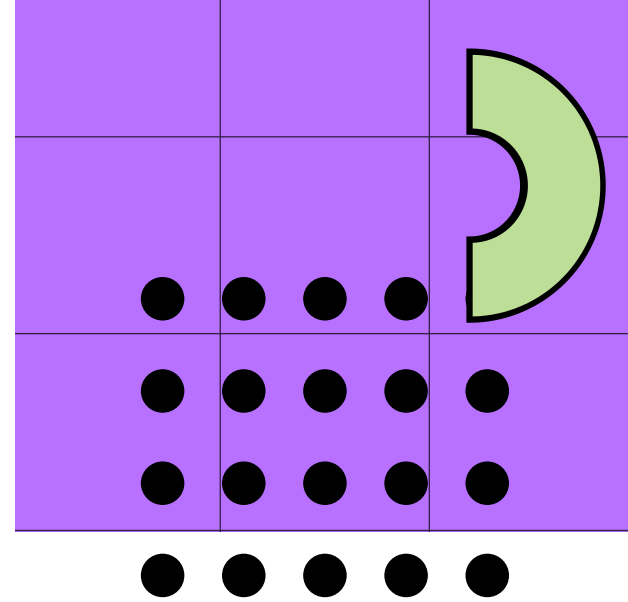


About **30%** ($n=11$) of youth described their mental wellness as excellent or very good at the start of the conference compared to **54%** ($n=13$) at the end.

Figure 7. Construct responses of THRIVE participants

WEMWBS

The WEMWBS examined the impact of the THRIVE conference on individual well-being constructs including connection, confidence, problem-solving, self-esteem, and optimism. There was a slight change between the pretest and posttest well-being scores. An independent t-test was conducted but the change was not found to be significant on individual constructs outside of energy to spare (p=0.02). This may be a result of the virtual delivery of the conference and barriers that impact virtual engagement and interpersonal connection.



| Statement | Mean Before (n=35) | Mean After (n= 24) | Mean Difference | P-value |
|---|--------------------|--------------------|-----------------|-------------|
| I feel optimistic about the future | 3.46 | 3.73 | 0.27 | .317 |
| I feel useful | 3.34 | 3.73 | 0.39 | .102 |
| I feel relaxed | 3.4 | 3.77 | 0.37 | .089 |
| I have energy to spare | 3.2 | 3.77 | 0.57* | .021 |
| I am dealing with problems well | 3.43 | 3.73 | 0.3 | .252 |
| I am thinking clearly | 3.49 | 3.73 | 0.24 | .274 |
| I feel good about myself | 3.66 | 3.85 | 0.19 | .390 |
| I feel close to other people | 3.37 | 3.42 | 0.05 | .850 |
| I feel confident | 3.63 | 3.58 | -0.05 | .848 |
| I feel able to make up my own mind about things | 3.91 | 3.85 | -0.06 | .770 |
| I feel loved | 3.71 | 3.81 | 0.1 | .733 |
| I am interested in new things | 3.63 | 4.04 | 0.41 | .063 |
| I feel cheerful | 3.71 | 3.69 | -0.02 | .935 |

Table 1. WEMWBS mean scores before and after the THRIVE conference.

* Difference or increase in mean scores were statistically significant at the p<0.05 level

Adult Evaluations

NPAIHB staff, chaperones, tribal location facilitators, community supporters, and workshop facilitators completed the adult evaluations on the final day of the THRIVE conference. The adult evaluations examined overall satisfaction, the impact of the conference on youth, and the potential use of skills youth gained.

Adult overall satisfaction mirrored youth results, with 97% (n=29) positively rating the THRIVE conference (excellent, very good, or good). Adults felt that the THRIVE conference helped youth feel more confident and created meaningful connections among other youth and Native people (Figure 8).

Impact of the 2021 THRIVE conference on youth participants

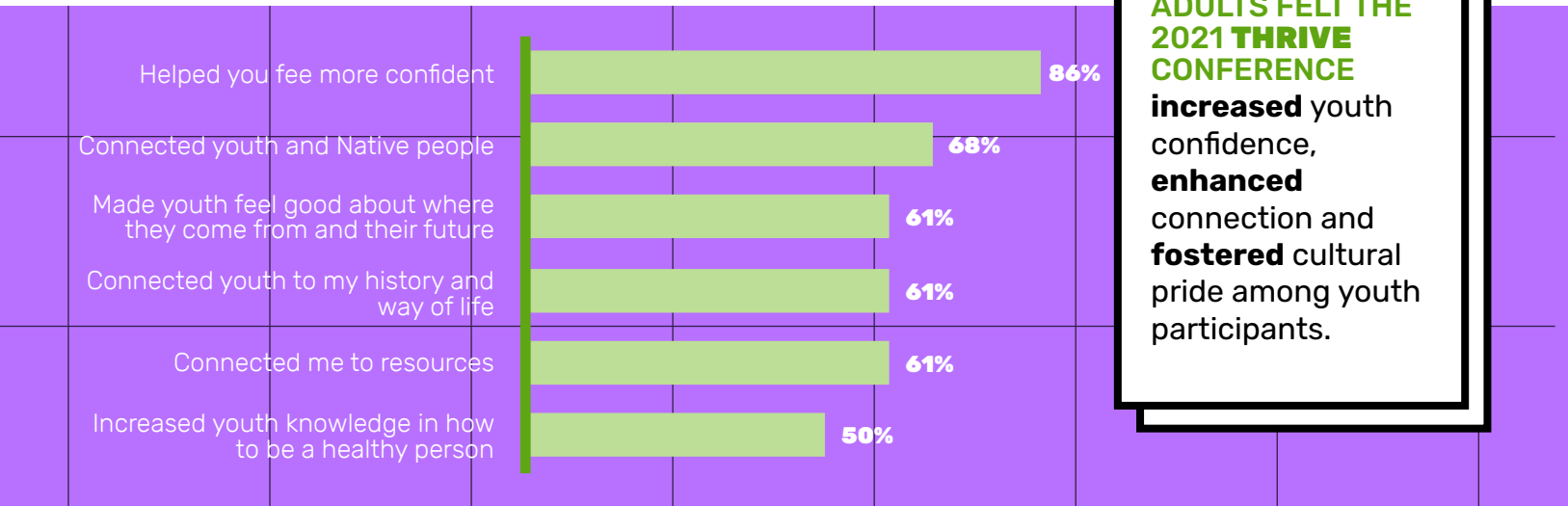


Figure 8. Percent of adult responses by impact (n=28).

