

PARENT LETTER & PERMISSION SLIP

The **2026 THRIVE Conference** will be at the Native American Student and Community Center on Portland State University's campus in Portland, OR, from June 22 to June 26, 2026. **The conference is open to Native youth ages 13-19.**



The conference is being hosted by THRIVE, the suicide prevention program at the Northwest Portland Area Indian Health Board (NPAIHB), with funding from grants received from the Substance Abuse and Mental Health Services Administration and the Centers for Disease Control and Prevention.

At the conference, participants will learn about the signs of suicide, the impacts of drug and alcohol misuse, how to be a resource for friends and family, and much more. Sessions will incorporate American Indian/Alaska Native culture, traditional learning strategies, and skill-building activities that educate youth about healthy behaviors. Participants will also learn to express their emotions and feelings about these challenging topics positively through interactive, educational workshop tracks. Workshops are Beats, Lyrics, and Leaders, and Medicine and Movement. Please register your youth with their preferred workshop, and we will try to give the youth their first or second choice. The workshops are briefly described below:

- **Beats Lyrics Leaders** - Explore your way through cultures and heritage with music! BLL offers a hands-on approach to learning as they teach each participant the ins and outs of beat making, lyric/songwriting, and recording. ****Limit is 25 youth, and they will travel off-site for some activities.**
- **Medicine and Movement-** Join the We R Native and THRIVE team as we blend traditional activities and cultural teachings with diverse ways to improve your leadership skills and overall mental health. Workshop participants will rotate between sessions of movement activities and regalia making. Youth will learn how to create pieces that support their wellness and sense of belonging. While also learning, participating in traditional games, and enjoying the outdoors. Youth will also have an opportunity to work with a variety of plant medicines and utilize them in different workshop activities. For this workshop, please be sure the youth have appropriate athletic clothing and shoes. ****Limit is 35 youth, and they will travel off-site for some activities.**

Registration for the conference is FREE! While the conference itself is free (including lunch Monday–Thursday), travel to and from the conference, breakfasts and dinners, and lodging are the responsibilities of the youth, families, &/or Tribe. Each group of youth that attends must be accompanied by at least 1 chaperone from their community for up to 4 youth. **Adults, 18+ (including participants) must complete and pass a background check (paid for by NPAIHB).**

The THRIVE Conference will follow local mandates regarding COVID-19. As of April 1, 2025, there is no planned mask or COVID-19 vaccine mandate in place; masks and vaccination status will be optional during the THRIVE conference. If your teen test positive for COVID-19 during or up to 5 days after the conference, it is highly encouraged to immediately contact Krystie Holder, 503-422-5450, for contact tracing purposes. Names will remain confidential. Protective face masks, hand sanitizer, and hand-washing facilities will be provided at the conference.

Parent/guardian's written permission and the youth's signature are both required before they can attend. If you have no objections to the following statements, please sign and return the attached permission slip. It will remain on file throughout the conference.

PERMISSION SLIP AND PARTICIPANT CONTRACT

PLEASE READ, THEN SIGN AND RETURN THE NEXT PAGE

2026 THRIVE Conference
June 22 – June 26, 2026

Teen Rules & Expectations:

- I will not leave the assigned program area at any time without the permission of my chaperone and my workshop facilitator. I will stay for the duration of the conference unless negotiated with the conference staff.
- I will observe established hours set forth by the conference agenda and my chaperone.
- I will not bring or use commercial tobacco, nicotine products, alcohol, drugs (except those prescribed by my doctor), fireworks, firearms, pocket knives, or weapons of any kind. If I see anyone breaking this rule, I will report it immediately. **If this expectation is not followed, the participants may not attend the remainder of the conference.**
- I understand that public displays of affection can be distracting to the group and are not appropriate in this setting, I and I will refrain from them.
- I will dress appropriately for the occasion. My language will be appropriate and respectful of others.
- I will be responsible for all my personal property.
- I will respect other’s personal property and personal space.
- I understand that bullying, belittling, disrespecting and putting down others is not allowed at any time. **If this expectation is not followed, the participant may not attend the remainder of the conference.**
- I will use personal electronics including cell phones at appropriate times and be respectful of conference workshops, speakers, and activities.
- As a conference participant, I give permission to projects at the Northwest Portland Area Indian Health Board (NPAIHB), NPAIHB partner organizations, and any of the facilitating entities to use my image (photographs, videos, audio) and any quotes I may provide for positive program publicity and other educational purposes. I understand that these may be used in the newspaper, TV and radio announcements, reports/publications, and educational films.
- As a conference participant, I give permission to projects at the Northwest Portland Area Indian Health Board (NPAIHB), NPAIHB partner organizations, and any of the facilitating entities to transport me if needed for the workshop I have signed up for. Any travel will be on public transportation or in an insured vehicle with background-checked adults/ workshop facilitators. If a workshop requires vehicle travel, it has been identified in the above workshop description.

