

Korina Barry ([00:05](#)):

Hello everyone. Thank you for tuning into the CASCW podcast. In today's episode, I chat with Cheri Goodwin of Red Lake Nation here in Minnesota. Cheri shares with us a little history about Red Lake, and she also shares how their nation has responded and navigated the pandemic so far. Cheri also discusses some of the practice changes and ways her child welfare team continues to support children and families during the pandemic. We recorded this episode some weeks back now. So some things may have shifted as we all continue to navigate the day to day changes related to the pandemic. I hope you enjoy our conversation. Be well. Thank you everyone for tuning into the CASCW podcast today, I am chatting with Cheri Goodwin at Red Lake Nation. Cheri, could you introduce yourself and share a little bit more about who you are?

Cheri Goodwin ([01:26](#)):

Boozhoo, Waabishkiiwaanikwad indizhinkaaz. Miskwaagamiwi-zaaga'igan. Good afternoon, everybody. Mino-giizhigad, good day. My name is Cheri Goodwin. I'm a Red Lake Nation band member. I've been working for Red Lake Nation since 1991. I actually started out at, um, Jourdain Perpich extended care center here in Red Lake, Minnesota working with Native American elders. I took this position here in 2015 as the executive director of family and children's services. We recently just had a tribal resolution this past Tuesday with a name change, and our name changes to changing to Obimindwaa Giidanawe Maganinodog. Which basically means uplifting our relatives. So we're putting a whole new face on the face of child welfare, and we're really excited to be going through this transformational change and redoing our policy and procedures to be more culturally relevant and more fitting the needs of our community because previously this agency was based on the dominant society, county model. So when I started, you know, we started that transformation. So I'm today here we are 2020. We walked into this pandemic in March. Um, so we've had, I know Korina is going to lead me on some questions, but I just wanted to say with us team building and getting ready these past four years, we just really, um, flourishing right now in the services we provide for our, um, relatives in the community.

Korina Barry ([02:52](#)):

Wonderful. And miigwech (thank you) for introducing yourself and sharing our Ojibwemowin, our language, with listeners. And so let's start with just, how are you doing and how are you managing and taking care and pandemic life so far?

Cheri Goodwin ([03:06](#)):

So for me personally, I feel I'm managing pretty well. And one of the reasons is right now in middle age, I don't have no little kids. My children are grown up and moved out of the home. I'm very professional. I have been practicing that safe guideline practices, you know, utilizing the mask when I'm out in the community, you know, all the guidelines put out by the CDC and the state of Minnesota. Um, I do commute. So my self care is, and when I drive, I listen to the music and just relax. And as the leader here as the director, you know, I have to be the transformational person and set that higher level and really motivate the staff and to not be scared of this pandemic, but it is new to me and to everybody here within the nation.

Korina Barry ([03:46](#)):

And for folks who are listening and may not know much or anything at all about Red Lake Nation. Do you, could you share a little bit with our listeners about Red Lake Nation, you know, maybe where you are located and any additional information you want to want folks to know?

Speaker 3 ([04:02](#)):

Yes I can. So Red Lake Nation is a federally recognized tribe. There's actually 573 federally recognized tribes in the whole United States. We're one of two that is considered a closed reservation, um, Red Lake nation and Warm Springs, Oregon. And the reason we're considered a closed reservation is because all of our land is held in common by all the band members. We cover approximately a hundred thousand square miles across nine counties, the largest area in Beltrami and Clearwater County. Um, so what that means is all the land is held in common. We're not like other tribal nations within the state of Minnesota. We don't have checkerboard. So we have a closed status. We're exempt from the public law 280. We have our own court system, which of course does civil and criminal. Yeah. So that's, that's Red Lake Nation. We have four communities. We have approximately 12,000 band members right now with the majority of live of them. Living on the Homeland, we do have 20% of them are, um, about 1200 of our elders. And we consider elders the old age of 55 or older. And we also have about 1200 that are persons with vulnerabilities.

