



## We Can Work It Out!

March & April 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: Breathe

Sara Barnes, Executive Director

One year ago, I got this text. "Mom I can't breathe. The EMTs are taking me to the hospital." It was a long slog for a previously healthy 32-year-old. This last year has seemed both a century and split second. My son is doing well now 365 days later. I'm happy to report that my son can take a deep breath today. Me too.

This happy ending isn't shared by all. The planet has lost so many to COVID 19. Our work in conflict resolution often bumps up against these traumatic tragedies. After a year of stress and coping skills, I'm hoping we can all soon get a break. And breathe.

"I can't breathe..." was what George Floyd repeated over and over on May 25, 2020. His death drew our attention, once again, to ongoing systemic racist violence. Our organization and many others leaned into deepening our understanding and worked to improve our own work with an eye on diversity, equity and inclusion. "How do you keep from becoming paralyzed?" was the question from one of our community members as they grappled with the personal and organizational responsibility to effect change.

It's inadequate and incomplete to say this. Keep breathing. Take a deep breath and think about what you can do and will do to make the world a better place. In the mediations, coaching sessions and classes; we are doing our best to help resolve conflicts and build skills for individuals. Those who are working more systemically, thanks for taking on the larger structures that are in need of change. If what is in front of you is your personal grieving and overcoming trauma, then congratulations for doing that work.

This weekend I heard about a response to the recent mass shootings. To honor the ten victims do this. Walk outside, take ten slow and steady breaths, one breath for each person you are honoring. I'm going to give it a try, will you try this too? Everyone is doing the best they can under difficult circumstances. Thanks to our community members for all you do. Remember to breathe.



## **Mediation Happenings!**

### **Mediator Graduation!**

A group of 10 talented and diverse folks have been trained to become Massachusetts qualified mediators and will be joining our roster. We are so excited to welcome them all ! Each new mediator brings vitality, skills and perspective to our organization.

Congratulations to:

- Anne Mayhew
- Carole Vandal
- Freedom Cartwright
- Jen Adamson
- Jessica Leaman
- Ken Andrichik
- Kiki Holmer
- Meghan Mendenhall
- Melissa Kanavel
- Paula Reidbord

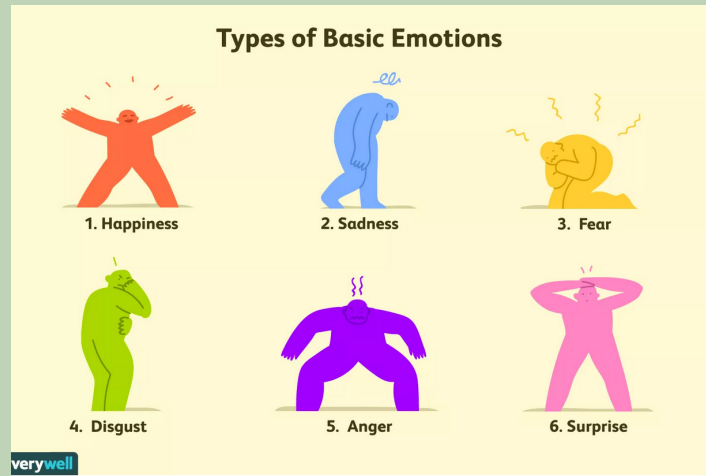
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### **Diversity Outreach Program**

The Listening Conversations initiative is part of a research initiative developed by the University of Massachusetts and with the support of MOPC (Massachusetts Office of Public Collaboration). Across the State Community Mediation Centers are working to expand our reach into underserved communities. Here at MV Mediation we are working to include more Portuguese speakers.

**Bom Dia! Bem-vindo à nossa comunidade de língua portuguesa!**

**We are pleased to be able to provide both interpretation and translation services in Portuguese!**



## Youth Mediation--Sixth Graders at the Charter School are starting early!

For the last three months, Melissa and Sara have been teaching conflict resolution and pre-mediation skills to the sixth grade classes at the MV Charter school. We used the chart above to help teach the difference between emotions and feelings to help the students understand the role of the brain and emotions/feelings. MV Mediation looks forward to continued work with the school and staff in the coming months.

## PRODUCTIVE CONVERSATIONS - Every Saturday April or May/June

Families with Older Adults- Conflict Resolution with Multi-Generational Families  
Take this course with your parent or adult child

### The course

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| • Lifelong Conflict Concepts        | Saturday April 3 or May 22, 2021   |
| • Conflict Styles                   | Saturday April 10 or May 29, 2021  |
| • Positions and Interests           | Saturday April 17 or June 5, 2021  |
| • Values, Needs, Identity, Feelings | Saturday April 24 or June 12, 2021 |

To get more information click on [flyer](#) or email us at [info@mvmmediation.org](mailto:info@mvmmediation.org)

### The Productive Conversations Program

The Productive Conversations Program is a new initiative for families with older adults to work with a neutral facilitator. Participants will learn about conflict resolution skills, discuss family conflict history and plan together for the future. Send us an email if you and your extended family would like to participate in this pilot project.

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

## Upcoming Events for Mediators

**MEDIATORS' CHECK IN - Every Wednesday at 4pm**  
**March and April**

- March 24- Re-entry Mediation- Specialized program for incarcerated or post-incarcerated individuals

- March 31- Orientation- Conflict Coaching
- April 7- Setting Agendas in Mediation
- April 14- Financial Conflict Coaching
- April 21- Values, Needs and Identity
- April 28- Balancing an Imbalance of Power

Send an email to [info@mvmmediation.org](mailto:info@mvmmediation.org) to participate

**Summary Process training for mediators April 1 + role play to be scheduled.**

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### **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.

