



We Can Work It Out!

July 2021



OUR MISSION

To serve our community by providing education, outreach, mediation, conflict coaching, facilitation, and related services to help prevent and resolve conflicts.

OUR VISION

To create an island of competent, capable, and effective conflict resolvers.

[Visit our Website](#)

Mediator Musings: Endings and Beginnings

Sara Barnes, Executive Director

The fiscal year ends for us on June 30th. It's a strange time to have a year end, with the days being so long and summer spread out ahead of us. This particular fiscal year was like no other. COVID meant all our services were done remotely and the fear of health issues surrounded all our work. We expanded into Bristol County to help with the housing crisis there. The State budget increased to more fully offer the support we needed--and our staff doubled.



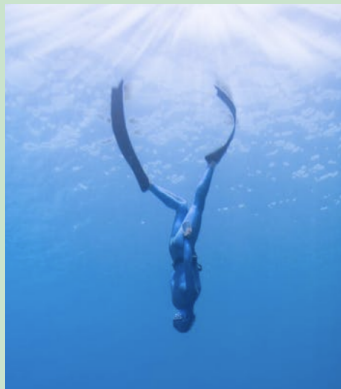
Finishing up long term mediation case with families means we are ending or pausing our ongoing relationship the people we have come to know. These endings are bittersweet. Either the divorce is finalized in court, or the family has reunited and is moving on, or the multi-generational family members have been able to open up the lines of communication. "We'll call you if we need you," is a familiar phrase that we hear after 5, 10 or in one case over 15 sessions. The mediators place a red dot on the folder of the case, indicating it is closed. We send a survey looking for feedback and an invoice, hoping to be paid. We move on to the next case.

Sometimes the endings are coupled with beginnings. We are saying goodbye to our Youth Coordinator Melissa, while saying hello to our new Youth Coordinator Katie. Actually we never really say goodbye to anyone because we do our best to find some way to keep everyone involved--Melissa will stay on to consult a bit while she juggles her two other jobs and her preschool daughter.

Endings and beginnings are components of conflict and conflict resolution. When we analyze a dispute during conflict coaching, a question the coach asks is "When did the conflict begin?" It is sometimes a hard question, to find the starting point-. "It all started when..." is the key to understanding the structure of each individual conflict event.

Deciding that the conflict is over is more tricky. Fairly often we find folks who are referencing unresolved conflicts from decades past; recounting the details as if they happened yesterday. Many of our services are designed to find an ending point--an agreement, an apology a newly gained understanding of what was happening for the other person, a chance to be heard.

Just last week I was referencing an incident from the recent past to our Board President. I was still steamed. Roland said, after giving me time to vent, "Let it go, Sara. Just let it go." I thought about this simple phrase. An invitation to move on. It is not always the right thing to do, and after all, my expertise is supposed to be in conflict resolution. I asked myself, 'Have I done all I can? Can I move on? Am I just putting the conflict under the rug? Or is it resolved?' I realized it was resolved, as best as can be possible. At least for now. I moved it over into the resolved column in my mind and I let it go.



Weekly Conflict Resolution Blog

We have a weekly blog called Conflict Resolution Island. You can sign up for weekly blog posts and receive these in your inbox every Monday morning. Click here to go to the [Blog](#).

Take a look. We hope you sign up for the blog--a fun and easy way to keep building your conflict resolution toolbox. Take a look. This week's post is [What is Conflict?](#) And there's a swimming theme, in time for beach season.

MEDIATION BOARD OF DIRECTORS' CORNER

The MV Mediation Annual Meeting took place on June 8th, 2021.

The Board approved the Nominating Committee's recommendation to add our newest member, Nancy Grundman.

The board spent time showing appreciation for all the work and dedication of our departing member, Gayle Stiller.

Gayle has been a member of the Board for over thirty years.

The Board approved our Fiscal Year 2022 projected budget and agreed on four SMART goals for the next twelve months: Improve feedback process, Continue the Housing Mediation Program, Expand our work in Agriculture/Aquaculture mediation and Deepen our work in Diveristy, Equity and Inclusion.