Cheri Goodwin ([05:07](#)):

So it's really unique. And the goal for us here is I'm working towards Peroni government to government relations. So we want to enhance tribal service infrastructure, and we want to increase access to much needed, um, services. And of course, addressing disparities. We also have on our tribal consult, two reps from each district. So two from Little Rock, two from Red Lake and two from Bemidji. We have a tribal chairman, chairman Siki, um, treasure Johnson and secretary Strong. We also have hereditary chiefs. There's seven of them that sit at the tribal council at all our meetings, which they preside and advise and guide. Um, and there, they came from the original chiefs back in 1889. That didn't that sign the treaty that keeps us, helps us to be a closed reservation. So I'm really proud to be a Red Lake nation band member. We are in that way. And then, um, the dominant society here is, um, our own Red Lake nation band members.

Korina Barry ([06:04](#)):

And one thing I would add is just how beautiful your lands are and how beautiful that big lake is of upper and lower Red Lake.

Cheri Goodwin ([06:13](#)):

Yep. So I like to say, right, we're all Anishinaabe. Um, this is who we are, where we value the water. We respect the water and the land. Um, so that's one of the things that we're going to be utilizing in the future here is, um, our culture in the, um, services we provide to our families and on the homelands.

Korina Barry ([06:31](#)):

Can you share a little bit about some of the ways Red Lake as a nation has responded to COVID-19 so far, and again, just thinking of sovereignty and governance. Like if there are any big, you know, I don't know if you all have closed your borders or restricted traffic in and out, or just the ways you are all protecting your community right now.

Cheri Goodwin ([06:52](#)):

So what we've did here, Red Lake Nation is when this first started, we created a COVID-19 response team, which of course was with the government. And then we worked with other systems within the nation, for instance, the school system, Indian service comprehensive health. And we met right away. I think that was like the Sunday, right in the very beginning in March when this all came about. So then

we started brainstorming, right? How are we going to protect our members, what we're going to do to ensure safety. And then that was of course, to meeting with the schools because that's when Governor Walz decided, you know, they're shutting down the schools, how are we going to actively work together to ensure that the children still receive the meals from the schools ensure they still need the services that are needed to be provided. So then what we did is we, um, move forward, build relationships.

Cheri Goodwin ([07:38](#)):

We are fortunate here within the agency. I oversee that we have a strong mental health team, so we provide much needed children's therapeutic support services. Um, so we've kept that relationship going. We ran some numbers. We, since COVID-19 starting on me, our March 13th about approximately we still continue to provide services for them, children. I, um, when I looked yesterday, it was like 434 services. Like to me, that's a big deal. And Chairman Seki has like three phases that we're in here. And right now we're in the third phase with says, which is medical martial law. So our borders are closed. We have, I think, six borders where we have border patrol and you pull in and you either got to show your essential, bad patch and, or your Red Lake Nation band member, um, and enrollment card to get into the borders. So for me, for, as the director of this agency, I have, um, essential passes for our staff, but we're really fortunate here that we have a strong information technology department because I do network with other tribal nations and all the staff here have laptops.

Cheri Goodwin ([08:40](#)):

They have cell phones, they have hotspots. So of course we've been doing a lot of Zooms and we've been doing a lot of meetings and networking. And another thing that maybe the listeners should be aware of is that we are an initiative tribes. So Red Lake and Mille Lacs Nation are currently in the process of being initiative tribes, which basically means that we'll be releasing Beltrami County from its financial responsibilities and Red Lake Nation. We'll be doing the financial and the legal aspect of child welfare services. So that's a big deal that we are ready. And I wanted to say too, it's a lot of teamwork. I have a great staff. So we started out by creating some guidance documents for our staff. You know, we've talked about where the COVID-19 came from, how it's affecting us, you know, the outbreak of the respiratory disease. So what we did is we created guidance documents for all our staff that we email out to them.

