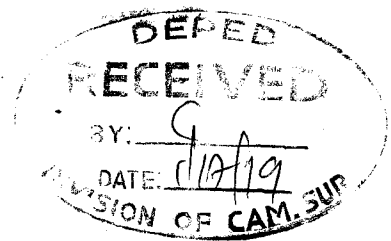




*Department of Education*  
Region V  
**DIVISION OF CAMARINES SUR**  
*Freedom Sports Complex, San Jose, Pili, Camarines Sur*



**DIVISION MEMORANDUM No. 22, s. 2019**



**To:** Assistant Schools Division Superintendents  
Chief Education Supervisors  
Public School District Supervisors  
Secondary School Heads  
School Health Personnel  
Guidance Counselors and Guidance Designates  
Training team  
All Others Concerned

**From:** *[Signature]*  
**CECILLE BERNADETTE P. RIVERA, CESO V**  
Schools Division Superintendent

**Subject:** **DIVISION TRAINING ON MENTAL HEALTH AND PSYCHOSOCIAL FIRST AID**

**Date:** January 16, 2019

1. The Division of Camarines Sur will conduct the Division **Training on Mental Health and Psychological First Aid and Psychosocial Management/Counseling for Adolescent** on January 23 – 25, 2019 at the Regent Hotel, Naga City.
2. At the end of the 3-day live-out training, participants are expected to:
  - a. Orient the participants on Mental Health and Psychological First Aid and Psychosocial Management/ Counseling for Adolescents;
  - b. Train and capacitate guidance counselors, designated guidance advocates and health personnel on Mental Health and Psychosocial First Aid;
  - c. Demonstrate skills on how to give assistance to learners or personnel with mental health issues; and
  - d. Prepare advocacy plan on Mental Health and Psychosocial First Aid.
3. The participants to this training are the Secondary Guidance Counselors, Designated Secondary Guidance Counselors/Advocates, and Health Personnel from schools and Division Office of SDO Camarines Sur. Any representation, substitution, and or absence must be made in writing and be approved by the Schools Division Superintendent.
4. No registration fee shall be collected. The expenses for venue, meals and training materials are all covered by the 2018 HRTD funds. Travel and incidental expenses of the participants and training team shall be charged to local funds/school MOOE subject to the usual accounting and auditing rules and regulations. Other expenses relative to this Orientation shall be charged against HRTD Fund.
5. Attached are the following: Enclosure No. 1 – List of Participants, Enclosure No. 2 - Training Team, and Enclosure No. 3 - Training Matrix.
6. Immediate dissemination of this memorandum is desired.

**ADVISORY COMMITTEE**

**CECILLE BERNADETT P. RIVERA, CESO V**  
Schools Division Superintendent

**SUSAN S. COLLANO**  
Assistant Schools Division Superintendent

**CECILE C. FERRO**  
Assistant Schools Division Superintendent

**DOLORES. Q. MAPUSAO**  
Assistant Schools Division Superintendent

**WORKING COMMITTEES**

TRAINING TEAM		
<b>FRANLIE O. RAMOS-CORPORAL</b> OIC - Senior Education Program Specialist, HRD Training Manager		<b>MA. SALVE III V. GUTIERREZ</b> Education Program Specialist, HRD Co - Training Manager
<b>REBECCA Z. FAJARDO</b> Nurse II Project Manager		<b>OFELIA O. TUY</b> Nurse II Co - Project Manager
QUALITY ASSURANCE MONITORING EVALUATION (QAME)		
<b>DELFIN A. BONDAD</b> Senior Education Program Specialist, M&E Chairperson	<b>DR. CYRIL SALAZAR</b> Public Schools District Supervisor	<b>MARILYN S. GOMEZ</b> Education Program Specialist II, M&E Co-Chairperson
WORKING COMMITTEES		
REGISTRATION AND ACCOMODATION		
<b>MARY JEANE BINAMIRA</b> Nurse II		<b>MA. CORAZON BOROC</b> Nurse II
<b>EMILY OLIVER</b> Nurse II		<b>NELLIE INFANTE</b> Nurse II
<b>CANDICE RENEE P. RIVERA</b> Teacher I, Special Assistant to HRD		<b>SAMUEL JEROME M. BENITO, VII</b> Training Assistant
FOOD		
<b>ROWENA L. FABI</b> Nurse II		<b>CYNTHIA H. TURIANO</b> Nurse II
LOGISTICS		
<b>OFELIA O. TUY</b> Nurse II		<b>REBECCA Z. FAJARDO</b> Nurse II
<b>RONALD ALFREDO G. CASELES</b> Nurse II		<b>IGOR MAR C. BOLIVAR</b> Nurse II
<b>ALEX ARIAS</b> Staff		<b>PAUL C. DIGA</b> Nurse II
PROGRAMS AND CERTIFICATES		
<b>PATRICK L. GIMENEZ</b> Nurse II		<b>MARICEL J. FERNANDO</b> Nurse II
RESOURCE SPEAKERS		
<b>DR. GILDA GAYLE A. GOMEZ</b> Clinical Psychologist		<b>DR. ROSALIA VIVIEN P. MANINANG</b> Dentist III
<b>DR. TERESITA R. BERCASIO</b> Registered Guidance Counselor		<b>DR. ROWENA Q. ABRERA</b> Dentist II
<b>OFELIA O. TUY</b> Nurse II		<b>REBECCA Z. FAJARDO</b> Nurse II
<b>SUSAN G. ANTONIO</b> Project Development Officer I		<b>EILEEN QUITANGON</b> Teacher, Guidance Counselor
FACILITATORS		
<b>AUBREY PILI</b> Guidance Coordinator II		<b>EILEEN QUITANGON</b> Teacher, Guidance Counselor
<b>LOWELL OSEA</b> Nurse II		<b>GLORY T. DEE</b> Nurse II
<b>SHEERA PABINES</b> Nurse II		<b>JENNIFER PARPAN</b> Nurse II
<b>SYNIE DE LA CRUZ</b> Nurse II		<b>MARINEL PIMPOLIO</b> Nurse II

**Division Training on Mental Health and Psychosocial First Aid & Psychosocial Management & Counseling for Adolescents**

January 23-25, 2019  
Naga Regent Hotel, Naga City.

**TRAINING MATRIX**

Time	Day 1 January 23, 2019	Day 2 January 24, 2019	Day 3 January 25, 2019
7:00 – 8:00 a.m.	Registration	Management of Learning	Management of Learning
8:00 – 9:30 a.m.	<b>Opening Preliminaries</b> Patrick L. Gimenez Maricel J. Fernando	<b>Counseling in Schools</b> Dr. Teresita R. Bercasio	<b>Art-Based Interventions</b> Ms. Ofelia O. Tuy
9:30 – 10:00 a.m.	<b>Mental Health Promotion</b> Ms. Rebecca Z. Fajardo		
10:00 – 12:00 n.			
12:00 – 1:00 p.m.	Healthy Break		
1:00 – 3:00 p.m.	<b>ADEPT, Psychosocial Intervention</b> Dr. Rosalia Vivien P. Maninang	<b>Common Psychosocial Problems, Depression and Suicide</b> Dr. Gilda Gayle A. Gomez	<b>ADEPT Module</b> Dr. Rowena Q. Abrera
3:00 – 5:00 p.m.	<b>Bullying in School</b> Ms. Susan G. Antonio		<b>Preparation of Action Plan</b>  <b>Closing Program</b>

Prepared by:

Ms. Ofelia O. Tuy, R.N.  
Ms. Rebecca Z. Fajardo, R.N.