

Meeting Minutes

N8V Good Life Indigenous Recovery Council Inaugural Meeting

Date: Wednesday, August 20, 2025

Time: 4:00–5:00 PM (via Zoom)

Attendees:

Gina Roxas

Kenneth Bell

Jennifer Vazquez

Melissa Shoemaker

Sherrine Peyton

Ximena Arroyo

Sarina Thate Othunwahe DiMaso

Gabriel Ayala

Jane Roxas

Yassi Delgado

Krupa Patel

Angel Pierre

Charlie Peterson

1. Welcome and Purpose

- Introduction of the **N8V Good Life Indigenous Recovery Council** serving Cook and Collar Counties.
- Purpose: Lead a coordinated network of Indigenous-centered recovery supports.

- Goals:
 - Increase access to traditional healing in recovery support.
 - Reduce stigma through culturally relevant education.
 - Strengthen Indigenous-led recovery community infrastructure.
 - Emphasis on doing this work “in a good way” to create a good life.
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2. Key Discussion Points

- Indigenous healing practices: valuable for recovery, though sometimes misunderstood in a Western perspective.
 - Some ceremonial practices may not be publicly shared unless fully understood and learned.
 - Council’s role: promote healing, reduce stigma, and connect community members with Indigenous practitioners, healers, ceremonies, and cultural supports.
 - Council is inclusive — open to the broader community, not limited to Native and Indigenous peoples.
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3. Deliverables for FY26

- **Monthly Council Meetings** (facilitated moving forward by Sarina and Gabriel).
- **Quarterly Community Events:**
 - Q1: Back to School Event (recruitment, survey launched).
 - Q2: Wellbriety and Red Road Resources.
 - Q3: TBD.
 - Q4: Youth Summer Powwow & All My Relations Pride Celebration.

- **Community Survey:**
 - Launched at Back to School Social event; to continue through December.
 - Available via QR code, link, paper copies, and iPad.
 - Purpose: Assess needs, barriers, and existing Indigenous recovery services.
 - **3-Year Strategic Plan:** Identify what is needed to sustain the Council and remove barriers.
 - **Resource Guide Development:** Build a directory of Indigenous recovery practitioners, healers, medicine people, tribal elders, and knowledge keepers to increase access and reduce stigma.
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4. Roles & Communication

- Jane: Main point of contact for communications, meeting scheduling, and community outreach.
 - Drafts and updates to be reviewed by Sherrine, Gabriel, and Sarina.
 - Melissa: Social media, website, and newsletter promotion.
 - Sherrine & Jane: To draft interview questions for community input.
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5. Community Assessment

- Key questions: Why, Who, When.
 - Input sought from council members and community on Indigenous recovery services and providers.
 - Potential practices to include: smudging, prayers, and additional cultural teachings.
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6. Next Steps

- Membership roster due as soon as possible.
 - Invite other Cook County councils to upcoming meetings.
 - Continue survey distribution until December.
 - Begin drafting Indigenous Recovery Resource Guide.
 - Identify organizations aligned with Council goals for partnership and collaboration.
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Adjournment

- Meeting concluded at 5:00 PM.
- Next monthly Council meeting: **Thursday, August 21 (Kickoff ROSC Council Monthly Meeting)**.