

# *Cape & Islands Suicide Prevention Coalition Presents....*



## **A Presentation & Workshop with guest speaker, Paul Deignan, MSW**

Participants will explore:

- Who is vulnerable and how to recognize compassion fatigue
- Potential consequences of compassion fatigue
- Strategies for managing and healing
- Compassion satisfaction and vicarious post traumatic growth
- Professional Quality of Life self test
- Development of personal compassion fatigue prevention plan.

Paul Deignan served as the State of New Hampshire Disaster Behavioral Health Coordinator for 10 years. He has trained thousands of people in a variety of crisis, critical incident, and related subjects and has provided FEMA Crisis Counseling trainings in Presidentially declared disasters across the US.

Anyone in a helping profession or position should join us during our regular CISPC meeting for this presentation. This workshop is free and registration is appreciated, though not required.

**Thursday November 12<sup>th</sup>, 11:15am – 12:45pm**  
**Barnstable County Courthouse, Room 11/12**

Contact Kelly at [suicideprevention@capecoalition.com](mailto:suicideprevention@capecoalition.com) for more info