Cheri Goodwin ([09:33](#)):

And then of course, the program managers meet with them and talk about these guidance documents. And then we wrote a letter, um, Chairman Seki signed to Commissioner Harpstead, who was in charge of DHS, asking for various waivers for the tribal nations. For instance, if the counties get to have CW TCM, you know, via video, via phone, we nations want to do that too. So just a few weeks ago, the feds then approved that the nations in Minnesota could do them waivers also. So one of the fun stories I have what we, and we did get a children's mental health respite grant. So what we've been doing is buying phones and phone cars for the children in the community. And then with that children's mental health respite grant. We've been buying tool kits for them. So for instance, the toolkit could be a Frisbee, could be a basketball hoop, could be a trampoline, which I am against, but you know, one family really advocated for that because they are barred.

Cheri Goodwin ([10:27](#)):

They are at home, right? We are in a medical martial law shut down. So it was how can we then ensure that the children are still meeting like the Maslow's needs, right? That they're still engaged with the

family. So we talked about as professionals, our toolkit. So we came up with the creative ideas to give the families toolkits. And for some of the families it's even been, maybe we have to drop off the phone at the front door while they're doing some kind of televideo and either with the child welfare or the mental health. So that's been really, really working well. And then too with them, I know for the child welfare, our intakes have been down and I'm thinking it's because, you know, other schools reporting, you know, there's different agencies that normally would report, but it's really making us really look at these reportings and how we're going to work with our families.

Cheri Goodwin ([11:13](#)):

Because again, it was based on the dominant society when I was a teenager way back when, you know, I wasn't getting called in, I wasn't being put in the system. So how do we then readily nation actively engaged with our families on the front end versus that, um, out of home placement. So we're really, we're nailing that and working that out. For instance, we had a family and, um, they, their fridge went out during COVID-19, Oh my God, can you imagine the disparities they're already going through? So the family preservation staff asked me, um, Cheri, can we buy him a fridge? It's like you asked, buy him a fridge. And the crazy thing was, it was the mom's birthday that day. So it was like just like heaven to her. Um, so we have a lot of success stories. Um, we even had a call that would have been traditionally in our intake and moving forward with different investigations.

Cheri Goodwin ([12:02](#)):

Um, but we just went over there and like the good old days, right. Offered a gift. Here's some food, here's something to help you get through this. And, um, everybody's big on social media up here. So the comment was then, uh, social media, their Facebook posts. I have never been involved with with FCS, you know, that's, they call us FCS and they brought me food and they brought me gifts. So it was really positive. So we're really trying to change since I started trying to change the face of child welfare on Red Lake Nation. Cause this was a punitive place. You know, people are scared of this place, but we're not here to be scary people. We're here to engage. We're here to help. We're here to give hope. So that might just little bit of stories that I have. And then I wanted to share to sell for that.

Cheri Goodwin ([12:44](#)):

I think that covers, you know, what we're doing as a nation. I know the chairman just released, um, um, kind of turned the dial back, like Governor Walz would say instead of 10, 8:00 PM to 6:00 AM. They now have curfew, um, 12:00 AM to 6:00 AM. So yeah, that's what we're doing to keep our people here. We also got a COVID-19 we've identified a couple locations where saying, you know, the pandemic does get worse and we need to place them for instance, children. What if there's some children that are in out of home placement and the providers just can't care for them? No more. I have a site I'm located here, a pod I guess you would call it, where we have ordered like the negative pressure tank. So if someone was positive, you know, they could stay there and not have to spread that virus to anyone else.

Cheri Goodwin ([13:27](#)):

Of course, then we'd have different games, different cultural activities that they could do during their stay there. So we are getting ready with that. And I also like to share too, with that, we have Indian Health Service MOU, which is the first of its kind for Red Lake Nation and maybe for the whole United States. So us Obimindwaa and Indian Health Service created at MOU with our attorneys and their attorneys. And we shared our list of who we have in custody, whether it's a vulnerable adult that we have guardianship and or children that we have guardianship for. So if one of them, people then happen

to test positive for COVID-19 at Indian health services and you're on the homelands, they would notify us within 20 minutes. So then we can engage with them. How can we help? What can we do? Do you need mass? Do you need education?