A big thank you to all our community members who have joined us and we also want to acknowledge the help of our supporters and sponsors. We couldn't have done it without you!

Welcome to our Brazilian Community!

We are pleased to be able to provide interpretation and translation services in Portuguese.

Bem-vindo à nossa Comunidade Brasileira!

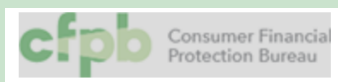
Nós providenciamos serviços com intérprete ou tradução em Português.



PARENT MEDIATION PROGRAM

FREE mediation is available for parents (up to 4 hours). If you need help talking with your spouse or partner about parenting issues, whether you're married, unmarried, divorced, or separated, we can help. As part of the Statewide Parent Mediation Program (PMP) we provide parents with mediation services to help you address custody schedules, financial decisions, or communication itself, or to renegotiate existing plans.

For more information email info@mvmmediation.org



Webinar: The Nuts and Bolts of Claiming the Advance Child Tax Credit

Free Webinar about monthly payments from the IRS to give financial relief to eligible families. If you are confused about the child tax credit advance that begins this month you can register here: <http://icfconsulting.adobeconnect.com/ctc2/event/registration.html>

**Tuesday, July 13th, 2021
1:00-2:00p.m. Eastern**



HOUSING MEDIATION PROGRAM

We are now able to offer FREE mediation services for housing issues. We are part of the State Eviction Diversion Initiative and are providing mediation services for tenants and landlords in Dukes and Bristol counties.

MV Mediation is currently present, via zoom, for all housing cases in the District Courts of Fall River, New Bedford and Attleboro in Bristol County. We are also available for all housing court cases and small claims in Dukes County

For more information email admin@mvmmediation.org
or call 508-693-2199.



THE WHITE HOUSE BRIEFING ROOM

Biden-Harris Administration Announces Initiatives to Promote Housing Stability By Supporting Vulnerable Tenants and Preventing Foreclosures

CDC's decision to extend the eviction moratorium for one final month through July 31, 2021 Urge State and Local Courts to Participate in Eviction Diversion Efforts.

Today, Associate Attorney General Vanita Gupta is sending a letter to state courts encouraging them to adopt anti-eviction diversion practices that can help judges ensure landlords and tenants have an opportunity to tap into available resources and mediate their dispute.

RAFT/ ERAP- Emergency Rental Assistance Program

NEWER ERAP can help renters with the following costs dating as far back as March, 2020:

- Overdue rent (arrears), UP TO 18 months of arrears
- Up to 3 months of future rent (stipends)

- Utility arrears up to \$1,500 per household
- First and last months' rent
- Security deposits
- Furniture payments (up to \$1,000)

Assistance will be prioritized for households with one or more members who have been unemployed 90 days or more at the time of application, or who have income below 50% of the Area Median Income.

Where to apply:

- Bristol County: [NeighborWorks](#)
- Dukes County: [Housing Assistance Corporation](#)

Please reach out to your neighbors to let them know about the program, too!
For more information call us at 508 693-2199 or send an email to admin@mvmmediation.org



PRODUCTIVE CONVERSATIONS
Conflict Resolution Skills for Families with Older Adults

We are working with a number of multi-generational families to help them to face their conflicts and make advances forward. Our Mediators and Conversation Guides may be able to help your family too.

For more information click on our [flyer](#) or email us at info@mvmmediation.org

Thank you to Martha's Vineyard Bank Foundation for significant financial support for this program!

MEDIATORS' CHECK-IN
Upcoming Events for Mediators
Every Wednesday 4-5 pm

- July 7th- Small Claims--Required for all mediators who want to provide small claims mediation services
- July 14th- Emotional Intelligence--Using Daniel Goleman's recent research to enhance our work
- July 21st- Conflict Styles--review the conflict matrix for implications in mediation and coaching
- July 28th- Mediation Feedback--Nancy--What can we learn from our clients' feedback?
- August 4th- Brazil, Culture and Conflict--Paula --Following up from a recent session.
- August 11th-Youth Program--What are the plans for the MV Mediation youth program?
- August 18th-Toxic Polarization--Thomas Coleman's book The Way Out offers new strategies and practices.
- August 25th- Conflict Coaching--What have we found after 3 years of offering this service?
- September 1st-Mediation mini lectures part 2--When the mediator has to teach or explain during mediation.

