



CAPE
MEDIATION

Mediator's Break

Monthly news & updates

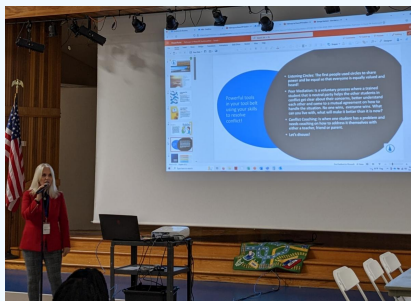
November 2022



"Not everything that is faced can be changed, but nothing can be changed until it is faced."

James Baldwin

EVENTS AND HAPPENINGS AT CAPE MEDIATION



CAPE MEDIATION'S YOUTH CONFLICT RESOLUTION PROGRAM JOINS THE FALL SESSION OF THE HUMAN RIGHTS ACADEMY

Our Youth Conflict Resolution Program, lead by Maura Smith Stein, was honored to present their "Pathways to Peace" program in collaboration with Nauset Regional High School's Youth Mediators in The Barnstable County Human Rights Advisory Commission's recent fall session of the Human Rights Academy for students on Cape Cod.

In a recent letter to the Barnstable County Human Rights Advisory Commission following the program, Brian O'Malley commented *"Kudos to you for the great day. And to all of the HRAC people who put in so much energy to keep this going. It is a powerful antidote to depression and feelings of powerlessness in these times, to learn the art of listening, and of purposeful conversation. So good to see this many students eager to share their experiences in such constructive fashion."*

To learn more about the Human Rights Academy and the Barnstable County Human Rights Advisory Co, please visit them on the web at <https://www.capecod.gov>.

**ADVANCED DISPUTE RESOLUTION
SKILLS PRACTICE TRAINING
FOR MEDIATORS AND CONCILIATORS**

Practice Makes Perfect

Cape Mediation's advanced Dispute Resolution Practice Training Program is designed to provide an invaluable opportunity to practice mediation and conciliation skills. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. This program is for newly trained neutrals, as well as for those that wish to gain additional advanced hands-on experience. You will receive valuable feedback from our experienced Coordinators and from our Volunteer Development Coordinator. It is an important next step for anyone considering being involved in the field of Dispute Resolution.

This program is held remotely by Zoom. Completion of at least a 30-hour Basic Mediation Skills Training or an 8-hour Conciliation Training is a prerequisite.

To register or learn more about the program, please contact us by email at info@capemediation.org or by phone at 508-240-1717, ext. 100.



WE WANT TO HEAR FROM OUR VOLUNTEERS FOR THE NEXT SKILL-OF-THE-MONTH

Mediators bring people together giving them the opportunity to have difficult conversations and resolve conflict. What does a successful mediation mean to you? What is the neutral's role? What tools are needed? What skills should a neutral use? Have you ever thought you could have done something differently? We will be taking a break from our Skill-of-the-Month for the holiday season and will be back in January talk about what does a successful mediation look like. Please share your thoughts on this with us for the next Skill of the Month Discussion by emailing Peter at: peterkelsey@capemediation.org.

The Board's Corner

Cape Mediation's finances are in fair shape, but like most individuals and small businesses our costs are impacted by inflation. The Board has appointed a Fundraising Task Team (John O'Toole, Anne Tessier, Maryellen Loucks and Karen Wallace) to develop approaches to grow Cape Mediation revenue to address recent cost increases. The Fundraising Task Team will be exploring some new sources of income over the coming months. As in past years – Cape Mediation will have an Annual Appeal - this year we will combine Giving Tuesday and our traditional year-end Annual Appeal into a combined Giving Tuesday/Annual Appeal which we will begin publicizing in mid-November. We look forward to wide community participation.

A Few Words from the Executive Director

Everyone, young and old, experiences conflict at some point in their lives and sometimes they need help managing those conflicts. At Cape Mediation we are continue to find new ways to help our neighbors with these difficult conversations. We work hard to ensure that everyone on Cape Cod has access to our services through our new Diversity, Equity and Inclusion (DEI) efforts spearheaded by Debbie Fish. Through the efforts of our Youth Coordinator, Maura Smith Stein, we have expanded our Youth Program from our Peer Mediation at Nauset Regional High School

(NRHS) started last year, to now include programs with the HRA and the Cape Cod Lighthouse Charter School. Our volunteers are at the heart of the services we provide, and our Volunteer Development Coordinator, Susan Largay, now offers Advanced Dispute Resolution Skills Practice Training for trained mediators and conciliators. Our Coordinators, Cathie Pietrafitta and Susan Largay, are available each month to moderate our Discussion and Debriefs with volunteers from all of our programs, and also provide our new Skill-of-the-Month workshops for experienced volunteers. As a small community nonprofit, support from towns, organizations, and the people in our community make it possible for us to provide these essential services. Thank you.



November 2022

Skill-of-the-Month - *We are taking a break from our Skill-of-the-Month over the holiday season and will return in January.*

Thursday, November 3, 2022, 4:00 PM - **Discussion & Debrief for Mediators and Conciliators.** Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. The Discussion & Debrief is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice in your inbox.

Thursday, November 17, 2022, 4:00 PM - **Discussion & Debrief for Mediators and Conciliators.** Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about the remote process please join us. The Discussion & Debrief is open to all Cape Mediation volunteer Mediators and Conciliators. **Contact us** to join the discussion or look for the notice in your inbox.

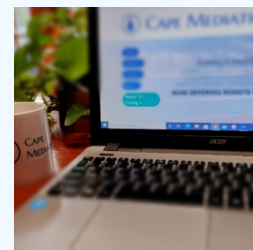
VISIT CAPEMEDIATION.ORG



Mediator's Break is now on our website!

