



Community Mediation & Restorative Services, Inc.

OCTOBER AT CMRS

OCTOBER 22, 2020

THIS ISSUE

Welcome New CMRS Members
Service Updates
Upcoming Training and Lunch

HOW CAN I HELP?

We need volunteers to help with the following:

CHAP Mediations

Development Committee

Contact Mia at services@cmrsmn.org to find out how you can be of service to your community

SERVICES

Our on call staff are excited to connect you to community members and resources!

Call us at 763-561-0033

Email us at: referrals@cmrsmn.org

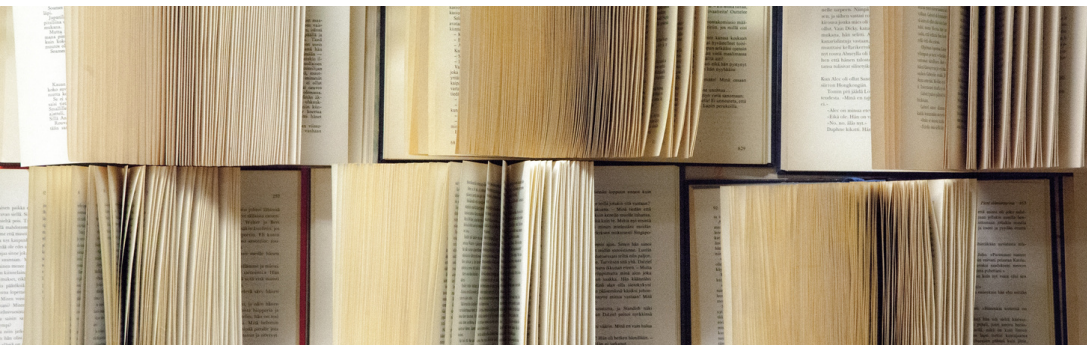
WELCOME TO OUR NEW CMRS MEMBERS

At the start of the school year CMRS welcomed a few new people onto our staff including one new Vista Fellow, Sisay Shannon-Tamrat, and two Masters of Social Work students, Berit Engstrom, and Abby Villafona. The Vista Fellows have been serving with the housing and schools teams and the MSW students have been doing their internships primarily in schools.

Additionally, we bring Jimmie Heags, Jr. to our schools team, which is an exciting addition. Jimmie comes to us with a strong background in Mental Health work, three licenses in schools, clinical and alcohol and drug counseling. He is also certified in Trauma Informed Practices and co-occurring disorders. Jimmie has been working with the schools teams weekly to continue education around trauma, so the team is even better prepared to work with youth in the schools in the midst of a challenging year.

Welcome to our new teammates!





HARASSMENT COURT UPDATES

In the Fourth Judicial District, from late July through September, the Court made its way through a 5-month backlog of Harassment Restraining Order cases. These cases were scheduled with remote participation encouraged and in-person participation available. At the initial hearing, cases appropriate for mediation were ordered to mediation with mediators from CMRS and the Conflict Resolution Center serving in-person and remotely. Currently, the Court schedules three cases at 9am and another three at 10:30am with three teams of mediators available to mediate up to 6 cases/morning. Mediations take place in the breakout rooms of the Court's Zoom session with in-person parties joining from mediation rooms equipped with computers logged into the Court's zoom session. About 60% of cases are resolved in mediation and the other 40% are either dismissed or scheduled for trials. Mediated agreements are written during the mediation and immediately emailed to the Court. Mediation participants return from the breakout rooms to the Court to conclude their hearing. Our mediators indicate a preference for zoom mediations where people participate safely without masks.

UPDATES ON SCHOOL SERVICES

CMRS continues to work with the Robbinsdale, Osseo and Hopkins Districts this year. One of the exciting relationships we have this year is with Sandburg Middle School (SMS). At the beginning of the year, the school proposed that CMRS partner with SMS on a class called *Restorative Arts*. That means our team is working with teachers who are teaching the skills of listening, respect and collaboration while our team works with half of the students in virtual facilitations inspired by circles. The team is finding that youth are craving the connection and relationship building that this opportunity allows.

PODCAST

Podcast: Finding Our Way Ep 3: Community and Belonging with Mia Birdsong & Prentis Hemphill

<https://www.buzzsprout.com/1108100/5121745-ep-3-community-and-belonging-with-mia-birdsong>

ARTICLE

Article: "Personal Values in the Time of Pandemic"
by Charlie Taibi

<https://www.yearon.com/blog/personal-values-in-the-time-of-pandemic>

QUOTE OF THE WEEK

Values are like fingerprints,
Nobody's are the same, but
you leave them all over
everything you do."

-Elvis Presley

ONLINE OPPORTUNITIES



LUNCH WITH OUR MEDIATORS

We miss the in person interaction with our champions and mediators that we used to see at events and in the office...so we are hosting a zoom lunch for mediators. Consider yourself invited! Bring your own lunch (obviously) and come for conversation and to connect with our CMRS team!

Wednesday October 28, 2020 12:30pm-2:30pm

[Join Zoom Meeting by Clicking Here](#)

Meeting ID: 959 5817 2077

Passcode: 739837

Friday October 30, 2020 12:30pm-2:00pm

[Join Zoom Meeting by Clicking Here](#)

Meeting ID: 959 6763 3692

Passcode: 109438

CHAP MEDIATION TRAINING

Community Mediation Minnesota received a grant to process applications and provide mediations for the Covid Housing Assistance Program. CMRS is one of the mediation providers handling these cases. CMRS receives contact information for individuals who applied for the funding and are not able to pay rent or utility bills. We offer mediation services between the individual and the service provider. Right now we are developing a team of mediators who we can provide case development and mediation. Come to the CHAP training to learn more about how these cases work and what it takes to mediate these unique cases.

Thursday October 29, 2020 11:00am-12:00pm

[Join Zoom Meeting by Clicking Here](#)

Meeting ID: 994 6689 3496

Passcode: 095844

CIRCLE CONVERSATION FOR FAMILIES

Breathing exercise

https://www.youtube.com/watch?v=5_N98E5-7jo

Using this list of values

<https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>

1. Choose 1 or 2 values that stand out to you.
2. What value did you choose and why?
3. Do you have a value that was passed down to you from a family member or friends?
4. What is the value that you are working on?

Closing: Say one thing you are grateful for today

GIVEMN & GIVING TUESDAY COMING SOON