Any mediators, coaches or facilitators are welcome to attend any of these sessions--we welcome one an all!

Send an email to info@mvmediation.org to participate.

TAKE A COURSE WITH MV MEDIATION

Our next class sessions are coming in the next few months. Add yourself to the list for the following courses:

- **Conflict Essentials:** Understanding how conflict works, how to analyze a conflict, and how to resolve conflicts in everyday life.
 - On zoom, Tuesday afternoons 3:30-5 beginning September 14. PDP credits for teachers.
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- **Conflict Coaching:** CLAMSHELL Conflict Coaching is a short for protocol that we use here at MV Mediation. Become a conflict coach to work 1:1 with coaching clients, or use the tools in your everyday life.
 - Thursdays 4pm - 6 pm starting August 26, 2021. On zoom or in person in our office.
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- **Introduction to Mediation:** Learn the basics of mediation to use conflict resolution skills in everyday life or to become a Massachusetts qualified mediator. Mediation Basics is 6 sessions--those not seeking qualification can take this course alone. Mediation Advanced is 10 additional sessions--qualification requires 40 hours of class time and an apprenticeship.
 - Will probably begin in November. Sign up and we will keep you informed.
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- **Workplace Conflict:** Join a 10-session cohort of supervisors and managers to understand how to manage conflict at work.
 - Beginning late October--usually 9-10 am on a weekday. On zoom most weeks, in person first and last session.

Send an email to info@mvmediation.org to participate.

YOUTH PROGRAM

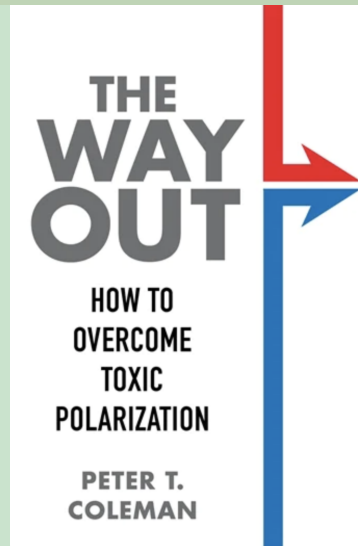
We are expanding our programmatic reach for Martha's Vineyard youth between the ages of 11-22. Our new Youth Coordinator, Katie Ruppel, is leading weekly brainstorming and program development sessions to begin to answer the questions: *What are the conflicts that young people have? How can we provide services to help resolve these conflicts?*

If you want to get involved in the Youth Program, please reach out to the Youth Mediation program at mvyouthmediation@gmail.com

DIVORCE AND FAMILY MEDIATION

MVMP Family and Divorce mediators can provide you with mediation sessions to discuss parenting issues, custody schedules, financial decisions, communication or to renegotiate existing plans. Please contact the office to schedule an intake call. We are here to help.

For more information call us 508 693-2999 or email info@mvmmediation.org



BOOK CLUB

Join our group as we discuss Peter Coleman's book *The Way Out: How to Overcome Toxic Polarization*. This will be a fun and interesting way to absorb the current research on the toxic polarization that is so prevalent today. There is much to be learned here, including some intriguing strategies and tools for taking action to bridge the divide. Join the group on Zoom; we plan to meet twice a month starting in August. Participants will decide the schedule and whether they want to meet in person in the future.

Send an email to info@mvmmediation.org to participate.

To see more of our programs and services, visit our website

[Visit our Website](#)

or follow us on Facebook and Instagram





Donations can be made through the link below, through the MV Mediation website, or by check.
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Feel free. *You Can Work It Out!* We are here if you need our help.

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A faint, light green background graphic consisting of a sun with rays and a house silhouette, positioned behind the text.

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