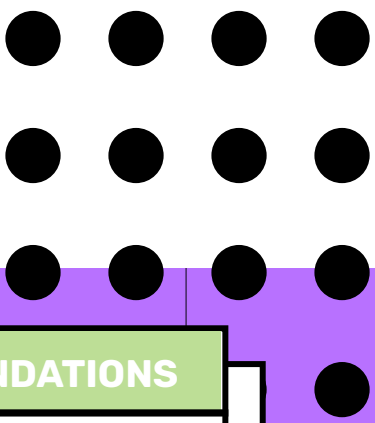
“ **THRIVE increased youth creativity for finding solutions to improving their mental well-being.** ”

The THRIVE conference provided youth the opportunity to be creative and learn new skills. Adults felt that youth could use the skills gained at the THRIVE conference to share information they learned with their family and community and to help them achieve their dreams and goals.

Recommendations

THRIVE youth attendees and adults shared recommendations for future THRIVE events. Table 2 highlights the recommendations from youth and adults in order of most frequent response.

Recommendations for future THRIVE conferences



| YOUTH RECOMMENDATIONS | ADULT RECOMMENDATIONS |
|---|--|
| <ul style="list-style-type: none">• Have conference in-person• Keep a virtual conference option• Create more opportunities for interaction• More youth sharing | <ul style="list-style-type: none">• Have conference in-person• Create more opportunities for interaction• Shorter presentations• Keep a virtual conference option• More youth sharing |

Table 2. Youth and adult recommendations for future THRIVE conferences

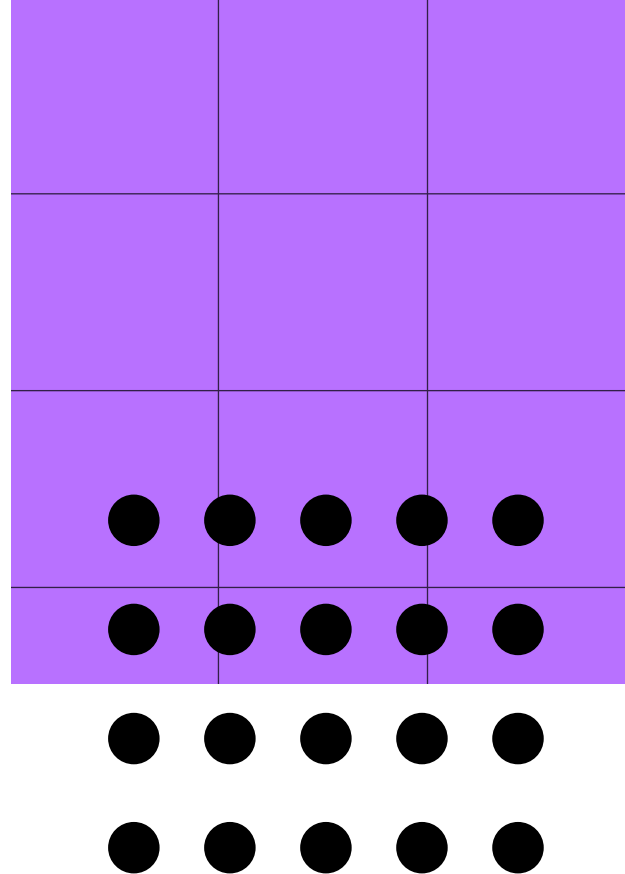
Adults further advocated for an increase in virtual engagement through more interactive presentations, short videos, and 50-minute presentations. Adults felt that youth attending in schools and at Native organizations would benefit from having future THRIVE events brought to their youth in-person.

“ THRIVE helped youth learn coping skills and better ways to process their emotions. ”

The 2021 THRIVE conference was adapted from in-person to virtual due to the COVID-19 pandemic. The evaluation examined the strengths or areas of improvement for virtual conference delivery to inform future events. About 60% (n=18) of youth did not have any challenges in attending the virtual conference. Of the challenges, over half (n=5) were related to connection issues (e.g., internet disconnections, internet runs too slow). A couple of participants had audio issues (n=2), difficulty viewing the conference from their device (n=1), and one had difficulty engaging through the virtual sessions (n=1).

Evaluation Results Summary

The 2021 THRIVE conference was attended by a diverse group of Native youth from tribes across six states. The THRIVE conference was implemented as planned and there were very few challenges that arose through the virtual delivery. Youth and adults shared positive impacts in the overall and workshop evaluations. At the THRIVE conference, the youth walked away feeling good about where they came from and their future. They built confidence, increased their knowledge in how to be a healthy person, and connected with other youth and Native people. They learned new skills and how to creatively express themselves and their emotions through art. Youth discussed difficult topics, from the unmarked graves at First Nation residential schools to domestic violence in their own home. Presentations and workshops focused on hope, cultural pride, history, resilience, and advocacy. The THRIVE conference engaged youth in positive activities, fostered positive connections, and elevated self-reported mental wellness.



“ I liked that THRIVE provided youth a community where they might not otherwise have one. ”

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