



Arbitration and Mediation

Categories : [Legal and Protective Services](#)

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WHAT IS ARBITRATION?

Arbitration is a legal technique for the resolution of a dispute outside of the court system by a third party, who reviews the case and imposes a decision that is legally binding for both parties.

- Arbitration can be either voluntary or mandatory and can be either binding or nonbinding. Non-binding arbitration is similar to mediation, though the mediator will try to help the parties find a middle ground on which to compromise. The non-binding arbitrator remains removed from the settlement process and will only give a determination of liability.
- Arbitration is also known as alternative dispute resolution, because it offers the parties to the dispute an alternative to taking the dispute to a court of law.

WHAT IS MEDIATION?

Mediation services provide a way for two (or more) disputants to reach an agreement. The parties themselves determine the conditions and settlements reached, rather than having a third party impose a decision.

Mediation may be employed in many types of disputes, including, but not limited to:

- family matters
- workplace
- environmental
- land-use
- personal injury
- landlord/tenant disputes
- youth issues

For information on Connecticut's Mediation Program/Alternative Dispute Resolution (ADR), see [State of Connecticut Judicial Branch](#)

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by service names:

- [Arbitration](#)
- [Mediation](#)



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