

Meeting Minutes

N8V Good Life Indigenous Recovery Council

Date: Wednesday, September 17, 2025

Time: 4:00–5:00 PM (via Zoom and in-person)

Attendees

- Sherrine Peyton
 - Sarina Thate Othunwahe DiMaso
 - Jane Roxas
 - Deb Beckham
 - Johanna Gonzalez
 - Shyam Saladi
 - Gina Roxas
 - Gabriel Ayala
 - Krupa Patel
 - Yassi Delgado
 - Ximena Arroyo
 - Melissa Shoemaker
 - Jennifer Nedane
 - Kaylee Ibarra
 - Santiago Ibarra
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1. Opening

- The meeting began with technical setup and an **opening prayer** led by **Sarina**, honoring the Creator, the seven sacred teachings, and seven generations past and future.
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2. Introductions

- Participants shared **cultural backgrounds** and **professional experiences**.
- Examples:
 - Gina emphasized family introductions from Prairie Band Potawatomi culture.
 - Sarina shared 27 years of experience as a behavioral health prevention counselor.

- Krupa spoke on her public health and college access background.
 - Gabriel introduced himself as a Fosquayaqui musician and artist.
 - Attendees included community members, educators, youth representatives, and statewide ROSC partners.
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3. ROSC Overview

- Sherrine provided an overview of **Recovery-Oriented Systems of Care (ROSC)**:
 - A **coordinated network of community-based services** and supports.
 - Focused on individual recovery pathways, wellness, and quality of life.
 - Person-centered, strength-based, and adaptable to community needs.
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4. Native Good Life (N8V GL) Discussion

- **What makes N8V Good Life unique:**
 - Reconnecting with roots, culture, land, and medicine.
 - Emphasis on “**Culture is Healing.**”
 - **Objectives:**
 - Increase access to traditional healing and recovery supports.
 - Encourage balance in **mental, emotional, spiritual, and physical** aspects of life.
 - **Teachings shared:**
 - The “Red Road” path as a guide for living in harmony.
 - Indigenous models of recovery complementing Western therapy.
 - Importance of ceremonies (sweat lodges, cedar ceremonies) and prayer as foundations for balance.
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5. Key Discussion Points

- **Indigenous Wellness:** Emphasized balance through cultural practices and Indigenous teachings.
- **Healing Circles:** Gabriel and Sarina highlighted starting with **talking circles** to create safe recovery spaces.
- **Education and Stigma Reduction:**
 - Focus on culturally relevant education to support Indigenous youth.
 - Addressing trust issues, language barriers, and cultural misconceptions in schools.
- **Community Engagement:** Event planned at Trickster Cultural Center to showcase Indigenous recovery practices.

6. Next Steps / Action Items

- **Talking Circles:** Gabriel and Sarina to facilitate circles under N8V Good Life ROSC.
- **Community Event:** Trickster Cultural Center to host the first **monthly Indigenous healing event on November 8th**.
- **Access to Ceremonies:** ROSC team to develop strategies for increased participation in sweat lodges and cedar ceremonies.
- **Educational Materials:** ROSC team to design culturally relevant content to reduce stigma around recovery and mental health.
- **Youth Engagement:** Gina and Jane to coordinate youth-focused activities incorporating Indigenous traditions.
- **School Partnerships:** Establish connections with **District 54** and **District 211** to support Indigenous youth.
- **Resources:** Deb to provide resources and tip sheets through the **Slack technical assistance channel**.

7. Summary

- The meeting combined cultural grounding with strategic planning.
- ROSC framework discussed alongside Indigenous perspectives on recovery.
- Emphasis placed on balance, cultural healing, youth engagement, and education.
- Concluded with commitments to host the **November 8th community event** and expand Indigenous-led recovery supports.