

**For more information, please
visit our website:**
www.stcloudstate.
edu/continuingstudies/instituteADR

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TTY: 1-800-627-3529 SCSU is an affirmative action/
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This material can be made available in an alternative
format. Contact the department/agency listed above.

*Got a
Dispute?*
Need Help?



Institute
for Alternative
**Dispute
Resolution**

Disputes and arguments can be stressful and difficult. We try to work things out, but sometimes the conflict still gets worse. Conflict is a natural part of life and happens at work, home, school and in our neighborhoods. From time to time we all need some help...

Where is help?

The Institute of Alternative Dispute Resolution (ADR) at St. Cloud State University was created to help the greater community, outside of the university, resolve disputes. The Institute offers services which can be of help to resolve your conflict.

What kind of help is available?

Mediation, facilitation, peace circles and other services.

How much do these services cost?

Services, for those individuals with financial need, can be free. Otherwise, charges for services are based on a sliding fee scale.

What is mediation?

Mediation is when two, or more, people sit down and try to resolve their conflict with the help of a mediator. The mediator helps them try to resolve the problem.

Does the mediator decide what the solution to the conflict will be?

No, the mediator is a neutral party who does not take either side of the conflict. The mediator tries to help both people in a dispute come to a solution they agree on.

Can the Mediator tell me what to do?

The mediator cannot tell you how to resolve your dispute.

What are the qualifications of the mediators?

The Institute for ADR is listed as a “qualified neutral” under Minnesota Rule 114 on both the Civil/Hybrid Roster and Family Mediation Roster. All mediators are trained qualified neutrals meeting continuing education requirements in ADR.

How long does the mediation take?

Generally, mediations last between two and three hours depending upon the argument.

Is mediation right for you?

Only you can answer that question. But mediation has been proven to be effective in many situations. The people involved in the conflict are the ones who decide on the solution. The mediator creates a safe environment where the parties are better able to address the issues facing them.

We all want to live in peace.