



Republic of the Philippines
Department of Education
 Region VI - Western Visayas
SCHOOLS DIVISION OF SAGAY CITY

SEP 20 2024

DIVISION MEMORANDUM

No. 598, s. 2024

**BREAKING THE BARRIER: STRENGTHENING THE BOND – A TRAINING-WORKSHOP ON
 PSYCHOLOGICAL FIRST-AID AND SCHOOL MENTAL HEALTH PROGRAM FOR EDUCATION
 LEADERS OF DEPED REGION VI (Negros Occidental Cluster)**

To: Assistant Schools Division Superintendent
 Chief Education Supervisors – CID & SGOD
 Public Schools District Supervisors
 Public Elementary and Secondary School Heads
 All Others Concerned

1. Enclosed is a copy of the **Regional Memorandum No. 849** dated September 19, 2024 titled "BREAKING THE BARRIER: STRENGTHENING THE BOND – A TRAINING-WORKSHOP ON PSYCHOLOGICAL FIRST-AID AND SCHOOL MENTAL HEALTH PROGRAM FOR EDUCATION LEADERS OF DEPED REGION VI (Negros Occidental Cluster) on **September 24-27, 2024** at **Resorts Negrense, Purok Bayanihan, Brgy. Punta Taytay, Bacolod City**.
2. Participants are requested to register through this link:
<https://forms.gle/r1X5VYBJSvrwtwnX8>.
3. Participants to this event is attached in this memorandum and serves as their travel order.
4. Immediate dissemination of this Memorandum is desired.

MARSETTE D. SABBALUCA, CESO VI
 Schools Division Superintendent



Enclosure : As stated
 Reference : Regional Memorandum No. 849
 Allotment : N/A
 No. of Pages : 5
 To be indicate in the **Perpetual Index** under the following subjects:
 MENTAL HEALTH TEACHING & NON-TEACHING TRAINING
 FN: ITEU/SGOD



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Republic of the Philippines
Department of Education
Region VI - Western Visayas
SCHOOLS DIVISION OF SAGAY CITY

(Enclosure No. 1 to Division Memorandum No. 598, s. 2024)

**BREAKING THE BARRIER: STRENGTHENING THE BOND – A TRAINING-WORKSHOP ON
PSYCHOLOGICAL FIRST-AID AND SCHOOL MENTAL HEALTH PROGRAM FOR EDUCATION
LEADERS OF DEPED REGION VI (Negros Occidental Cluster)**

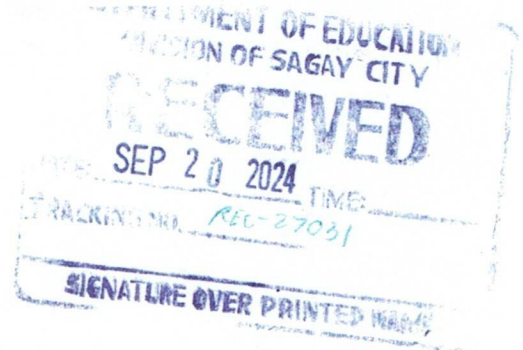
September 24-27, 2024

LIST OF PARTICIPANTS

Name	Position
Schools Division Office:	
1. Mark Anthony J. Tan	Assistant Schools Division Superintendent
2. James P. Sabio	Division DRRM Coordinator
3. Dominique C. Diamante	Medical Officer III
4. Irish Theresa E. Ubamos	Nurse II -Division School Mental Health Coordinator
Schools & District Offices:	
1. Jonel S. Mañale	PSDS District 1
2. Glendame E. Flores	PSDS District 2
3. Benjie D. Bautista	PSDS District 3
4. Gina J. Radan	PSDS District 4
5. Glenda S. Tan	PSDS District 5
6. Eleanor Y. Lo	PSDS District 6
7. Benito B. Aquino	PSDS District 7
8. Analie V. Buhayan	PSDS District 8
9. Richard T. Rubin	PSDS District 9
10. Marilyn B. Gamboa	PSDS District 10
11. Rosalie D. Delenia	School Principal II – Bato National High School
12. Noemi G. Osal	School Principal I – Sherman Hill Integrated School
13. RJ Batangas	Guidance Designate – Sagay National High School



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS



REGIONAL MEMORANDUM


SEP 19 2024

No. 049, s. 2024

**BREAKING THE BARRIER: STRENGTHENING THE BOND - A TRAINING-WORKSHOP ON
PSYCHOLOGICAL FIRST-AID AND SCHOOL MENTAL HEALTH PROGRAM FOR
EDUCATION LEADERS OF DEPED REGION VI [Negros Occidental Cluster]**