Want to reference an old newsletter but your inbox is, well, a little overwhelming and you'd rather not scroll back to find the needle in the haystack? Don't fret -- now you can access our Newsletter from our website, www.CapeMediation.org, along with archives.

[Click Here to View Current and Past Newsletters](#)



Submit Your Request for Mediation and Conciliation Services Online!

Submit your request to schedule a Mediation or Conciliation on our website at

CapeMediation.org

and fill out a

[Request for Services](#)
form.

After we receive your request, one of our experienced case coordinators will contact you to learn more.

You may also reach us by phone

Books & Beyond



High Conflict, by Amanda Ripley. "I highly recommend the book, *High Conflict*, by Amanda Ripley. It's a fascinating and timely look at conflict--the "us vs. them" mentality, how easily we can get stuck and ultimately how to break free of conflict." Nancy Willetts

*Have you read any good books or online articles lately? Do you have a favorite book or article on Dispute Resolution? If so, please **contact us** and we'll share it in the next issue of Mediator's Break.*

Around Cape Cod



The Chatham Turkey Trot

The Chatham Turkey Trot is returning to an in-person race on Thanksgiving. This year will be their first timed race! 5k (3.1 mile) fun run / walk in Chatham, Massachusetts. Strollers are welcome at this family friendly event. To register, please visit them on the web at <https://chathamturkeytrot.com/>

Learn New Tools and Methods That Strengthen Voting and Elections

On November 1st Learn from fellow National Association of Community Mediation (NAFCM) members how to galvanize exponentially your communities to participate in the electoral process. To register visit NAFCM.org.

SCORE Supplier Diversity & Certifications

View the **on-demand course modules**, then attend this live Q&A dedicated to answering your questions about supplier diversity. Tuesday, November 15, 2022. To Register visit <https://readytalk.webcasts.com/starthere.jsp>

For Cape Mediation Staff and Volunteers

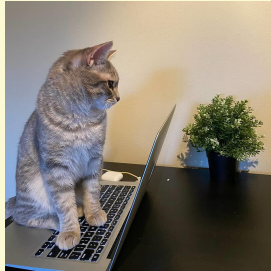
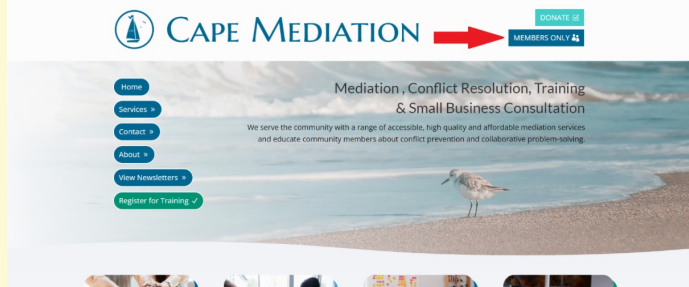
Cape Mediation Website Members-Only Page

The Members Only page on the Cape Mediation website is open to all Cape mediation active volunteers and staff. Find:

Events calendar
Open job positions
Debrief Highlights
and more!

This page is open to Cape Mediation staff
and volunteers.

**To request access to this page, please
email Peter at:
peterkelsey@capemediation.org**



Interested in Becoming More Involved?

If you are interested in becoming more involved in any of our programs,
please **reach out!**

Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. **Contact us.**



Cape Mediation's Google Groups Discussion Board

We invite all Cape Mediation volunteers to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution .

**This group is open to
Cape Mediation staff and
volunteers.**

If you have not already joined, please **contact us to join.**

Discussion & Debrief

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions. During the debrief we talk about which skills worked best and what other skills might have been used, focusing on challenges and skills.

**Debriefs are open to
Cape Mediation staff
and volunteers.**

Skill-of-the- Month

Don't be shy about sharing your feedback with us – we want our next Skill of the Month Discussion to be even better!

*Please send any feedback to Peter at: **peterkelsey@capemediation.org***

Volunteer Availability for November

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely Tuesdays through Fridays.

If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!

SUPPORT CAPE MEDIATION



SUPPORT CAPE MEDIATION

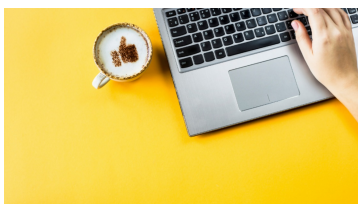
Your donations help us continue to provide high quality dispute resolution services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.

Click Here to
Donate



Donate to Cape Mediation with Amazon Smile

We're on Amazon Smile if you'd like to make donations at no cost to you - just follow [this link](#) and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!



Follow Us On Social Media

Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!



More Information

Quick Links

About Us

Visit: CapeMediation.org/About/

National Association for Community Mediation

Visit: NAFCM.org

Community Action Committee of Cape Cod and the Islands

visit: CACCI.cc

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

COVID-19 Information on Cape Cod

Barnstable County Helpline for COVID-19

Related Questions: 1-774-330-3001

Monday through Friday, from 8 AM to 4 PM

Information Surrounding the Pandemic

For up-to-date information on changes as a result of circumstances surrounding the pandemic, visit the Mass.gov website.

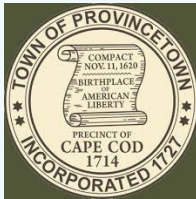
Donate
Today

Cape Mediation is on Amazon Smile!

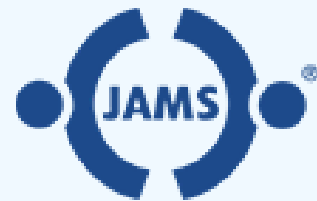
Every time you make an Amazon purchase, you can help Cape Mediation to continue our important work.

[Smile.Amazon.com](https://www.amazon.com/smile)

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MASSACHUSETTS



Massachusetts Office of
Public Collaboration (MOPC)



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