-----Please sign and return next page-----

PERMISSION SLIP AND PARTICIPANT CONTRACT

2026 THRIVE Conference hosted by the Northwest Portland Area Indian Health Board
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- **Participant Name:** _____
- **Attending with which group/Tribe/Organization:** _____
- **Please list any allergies. Include medicine, food, etc.:** _____

- Other Health Concerns: _____
- In case of an emergency, I give permission for my child to receive medical treatment.

In case of such an emergency, please contact: _____ Phone: _____

- **Adults 18+ must complete and pass a background check (paid for by NPAIHB)**

Please check the boxes if they apply:

- My child is in foster care I **do not** permit my child to be filmed or photographed.
- I **do not** permit my child to complete a needs assessment survey about their knowledge of 988 services. This survey is anonymous and voluntary. Please see the information about the survey on the following page.
- I **do not** permit my child to travel off premises with workshop facilitators, by selecting this I also acknowledge my child is not signed up for a workshop that is identified above as having off-site travel.

I certify to the best of my knowledge and belief that all of my statements and answers are true, correct, complete, and made in good faith. Please complete the following and sign. For parent/guardian:

I, _____, give my permission for the teen listed above to participate in the
Print Name (Parent/ Legal Guardian)

2026 THRIVE Conference in Portland, Oregon.

Parent/Guardian Signature _____ Date: _____

For the teen:

I, the teen listed above, agree to the participant contract during the THRIVE Conference and agree to participate in the *2026 THRIVE Conference in Portland, Oregon.*

Teen Signature _____ Date: _____

If at any time, you have any questions, concerns or comments, please contact Krystie Holder at thrive@npaihb.org. Please return the signature page by **June 8, 2026** via email to thrive@npaihb.org, if we do not have signed forms when the conference begins the youth may not be able to participate.

Tribal 988 Needs Assessment & Be Sensitive Be Brave Curriculum Review – Youth Survey Information

As part of the NPAIHB's 988 Project, we want to understand the needs of Native people and communities in Idaho, Oregon, and Washington. Looking to develop a culturally-infused suicide prevention training that meets the needs of AI/AN youth.

- ✓ Youth participation in this survey will help us better serve Native youth in PNW.
- ✓ There are 11 questions, and it should take 3-5 minutes to fill out.
- ✓ This survey is **voluntary**: youth do not have to fill this out or you can stop or not answer a question at any time.
- ✓ This survey is **anonymous**. Responses are sent encrypted to an online database that does not collect name, email, location, phone number, or other information about you. The database is accessible only to our evaluation partner (NPC Research) in Portland, Oregon.
 - They will summarize the survey responses like this: “50% of the youth live in Washington state.”
- ✓ **Risks:** Some people feel uncomfortable taking surveys. Some people may feel uncomfortable taking this survey because it asks questions related to mental health crises and use of a crisis line.
- ✓ **Benefits:** There are no direct benefits from taking this survey. However, youth answers will help us improve services to Native youth like them in the future.
- ✓ **Questions:** These survey questions have been reviewed by the Portland Area Indian Health Services' Institutional Review Board (PAIRB), a tribal committee that is responsible for protecting the rights and welfare of research participants and tribal members. If you have any concerns about your rights as a participant, please contact the PAIRB Coordinator, Clarice Charging (phone: 503-416-3256 or email: PAIRB@lhs.gov). The IRB Chair, Dr. Ryan G. Pett, can be contacted directly by phone at: 509-865-1728.