Cheri Goodwin ([14:12](#)):

Do you need a pressurized tank in your home? Do you need us to rent you a porta-potty right? What do you use need? So to ensure that this, um, the COVID-19 virus don't spread, and today we have a, one of our public health nurses up at the trading post. That's our local star passing up education on COVID-19 giving out masks and giving out gloves. So it's really been, it's been, uh, it's been, um, just honored in my heart and just happy that we're all coming together, working for our families in a culturally relevant way. We did have to look at like, we have a sweat lodge every Saturday here for our families. We're not doing that right at this point. Um, but we're still trying to provide other culturally relevant services. For instance, we have helium bundles, which we pass out to the community inside that healing bundle is sweetgrass, sage, a shell and I think just them three things.

Cheri Goodwin ([15:01](#)):

And we, um, I have an officer that works with us here in the building. He took them down to the border and the border patrol was handing them out to elders and it came back to me, you know, and that was just cool. And right, come through the border one day that border patrol said, Hey, can you pull over? We gotta talk to it's like, Oh shoot, what did I do? And he said, did you, your guys, this program put these together? And I said, yeah, did we do anything wrong? He said, no, no, they're great. It's great. And it's like, Oh good. So that really made my heart be happy. Not harpy. Just kidding.

Korina Barry ([15:30](#)):

Yeah. I'm just so, you know, like it, it makes me so proud to see our nations, um, you know, exercising their sovereignty all over the country and in ways that maybe feel challenging or that other people just don't understand. And, but to me, you know, and to our people, it's just so beautiful to see like this is to protect, but it's also to protect other surrounding communities too. So I think that is awesome. And I'm glad you all, as a nation are pushing through and staying strong and finding ways to take care. And you know, a lot of what you're talking about in the ways, um, as a nation and the, your governance, as well as you all are as an individual band members are kind of rallying to support each other. And then the work you all are doing in child welfare with families right now is really rooted in our values, right.

Korina Barry ([16:25](#)):

And our teachings. And then you see how those that there, those roots and those values then are showing up in practice and the practice that you all and the way you're engaging with families, like you said, like bringing families a meal and bringing them a fridge, you know, like all my years in practice to get an agency to approve buying a fridge is not easy. And so like, to be able to do that so quickly and know like sometimes it's that one thing that can really change the trajectory for a family and their involvement in the child welfare system. And so, so I don't know if you want to share more about kind of the, the values and the cultural, the cultural pieces that maybe were already rooted in your work, but how they're helping you navigate these changes even more so now.

Cheri Goodwin ([17:09](#)):

And I should too. I forgot to mention though, what Chairman Seki does a YouTube video every night, giving updates on statistical stuff. And then he also shares a quote, which is big. A lot of the members

watch it. And we do have, um, a food bank prior to this. We had a relationship where we are passing out food and bundles to the community. That's evolved quite a bit. Now, one of my staff now that's pretty much all he's doing is helping, you know, we're buying food. We got donations, they're delivering meals to elders, you know, on weekends. And, and then to families in need, right? Because we do have a high disparity in numbers in low economic status. So I'm really trying to, um, focus on helping the ones with a need. And also I forgot to mention, but we do have a COVID-19 hotline that people can, and you press one for this two for this, it goes right to the community coordinators so they can let the community coordinators know.

