

# Meeting Minutes

## Indigenous Recovery Oriented Systems of Care (ROSC) Council

**Meeting Type:** Monthly Council Meeting

**Focus:** Winter Healing Practices & Community Updates

**Facilitator:** Sherrine Peyton (on behalf of Trickster Cultural Center)

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### 1. Opening & Welcome

- The meeting opened with an **opening prayer led by Sarina**, expressing gratitude and offering blessings for the community.
  - Participants introduced themselves, sharing their roles, tribal affiliations, and organizational connections.
  - Gina and Sherrine addressed brief technical issues related to access to the shared Google Drive containing meeting materials.
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### 2. Community Healing Discussion: Walking in Two Worlds

- The council discussed the concept of “**walking in two worlds**”—balancing Western systems with Indigenous community values.
- Members emphasized that Indigenous healing is **not limited to protocols or physical medicine**, but includes:
  - Laughter
  - Singing
  - Storytelling
  - Living life in a good way
- Healing was described as relational and communal rather than clinical.

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### 3. Winter Healing Practices: Round Dance

- Winter was identified as a traditional time for **healing, reflection, and gathering**.
- The **Round Dance** was discussed as a key winter healing practice:
  - A community gathering centered on dancing, singing, and storytelling
  - A time for making regalia
  - An opportunity to honor those who have passed and those newly born
  - A space for collective healing through grief across both Indigenous and Western worlds
- The importance of **coming together during winter months** as a form of resilience and care was emphasized.
- Community support elements were highlighted, including:
  - Offering a shared meal
  - Providing groceries
  - Distributing warm winter clothing

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### 4. Strategic Planning Update

- Sherrine provided an update on the **Indigenous ROSC strategic plan**, which has been submitted to the state.
- Council members expressed interest in **rewriting portions of the plan** using more culturally appropriate language.
- Discussion focused on:
  - Moving away from linear, Western frameworks

- Incorporating **circular and seasonal Indigenous teachings**, such as the medicine wheel
  - Reflecting Indigenous values and storytelling in grant language and visual design
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## 5. Program & Community Updates

- **Round Dance and Market Event:**
    - Gina shared details about the upcoming **Round Dance and Market at Trickster Cultural Center on January 31st**, featuring drumming, dancing, and community vendors.
  - **Kinam Movement:**
    - Jane reported strong attendance (approximately 10 participants per session) and positive engagement.
  - **Indigenous Anonymous / Wellbriety Meetings:**
    - Sarina shared information about Indigenous Anonymous sobriety meetings and discussed ways to increase visibility.
  - **Toys for Tots Event:**
    - Gina shared reflections on a successful Toys for Tots event that included a **traditional grand entry welcoming Santa**, which received very positive community feedback.
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## 6. Reflection

- Members reflected on the power of cultural continuity, storytelling, and community gathering as pathways to healing.
  - The importance of centering Indigenous worldviews while navigating Western systems was reaffirmed.
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## 7. Next Steps & Action Items

- Work with Gina, Sarina, Jane, and others to revise strategic plan goals and visuals using Indigenous circular/seasonal frameworks.
- Meet to discuss food sovereignty resources, farm partnerships, media connections, and community resource sharing.
- Share Lorena's Kinam Movement Instagram information in the next meeting reminder email.
- Promote upcoming ROSC meetings, the Round Dance and Market event, and strategic plan updates through social media and community networks.
- Bring American Foundation for Suicide Prevention resources to the Round Dance event and set up early to share with attendees.
- Attend, invite others, and/or table at the Round Dance and Market (contact Gina if interested).
- Share Indigenous Anonymous Wellbriety meeting information for broader distribution.
- Post Trickster events and program updates on social media.
- Like and share Kinam Movement and Trickster social media posts to increase visibility.
- Continue maintaining and updating the shared Google Drive folder with meeting materials and resources.