



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

- 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**.
- Participants are requested to register through this link: <https://forms.gle/r1X5VYBJSvrwtwnX8>.
- Participants to this event is attached in this memorandum and serves as their travel order.
- Immediate dissemination of this Memorandum is desired.

M. Sabbaluca
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





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)**

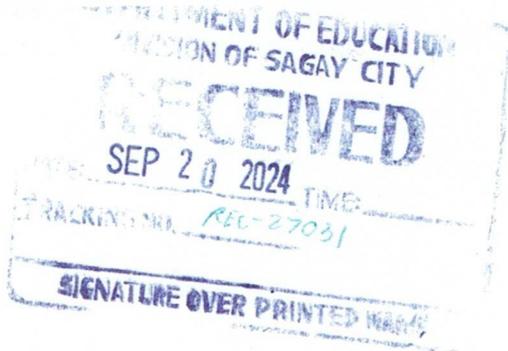
September 24-27, 2024

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-WorkshoponPFAandSMHP
 112 /Sept 19, 2024



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



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



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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 | |