



Mediator's Break

Monthly news & updates
May 2023



"Every wall is a door."

Ralph Waldo Emerson

Events and Happenings at Cape Mediation

Complete Our Remote Intensive Mediation Skills Training in Only 5 Weeks! Classes Begin June 1st

Take the first steps in becoming a Mediator and enroll today in our 33-hour Remote Basic Mediation Skills Training held on June 1, 9, 16, 23 and 30. Learn skills that can help you overcome bias in negotiation and better manage business, organizational and personal disputes. This intensive training includes mediation theory and skills, as well as live hands-on role-play practice with experienced mediators. Conflict Management skills are more important than ever in this time of stress and division. Mediation skills will help you to become more productive at work and in your personal relationships. Online learning can be challenging, we get it, so our trainers are available for live one-on-one sessions throughout the training. Visit us on the web at CapeMediation.org to learn more or **Register** today!

You May Be Eligible to Receive Up To 100% Tuition Reimbursement on our Mediation Training!

We are very excited to announce that our Remote Basic Mediation Skills Training is now an approved course under the **Massachusetts Workforce Training Fund Program Express Grant**. The **Express Grant** helps businesses and nonprofit organizations in Massachusetts invest in their employees by providing up to 100% tuition reimbursement upon completion of an approved course. Businesses and organizations with under 100 employees are eligible to have the full cost of the training covered. Businesses and organizations with 100 or more employees, may receive as

much as one-half of the total cost of training. Learn more by visiting us on the web at CapeMediation.org or by clicking [Learn More](#).

Meet Lisa Brown

Helping Young People Become Change Makers

Cape Mediation began offering our Youth Dispute Resolution Program at Nauset Regional High School in the fall of 2021 with the help and support of Nauset's own Lisa Brown. Lisa teaches Social Emotional Learning-based elective classes at Nauset. She has developed three levels of classes called Exploring And Respecting Differences (EARD) with curriculum that includes exploration in biases, social interaction, gender identity and conflict and resolution. She has led students in immersive international humanitarian trips to Haiti for 20 years, and participated in Global Leadership Summits with students from all over the world. Her classes are designed around social emotional interaction and authentic engagement in relation to social justice issues and are based on inter and intrapersonal skills building self-reflection and expression. She helps students become change-makers in their world. She completed mediation training with Cape Mediation several years ago and has supported Cape Mediation in the creation and fostering of a peer mediation team at Nauset. She has spear-headed a Nauset Middle School Mentorship Pilot Program and was recognized as a runner-up for 2018 Massachusetts Teacher Of The Year.



Cape Mediation Welcomes Russell Wilkins to the Board of Directors

We are pleased to introduce our newest board member, Russell Wilkins. Russ grew up on Cape Cod in Yarmouth and attended Dennis-Yarmouth High School. He is married to his wife, Carol, and has two children and four grandchildren. Russell is an experienced attorney, as well as an experienced mediator and arbitrator. Russell currently lives in Centerville.

The Board's Corner

Russ Wilkins – New Member of the Board of Directors

Russ Wilkins recently joined the Cape Mediation Board of Directors. Russ is a very experienced attorney who began practice in 1973. He is a graduate of New England School of Law. He spent 30+ years as a litigator in Barnstable County focused on domestic relations, wills and trusts, real estate and general civil litigation. About 20 years ago Russ transitioned his practice to focus on mediation and arbitration as a vehicle for dispute resolution. He currently practices mediation and arbitration with Southeastern Mediation and Arbitration in Hyannis. Russ has a wealth of litigation experience in a variety of practice area areas as well as extensive experience in mediation. The Board of Directors looks forward to working with Russ.



May 2023

Thursday, May 4, 2023, 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, May 18, 2023, 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.

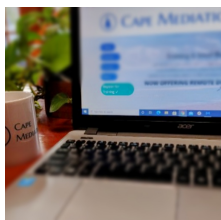
Contact us to join the discussion or look for the notice in your inbox.

Coming in June 2023

June 1, 9, 16, 23 and 30- Cape Mediation Remote Basic Mediation Skills Training. Our Basic Mediation Skills Training will begin on June 1st. This is a fully remote, five-week course with full-day classes held from 9:00 AM-12:00 PM and then 2:00-5:00 PM, In the morning session you will learn mediation theory and skills. In the afternoon session we will focus on live hands-on role-play practice. **Register at CapeMediation.org.**

June 22, 4:00 PM - Cape Mediation's Listening Circles Workshop. Join our Youth Program Coordinator, Maura Smith Stien, and Daisy O'Neil, Youth Program Intern, for a workshop on the principles of Listening Circles. **Contact Us to Register.**

Visit CapeMediation.org



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 at 508-240-1717 or by email at info@capemediation.org.***

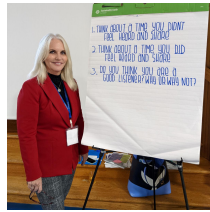


Skills Practice Training

Cape Mediation's Advanced Dispute Resolution Practice Training Program is for newly trained neutrals and for neutrals that wish to gain additional advanced hands-on experience. This program provides an invaluable opportunity to practice mediation and conciliation skills, and is held remotely by Zoom. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. It is an important next step for anyone involved in the