Cheri Goodwin ([17:56](#)):

So to me too, it's just been bringing the nation together and working more efficiently together instead of these silos, which I, I like to say the wigwams, right. We're dropping them. And we're all finally working together, which is really exciting. Um, but I would like to mention what you've talked about. So way back when we started, we created our own code of ethics. So it's brief, but I'm going to read it because I really believe in this. So when you're a new, if you were employed by us, we'd have you go over these code of ethics. And it's the Red Lake Ojibwe follows the greater Anishinaabe philosophy of life. And living according to this philosophy and view of the world, humans do not create a read the web web of life. We are merely a strand in it, whatever we do to the web, we do to ourselves as a result of this philosophy kinship among our creation, not the mastery of our relatives, other humans, animals, plants, etc. is vital to Harmonist living at Red Lake family and children's services.

Cheri Goodwin ([18:50](#)):

We, Obimindwaa, will use follow, encourage, and support that below listed Ojibwe culture, principles, and values. If we follow these seven Ojibwe principles and values, this will lead to a more harmonious and happy life, for instance, right. We have the humility to be modest in one's actions, the debwewin (truth). We have the courage honesty, and I'm sorry, I'm not affluent language speaker. So I'm just kind of highlighting them, respect, love, and wisdom. So we want each employee is expected to act with integrity, competence, diligence, respect, and in an ethical matter with the public clients, prospective clients, prospective relatives, employees, employees, colleagues, and other people involved such as real thorough. And so that's what I expect from our staff. And even when you walk in the building, our building here, we have the values painted right on the wall so they can see him because to me, that's the answer is the culture treating people without these Anishinaabe values.

Cheri Goodwin ([19:46](#)):

And to me, that's going to drop our disparity rates. So I'm just being accountable and being ethical and living within that cultural mindset to me is the answer to some of these disparities. And another thing I want to say to Korina is, um, we, Red Lake nation, Obimindwaa - it is kind of crazy. I kind of lost track of how many masters of social workers I have, how many, four year degrees I have and how many, two year degrees I have. It's just kind of crazy the way that I, myself hold a master social work and licensed graduate social workers.. That we're putting that higher standard, which we talked about in the past, right? We should be, we need a higher standard for our people in order then to complete that goal and meet that goal and then move on further. So, um, I'm really proud of that because I believe knowledge is power. And I believe that we can bring that knowledge back to the community to, um, bring hope into the community. So it's really, really exciting. And we actually have two of our staff graduating from red Lake nation college next week, which is big, right? The tribal college has been instrumental in creating this wave of educated people. My cell phone, I'm a tribal college graduate myself. So it's a good day to be Anishinaabe.

Korina Barry ([20:57](#)):

And it is so exciting to see more and more Native social workers. And, and because we know the painful history of social work and that it's not just history, it's current, you know, there are many, there are many, um, tensions and, and, uh, painful moments with the, the field of social work, with what a community may think of social work and social workers. And the more we see native folks going into this field and able to bring that important perspective to the table. And then also we see like, almost like the indigenizing or decolonizing of social work, and really like so many of our social work values are really like indigenous, you know, like when you really look at it, like those are kind of, you know, those are indigenous beliefs and values.

Cheri Goodwin ([21:43](#)):

Um, and so I, I do, I really, I see that and I see every new MSW, BSW graduate we have that is from our communities. You see them going off into their communities, whether urban or on, on their tribal lands. And you see them making all these small and big shifts in practice and the way the system sees our families engages with our families. And so I get that, that gives me hope for longterm change, I guess.

Cheri Goodwin ([22:09](#)):

And I'm really, I'm really glad you said that, you know why? Because deceased Anna Gibbs, right. When I was a social work student, same thing, right. She, I have to take a family, everything she said to that family just mirrored. Right. What we learned right out of that book of some of them social work theories and practices. Right. It was all just right there. And it was like, like there it is. Right. So that's why, again, back to that initial heavy values, because we have them, we know how to, um, work with our families more efficiently, but it's exciting times.