For more information email [admin@mvmmediation.org](mailto:admin@mvmmediation.org) or call 508-693-2199.



### **Parent Mediation Program**

FREE mediation is now 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 are part of the Statewide Parent Mediation Program (PMP). We can provide parents with mediation services to discuss custody schedules, financial decisions, communication or to renegotiate existing plans.

For more information email [info@mvmmediation.org](mailto:info@mvmmediation.org)

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### **Financial Conflict Coaching Workshop**

Your income and expenses- Get it Together

Spring is upon us! It is a great time to take a look at your financial picture and create a plan for the future

**Wednesday, April 28th from 4:30- 5:30pm FREE by Zoom**  
**One-on-one sessions from 4:00- 4:30 and 5:30- 6:00 pm**  
**We will send you a link**

Qualified Financial Conflict Coaches will be available for one-on-one assistance. This Interactive Workshop will provide guidance on understanding income and expenses, reading a pay statement. Participants will receive support and tools for tracking and managing expenses.

For more information or to register:

- email [info@mvmmediation.org](mailto:info@mvmmediation.org)
  - call 508 693-2999
  - participants will have the option to remain anonymous during the workshop upon request
- 

### **"Why I Mediate"**

*Because the world needs it! I hope to learn how to listen, and help others hear each other.*

## Social Services Information & Resources now available

Dukes County Social Services is now providing information and resources and can help apply for Food Stamps (SNAP), Fuel Assistance, Unemployment Assistance, Cash Assistance for disabled adults and low-income families, disability assistance, utility assistance, affordable childcare, and WIC. This department works in conjunction with many organizations on Martha's Vineyard and off island. These organizations include Dukes County Regional Housing Authority, South Shore Community Action Council (Fuel Assistance), MV Center for Living, Vineyard Healthcare Access, and Community Action Committee of Cape Cod & Islands, Inc.

For more information contact: Delilah Meegan, Monday-Thursday 8-4:30pm and Friday 8-2pm  
or by appointment,

508-696-3844,  
774-563-9585

[socialservices@dukescounty.org](mailto:socialservices@dukescounty.org)  
[www.dukescounty.org](http://www.dukescounty.org)



### COVID WINTER RENTAL RELIEF DUKES COUNTY REGIONAL HOUSING AUTHORITY

The Dukes County Regional Housing Authority's (DCRHA) Covid Winter Rental Relief program is funded through the Martha's Vineyard Community Foundation, generous donors, and the State's Community Foundation for Covid-19 Relief.

The objective of Covid Winter Rental Relief is to assist Vineyard tenant households with rent payments when there is a current Covid-19 related loss of household income or one due to last summer season's low employment and income needed to make it through the slow work months of an Island winter.

Program Conditions:

- Applicant is a tenant in a rental on Martha's Vineyard.
- Applicant provides a description of the temporary Covid-19 related financial need.
- Applicant provides description of current income and Covid changes to income.
- Applicant provides a document showing the current rent amount such as a lease, canceled check, or bank statement; or provides another indication/explanation.
- Tenant's landlord is a signatory to the application and by accepting payment of Rental Relief funding, agrees to maintain the current tenancy through the period paid.
- Landlord fills out and returns the attached W-9 Tax Form.

Rental Relief funding may be for one to three months of rent depending on applicant's explanation of a Covid-19 related need. Support of one month's rent may be available should a landlord not choose to provide a W-9 Tax Form.

DCRHA may request information additional to that described in the attached application. Assistance will be determined on a case-by-case basis and as funding allows.

DCRHA, as administrator of this temporary emergency supports program, reserves the right to adapt or modify the terms as needed and as reviewed with the private and public partners whose assistance makes these Covid Winter Rental Relief supports possible.

Please complete the attached Covid Winter Rental Relief [application in English](#) or [formulário em Português](#) and submit with any required attachments to the DCRHA.

- by email to [dcrha@housingauthoritymv.org](mailto:dcrha@housingauthoritymv.org)
- through the mail at DCRHA.

DCRHA  
P.O. Box 4538,  
Vineyard Haven MA. 02568.

or by utilizing the drop box located at the housing office at:

21 Mechanic Street,  
Vineyard Haven  
across State Road from The Little House Café).

Completed Applications will assist us in quick action on your behalf.

Please do not submit photos of applications as they can also hold up review.

The Dukes County Regional Housing Authority, the MV Community Foundation, MV Community Services and their public and private partners join each of you in the hope that the support needed and offered in our Island community will help see us through the Covid-19 crisis together.

DUKE'S COUNTY REGIONAL HOUSING AUTHORITY  
21 Mechanic St.  
P.O. Box 4538  
Vineyard Haven, MA 02568

Phone: (508) 693-4419  
Fax: (508) 693-5710

Email: [dcrha@housingauthoritymv.org](mailto:dcrha@housingauthoritymv.org)

**To see more of our programs and services visit our website.**

[Visit our website](#)



Donations can be made through the MV Mediation website or by check.  
MV Mediation • PO 761 • Vineyard Haven, MA 02568  
508 693 2999 • [info@mvmmediation.org](mailto:info@mvmmediation.org) • [mvmmediation.org](http://mvmmediation.org)

Donate Now

At MVMP our slogan is ***We Can Work it Out***, Would you like to borrow this slogan?  
Feel free. ***You Can Work it Out!*** We are here if you need our help.





Thank you for the amazing support of our donors and sponsors and to Rockland Trust Foundation, Cape Cod 5 Foundation, Martha's Vineyard Bank Foundation and Cronig's Market for their continued support.

[Martha's Vineyard Mediation Program](#)  
MVMediation.org  
508-693-2999



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