

N8V Good Life ROSC Council

N8V Good Life Indigenous Recovery Council

Date: Wednesday, October 15, 2025

Time: 4:00–5:00 PM (via Zoom)

Facilitator: Melissa Shoemaker (on behalf of Gina Roxas)

Attendees

- Melissa Shoemaker – Trickster Cultural Center
- Sherrine Peyton – Consultant, Trickster Cultural Center
- Gabriel Ayala – Cultural Advisor
- Sarina Kijh Golán Deyol – Behavioral Health Counselor & Cultural Advisor
- Jennifer Vazquez – Trickster Cultural Center
- Kenneth Bell – Statewide ROSC Technical Assistant, Region 1 (Cook County)
- Yassi Delgado – School District Representative

1. Opening & Introductions

- The meeting was opened with a prayer led by **Gabriel Ayala**.
- Attendees introduced themselves and shared their affiliations.

2. Community Grounding

- Acknowledgement of Native American stewards and community partners.
- Emphasis placed on community-led, culturally inclusive recovery efforts.
- Participants shared their organizational roles and connections to the work.

3. Review of Previous Meeting Minutes

- September meeting minutes were presented for review.
 - No major edits were proposed.
 - Quorum was not met; therefore, a formal vote on the **September 17, 2025** minutes will take place at the next meeting.
- A suggestion was made to include **sector representation** for each attendee in future minutes.
- Council members requested that meeting minutes be shared **in advance** to allow for better preparation.

4. ROSC Updates

Recovery Month Recap

- The **2025 Monarch Migration Celebration** was highlighted as a success:
 - Over **500 attendees** participated.
 - The ROSC Council hosted a resource table and activities.
 - Positive feedback and strong community engagement were reported.

Next Quarter Goals

- The strategic vision and goals were reviewed:
 - **Vision:** Affirming Indigenous Recovery Pathways, Intergenerational Healing, and Cultural Sustainability.
 - **Key Challenges Identified:**
 - Stigma and historical trauma.

- Limited availability of culturally grounded services in suburban and urban areas.
- Lack of structured connections between Indigenous elders, youth, and mainstream systems.
- **SMART Goals:**
 - Publish **12 culturally grounded articles or media posts** by June 30, 2026.
 - Host **8 community events** focused on Indigenous healing.
 - Deliver **2 educational presentations** for local providers.
 - Partner in **6 Indigenous-led recovery and wellness events**.
 - Launch and maintain an **online, public-facing recovery support services guide** by December.

5. November 8, 2025 – ROSC N8V Good Life Indigenous Wellness Resource Fair

- **Date & Time:** Saturday, November 8, 2025, from 1:00–4:00 PM
- **Location:** Trickster Cultural Center
- **Planned Workshops and Activities:**
 - Indigenous yoga
 - Medicine workshop (led by Gina Roxas)
 - Cyber Seniors workshop (digital safety for elders)
 - Journaling station and self-care activities
 - Talking Circle: *“Calling Your Spirit Back”* (led by Sarina Kìh Golán Deyol)
- A call was made for additional workshop facilitators and program ideas.

6. Community Engagement & Outreach

- Proposal to promote events within a **100-mile radius of Cook County**.
- Emphasis on building **reciprocal relationships** with neighboring tribes and Indigenous communities.
- Trickster staff and Youth Council members were praised for their active outreach and engagement efforts.

7. School District Updates

- **Yassi Delgado** shared challenges faced by students and families impacted by deportation.
- Discussion highlighted the emotional and logistical effects on youth education and family stability.

8. Closing

- The meeting closed with a prayer led by **Sarina Kìh Golán Deyol**.
- Appreciation was expressed for Trickster Cultural Center's leadership and the council's collaboration.
- Meeting notes and supporting documents will be shared via **Google Drive and email**.