Korina Barry ([22:39](#)):

And so are there any, um, any additional supports other than what you shared that have been helpful, whether it's to you as a team in child welfare and the tribal child welfare, or even more broadly? Yeah,

Cheri Goodwin ([22:52](#)):

I guess I could share too right away what we started doing. We created a COVID-19 response team. So right away, I have some like about 10 of us, we start meeting every morning at nine. So we came up with some tasks. I think there was like a whole couple of pages for, for instance, we wanted to identify foster parents at work and are not able to care for their foster children while they are out of school. How do we provide care for these children? So then we did we have priority start date and date complete in notes. And then, um, so just a big pass list. Identify foster parents who are 60 plus foster parents, as well as children that are health household members without conditions. So then we created a survey and we asked all our case managers to reach out to their families and start this survey, write their name, any personal health risks.

Cheri Goodwin ([23:36](#)):

Do you know about COVID-19? Do you have childcare needs? Do you have a camera? Do you need a computer? Do you have good internet connection? Right? This is right away at the end of March, because we wanted to figure out how we can use technology to engage with the families. Because at that point in time, you know, we weren't getting them CDC guidelines right away. Right. We didn't know that. Well, I told my staff three feet, right? Because that's what first came out, stay away three feet. Then it evolved. So then we did, you know, do they need hot spots? They need iPads. Implement a crisis

line for all services. So we did that. We have a crisis line here to short term, you know, are we going to do virtual visits, long-term? How are we going to plan for visits?

Cheri Goodwin ([24:15](#)):

But it's been nice with the nice weather now. Cause um, I believe governor Walz in his order, right. They still wanted visits. So if we still want it to follow them, civil court orders. So we still have siblings and our parents that still want to see their children. So what we have out there playground now, so we have some visits there and a lot of these visits are right on the Homeland. So then we have like the case managers would bring the parents to the providers and do the visit there. So we're really continuing to engage. And I, my philosophy is like, knock, knock, knock, knock, right? A parent assist, knock on, assist them if you really want them to engage with you. And if we have families, moms and their dads really pushing and want see their kids, but we're going to do everything we can to ensure that they seen their children.

Cheri Goodwin ([24:57](#)):

Even if that means requesting the court system right then right to do a trial home visit right away. Right. Because we need these children to be with their family. And that's one thing unique too about red Lake nation is that we can then, um, we don't terminate parental rights here on the nation, right? We've transferred temporary legal custody to relatives and their kinship, a Northstar, but we never sever their rights because these kids it's in their hearts to be with their relatives. And when they turn 18, we all know research shows. Where did these kids go right back looking for their parents. And the moral of our story here in red Lake nation is how do we actively engage with our parents? Because we aint in L.A. and the kids are in North LA and the parents are in South LA. The kids are right across the road over there.

Cheri Goodwin ([25:42](#)):

Right. So we really, really trying to work with the parents and the, um, making them healthy. And I didn't say it, but I do believe in intergenerational, um, care multi disciplinary team. So that's why we've, um, we've expanded our services now to include, um, elderly waiver, vulnerable adult. Do you know where the common entry point for the tribe? And that's another thing we learned from COVID-19 is we combined both of them teams that, um, intakes for vulnerable adults and child welfare, which has really been good for us. Right? So, whereas a team, we can really do some good teamwork by engaging the families. So, um, the response meant comes decision with carts and we had everything on here, like how we are going to engage with all the different services in our I'm 19. And this is going to be a funny joke. But when this first count it started, I told my maintenance guy, check the supply, see what we have, like, what do we need? And I can count the toilet paper. We had 157 rolls back then, but that's how, that's how we thought. Right. When everyone is going late, it was just a joke. We knew we didn't need all the toilet paper, but, but we were pretty, we were pretty well stocked back then.