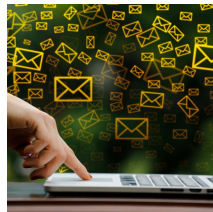
field of Dispute Resolution. [READ MORE.](#)

To Register visit us on the web at CapeMediation.org or click [Register.](#)



Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offer programs in Youth Conflict Resolution training, Youth Peer Mediation, and Youth Conflict Management workshops. **To start a Youth Conflict Management Program or host a workshop at your school or organization, please email our Youth Coordinator, Maura Smith Stein, at mauras@capemediation.org.**



Mediator's Break is Online

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.](#)



Stay Up-to-Date on Cape Mediation News and Events

Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. [Click Here to View News and Events.](#)



Defining Restorative. Restorative practices is a field within the social sciences that studies how to strengthen relationships between individuals as well as social connections within communities. Visit the The International Institute for Restorative Practices on the web at <https://www.iirp.edu/>.to learn more.

Online Dispute Resolution: Yesterday. Today. Tomorrow. By Colm Brannigan, Marc Bhalla, forward by Colin Rule, Shadow of the Law Publications, Dec 20 2022. Colm Brannigan and Marc Bhalla are two dispute resolution practitioners who believed in, studied and have long offered online services. In their book, they look back on 20 years of papers, lectures, podcasts and reflections on the integration of ODR into the field of dispute resolution... without saying "we told you so!" Colm and Marc share their views of today and look ahead to the future in this exciting conflict management journey through time!

Making Money Talk: How to Mediate Insured Claims and Other Monetary Disputes, by J. Anderson Little, American Bar Association, 2007. Learn how to deal with the peculiar problems of traditional bargaining through proven models and techniques that will help you to: Gain a better understanding of the dynamics of money negotiations, Identify the recurring problems presented in the negotiation of insured claims, Arm yourself with new tools to move beyond impasse, Build a model of the mediation process that assists when traditional bargaining is unavoidable, Help the parties in traditional bargaining in a facilitative, rather than a directive way.



The Barnstable County Human Rights Academy Commission Announces Pathways to Peace

The Program will be held on May 15th, 2023, 8:30 AM - 12:30 PM at the Cape Cod Academy. This is a joint presentation with Cape Mediation's Youth Conflict Resolution Program and Trained Students from Nauset Regional High School's HRA/HEARD program (Honors · Exploring · And · Respecting Differences). For more information on this program contact cape mediation's youth coordinator or visit the Human Rights Academy Commission at <https://www.capecod.gov/departments/human-rights-advisory-commission/calendar/human-rights-academy/>

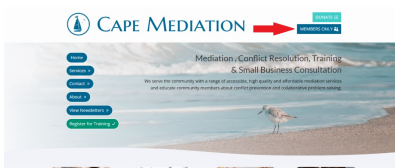
The Massachusetts Bar Association Annual Gala

Thursday, May 11 in Boston. Faculty Chair of the Homeland Security Program at Harvard University's John F. Kennedy School of Government, Juliette Kayyem, will deliver the keynote address. Register and learn more at [Massbar.org](https://www.massbar.org).

Barnstable County Bar Association Access to Justice Series

The BCBA through its Equity & Inclusion/Access to Justice Committees have proudly partnered with Amplify POC Cape Cod to orchestrate an important series. The Access to Justice Series is free to the community and will highlight several areas of law through discussions and presentations by panelists. These panelists will share with the public information to help them understand their rights, provide legal resources, and answer questions. The series is held in April and May. This series is on the Amplify Eventbrite page at <https://www.eventbrite.com/o/amplify-poc-55018531553> or visit the BCBA website at [barnstablebarassociation.org](https://www.barnstablebarassociation.org).

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 May 2023

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 weekdays, both in the morning and afternoon.

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!

**MY MAY
AVAILABILITY**

Our Coordinators are There!

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

We Will Take Care of the Tech!

Don't know how to run breakout rooms? Never hosted a Zoom meeting? No problem! A tech person is available for **ALL** programs to take care of the tech so you don't have to!

Support Cape Mediation



Support Cape Mediation

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



Donate 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!

[Donate Today](#)

Follow us on Social Media
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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

About Us

Visit: CapeMediation.org/About/

National Association for Community Mediation

Visit: NAFCM.org

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

Visit: <https://www.mass.gov/orgs/trial-court-law-libraries>

COVID-19 Information on Cape Cod

Barnstable County Helpline for COVID-19 Related Questions: 1-774-330-3001

Information Surrounding the Pandemic

For up-to-date information on changes as a result of circumstances surrounding the pandemic, visit the [Mass.gov](https://www.mass.gov) website.

Cape Mediation | [Website](#)



THANK YOU TO OUR SUPPORTERS

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Jeanette & Susan T. Carroll
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Kathleen Heffernan & Rick Ward
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Foundations and Businesses



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Massachusetts Office of
Public Collaboration (MOPC)



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