**To: Schools Division Superintendents
All Others Concerned**

1. The Department of Education (DepEd) Regional Office VI, through the Education Support Services Division (ESSD) - Regional Health and Nutrition Unit (RHNU), shall conduct the **Breaking the Barrier: Strengthening the Bond - A Training-Workshop on Psychological First Aid and School Mental Health Program for Education Leaders of DepEd Region VI [Negros Occidental Cluster]** on **September 24-27, 2024** at **Resorts Negrense, Purok Bayanihan, Brgy. Punta Taytay, Bacolod City**.
2. This activity is in consonance with the mandates of DepEd under Republic Act 10121 or the Disaster Risk Reduction and Management (DRRM) Act of 2010 and Republic Act 11036 or the Mental Health Act to strengthen the mental health and well-being of learners and personnel through various mental health promotion and activities and build the capacity of education leaders to implement appropriate measures to address the issues and problems on mental health and a mechanism on disaster response intervention.
3. The expected participants to this activity are the 21 SGOD Chiefs, identified personnel from the schools, districts, and Division Offices in Negros Occidental, and the members of the Technical Working Group from the Regional Office. Attached are the list of the participants and the proposed activity matrix for reference.
4. The participants are allowed to travel to the venue and back to their respective stations a day before (September 23) and after (September 28) the activity to ensure their full time and attention in the entire duration of the training. The first meal shall be breakfast on September 24 and the last meal shall be the afternoon snacks on September 27.
5. The food and accommodation of the participants shall be charged against the downloaded program support fund to the host Division with SARO No. RO-6-24-2881 while the travel and other incidental expenses against local funds both subject to the usual government accounting and auditing rules and regulations.
6. Immediate dissemination of and compliance with this Memorandum are desired.


RAMIR B. UYTICO EdD, CESO III
Regional Director

Encl.: As stated

Reference: None

To be indicated in the Perpetual Index
under the following subjects

TRAINING PROGRAMS

WORKSHOPS

HEALTH EDUCATION

LEB/RM/Training-Workshop on PFA and SMHP
112 /Sept 19, 2024



Address: Duran Street, Iloilo City, 5000
Telephone Nos: (033) 337-0149; 336-2816
Email Address: region6@depd.gov.ph
Website: region6.depd.gov.ph



Certificate No. PHP QMS
24 93 0184



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

**PROPOSED PROGRAM OF ACTIVITY on the TRAINING-WORKSHOP ON PSYCHOLOGICAL
FIRST-AID AND SCHOOL MENTAL HEALTH PROGRAM FOR EDUCATION LEADERS
OF DEPED REGION VI (Negros Occidental Cluster)**

September 24, 2024 (Tuesday)		
Time	Activity	In-Charge
8:00 am – 9:00 am	Arrival and Registration	TWG
9:00 am – 9:45 am	Opening Program	TWG
9:45 am – 10:30 am	School Mental Health Program Journey of SDO Passi City	SDO Passi City
10:30 am – 11:15 am	School Mental Health Program Journey of SDO Iloilo	SDO Iloilo
11:15 am – 11:45 am	Reaction/Insights Gained	
11:45 am – 12:00 nn	Background, Rationale, and Training Objectives of the Seminar	Ma. Pilar Servigon-Malata, PhD, MPH
12:00 nn – 1:00 pm	Lunch Time	
1:00 pm – 1:45 pm	Session 1: Adolescent Mental Health	Lerma de la Llana-Paris, RMT, MSPH
1:45 pm – 2:45 pm	Session 2: Cognitive Behavioral Therapy	Ruel Era Malata, MD, MS, FPPA
2:45 pm – 3:00 pm	Health Break	
3:00 pm – 4:00 pm	Session 3: Self Injury Facts and Myths	Ma. Pilar Servigon-Malata, PhD, MPH
4:00 pm – 5:00 pm	Synthesis of Day 1	

September 25, 2024 (Wednesday)		
Time	Activity	In-Charge
8:00 am – 9:00 am	Morning Preliminaries	Assigned Group
9:00 am – 9:30 am	Session 4: Automatic Thoughts and Types of Thoughts Distortions	Ma. Kristina Gonzales- Almonte, MD, MPH
9:30 am – 10:30 am	Session 5: Emotion Regulation and Dysregulation	Lerma de la Llana-Paris, RMT, MSPH
10:30 am – 10:45 am	Health Break	
10:45 am – 11:30 am	Interactive Discussions	NSSI Team – WVSU COM
11:30 am – 12:00 nn	Grouping and Role Playing Assignments	
12:00 nn – 1:00 pm	Lunch Break	
1:00 pm – 1:30 pm	Afternoon Preliminaries	TWG
1:30 pm – 2:30 pm	Session 6a: Self Injury Protocol	Ma. Kristina Gonzales- Almonte, MD, MPH
2:30 pm – 2:45 pm	Session 6b: Self Injury Protocol Workshop	Ma. Kristina Gonzales- Almonte, MD, MPH
2:45 pm – 3:15 pm	Workshop	NSSI Team – WVSU COM
3:15 pm – 4:00 pm	Role Playing	NSSI Team – WVSU COM
4:00 pm – 4:30 pm	Presentation of Protocols	NSSI Team – WVSU COM
4:30 pm – 5:00 pm	Synthesis of Day 2	



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September 26, 2024 (Thursday)		
Time	Activity	In-Charge
8:00 am – 9:00 am	Morning Preliminaries	Assigned Group
9:00 am – 12:00 nn	Session 7: Psychological First Aid	DRRM Team
12:00 nn – 1:00 pm	Lunch Break	
1:00 pm – 2:00 pm	Afternoon Preliminaries	TWG
2:00 pm – 4:00 pm	Continuation of Session 7	DRRM Team
4:00 pm – 5:00 pm	Synthesis of Day 3	

September 27, 2024 (Friday)		
Time	Activity	In-Charge
8:00 am – 9:00 am	Morning Preliminaries	Assigned Group
9:00 am – 11:00 am	Continuation of Session 7	DRRM Team
11:00 am – 12:00 nn	Closing Program	TWG
12:00 nn – 1:00 pm	Lunch Break	
1:00 pm – onwards	Home Sweet Home	