Korina Barry ([26:51](#)):

Yeah, there was a toilet paper like shortage. So it was a real,

Cheri Goodwin ([26:57](#)):

So we do have care packages, right? We sent toilet paper out. I had my staff buy personal products, were women, right? The sanitary napkins, all of that shampoo. So this up tide, it's just crazy what we, what we're helping our families with because we're Google. We gotta remember these people were in this situation before this happened. They had them needs back then. So it's again, it's building their



relationship, dropping them wigwams and working together, um, for our members, our future, our children, our past,

Korina Barry ([27:28](#)):

I am thinking. So a lot of your, your practice is shifting in many ways in how you're connecting and engaging with families and a lot more virtually. And I'm even thinking of like your tribal, your boundaries and that from one community to another community, I don't know what the mileage is, but it could be a trek, like a distance wise to travel to for workers. And then you add in like winter and other elements, do you see any of these kind of new practices and engaging, um, with families, maybe sticking longterm in ways that feel helpful, obviously, you know, situation by situation is different, but just wonder if you see like, Oh, this is pushing us to think differently about how we engage.

Cheri Goodwin ([28:07](#)):

No, I think that, and another thing I should've mentioned is that the tribal government then right away, or probably about a month ago, decided that if we are going to have employees where I deemed us all essential employees, if we're going to have employees going out in the front end, going in the community, engaging, delivering food, dropping off phones like talking, you know, from the steps to the car, right. With the kids, whatever they need to do that we're going to provide, do hazard pay. So we pay hazard pay for our intentional employees that need to be out in the community. Um, and then I do have, um, staff pretty much in each one of the communities. So if they need to go out and engage their like company might have quite a few staff read all of the district. So, um, I think that, um, we're at a good place right now. And if it does move forward, we have the families have, um, the telehealth or the telecommunication ready and also with the school to have the Red Lake school district spend, you know, providing that it support. So my hope is that we'll, we'll get a, you know, immunization, right. But for now I don't see one coming in and we're just going to keep me, keep having hope and keep moving forward and keep living by them initial Anishinaabe values with our community members.

Korina Barry ([29:18](#)):

Well, in speaking of hope, you know, you shared a lot of great things and ways community showing up for each other. Is there anything else or additional that is giving you hope and thinking of the coming days and weeks months, you know, just looking into the future

Cheri Goodwin ([29:32](#)):

For me, hope is, um, today we're here today. We're caring for our families. We're out working together. I see a lot of the programs together and holding each other accountable and hope is the children and the elders. Um, and I think I talked about hope quite a bit. I think the hope is, you know, the key to the education, you know, it's education system, right. That we take that knowledge and bring it home, but I'm hopeful and I'm happy. And I'm, I'm proud of our staff and our team and our leadership we have here in Red Lake Nation that, that religious let's, um, like my friend myself, right? Let us dream and let us move forward with what we need to do and not micromanage me. And I try to do that with my staff to hold them accountable. Right. We need to have accountability, but yeah, the hope that the future looks bright in my eyes, I used to tease, right. We all need some sunglasses. Cause that's how bright our future is here in red Lake nation.

Speaker 2 ([30:25](#)):

I love that. Well, and Cheri, is there anything else that you want to share that we haven't, we haven't talked about yet?

Cheri Goodwin ([30:33](#)):

I think that the last thing I'd like to share is that we did do a strategic plan a few years ago and we're living it right now. So we interviewed 120 elders about 30 program managers. And what we did from them interviews is picked out different domains. And these are the four I'm gonna read them to you. And there are four domains and it is, we believe that families prosper when they one are engaged in their culture and spiritual beliefs and traditions to have positive relationships and connections, three are safe and secure, four receive supportive, help, and services, and five are physically and mentally healthy. And if we can achieve that, that's hope

Korina Barry ([31:14](#)):

That is Mino-Bimaadiziwn, that's the good life right there. Well, thank you so much for sharing all of that and sharing what I mean, sharing more with our listeners, just more about Red Lake as a Nation in general. And I think you're really important history, but also like what, you know, how you all stand strong as a community, as a nation today, and then the way you continue to engage and support families and really important ways,

Cheri Goodwin ([31:41](#)):

Miigwech, it's an honor.

Speaker 4 ([31:43](#)):

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