



Republic of the Philippines
Department of Education
REGION X
DIVISION OF MALAYBALAY CITY

DM-WW-02-60
DEPED MALAYBALAY CITY DIVISION
RELEASED
DATE: _____ TIME: 10:00
BY: FEB 04 2020

Division MEMORANDUM
No. **60**, s. 2020

TO: Assistant Schools Division Superintendent
Chief Education Supervisors, SGOD and CID
Public Elementary and Secondary School Heads
All Others Concerned

FROM: **VICTORIA V. GAZO, PhD, CESO V**
Schools Division Superintendent

DATE: February 1, 2020

SUBJECT: PSYCHOLOGICAL FIRST AID WORKSHOP FOR SELECT SCHOOLS IN THE DIVISION

1. Pursuant to DepED Order No. 37, s. 2015 entitled *The Comprehensive Disaster Risk Reduction and Management in Basic Education Framework*, this Office will conduct **Psychological First Aid Workshop on March 11-13, 2020 (Wednesday - Friday) at The Garden's Party Venue Malaybalay City.**
2. Participants to this activity are school heads of select schools in the Division. Please refer to Enclosure A for details.
3. Meals and snacks shall be charged against the 2019 DRRM Support Fund for Psychological First Aid, while travel and other allowable expenses shall be charged to local funds subject to the usual accounting and auditing rules and regulations.
4. Should there be queries, contact **Jimdandy S. Lucine**, Project Development Officer II (DRRM), through **09171156864**.

Encls:

- Enclosure A - List of Participants
- Enclosure B - Psychological First Aid Workshop Program
- Enclosure C - Technical Working Committee

Copy Furnished: Records Unit | DRRM



Address: Sayre Highway, Purok 6, Casisang, Malaybalay City
Telefax: (088) 314 - 0094
Email Address: malaybalay.city@deped.gov.ph

Enclosure A to Division Memorandum No. 60, s. 2020 re: Psychological First Aid Workshop for Select Schools in the Division

LIST OF PARTICIPANTS

Participants to this activity shall be School Heads of the following schools:

No.	Schools
1	Tintinaan ES
2	Candiisan IS
3	New Ilocos ES
4	Kapitan Angel IS
5	Sta. Ana ES
6	BNHS-Annex Imbayao
7	Malaybalay City CS
8	Casisang NHS
9	Airport Village ES
10	Malaybalay City NHS
11	Balangbang ES
12	Malaybalay City NSHS
13	Bangcud CS
14	Bangcud NHS
15	Lalawan ES
16	Paiwaig ES
17	Dumayas ES
18	Matangpatang ES
19	Zamboanguita CS
20	Mapulo ES



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Enclosure B to Division Memorandum No. 60, s. 2020 re: Psychological First Aid Workshop for Select Schools in the Division

Psychological First Aid Workshop Program
 March 11-13, 2020
 The Garden's Party Venue, Malaybalay City

Day 1	
TIME	ACTIVITIES
8:00 – 8:30 am	Preliminaries Introduction of Facilitators/Training Team and Participants
8:30 – 9:45	<ul style="list-style-type: none"> • Mental Health and Psychological Support Services • What is Psychological First Aid
9:45 – 10:00	Health Break
10:00 – 12:00	<ul style="list-style-type: none"> • What is Psychological First Aid (Continuation)
12:00 – 1:00 PM	Lunch
1:00 – 1:15	<ul style="list-style-type: none"> • Grounding Exercise
1:15 – 1:30	<ul style="list-style-type: none"> • Warming-up and Unfreezing Activities e.g. Magsama-sama • Groupings, Group Name and Cheer
1:30 – 3:00	<ul style="list-style-type: none"> • Module 1: Validation and Normalizing Feelings <ul style="list-style-type: none"> - Tableau - Mirroring - Music Art
3:00 – 3:15	Health Break
3:15 – 5:00	<ul style="list-style-type: none"> • Continuation of Module 1 <ul style="list-style-type: none"> - Group Sharing - Summary of Module 1
Day 2	
8:00 – 8:30 AM	<ul style="list-style-type: none"> • Stretching and breathing exercises • Recap • Unfreezing activities
8:30 – 10:15	<ul style="list-style-type: none"> • Module 2: Calming Down and Controlling One's Emotions <ul style="list-style-type: none"> - What I usually do? - Every Breath You take <p style="margin-left: 20px;">Health Break at 10:00</p>
10:15 – 11:00	<ul style="list-style-type: none"> • Module 2: Calming Down and Controlling One's Emotions <ul style="list-style-type: none"> - My playlist - Summary of Module 2
11:00 – 12:00	<ul style="list-style-type: none"> • Module 3: Linking: Identifying and Addressing Needs
12:00 – 1:00 PM	Lunch Break
1:00 – 1:15	<ul style="list-style-type: none"> • Warming-up/unfreezing activities: <ul style="list-style-type: none"> - Song-dance-advertisement
1:15 – 3:00	<ul style="list-style-type: none"> • Module 4: Sources of Strength <ul style="list-style-type: none"> - Storytelling - T-shirt Art - Lifeline



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	<ul style="list-style-type: none"> - Crossing the Hurdle - Group Sharing - Summary of Module 4
3:00 – 3:15	Health Break
3:15 – 4:00	Reframing Activity
4:00 – 5:00	Planning for Simulation
Day 3	
8:00 – 8:40 AM	<ul style="list-style-type: none"> • Stretching and Breathing Exercises • Recap Unfreezing Activities
8:40 – 12:00	PFA Simulation <ul style="list-style-type: none"> - Group Simulation - Feedbacking
12:00 – 1:00 PM	Lunch
1:00 – 1:30	• Warming-up/unfreezing activities
1:30 – 2:30	• PFA Synthesis
2:30 – 4:00	• Ritual
4:00 – 5:00	• Closing Program



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**TECHNICAL WORKING COMMITTEE FOR PSYCHOLOGICAL FIRST AID
WORKSHOP FOR SELECT SCHOOLS IN THE DIVISION**

Committee	Responsible Person	Duties/Functions
Over-all Committee	Chairperson: Jimdandy S. Lucine Members: 1. Marsfifth M. Mamawag 2. Rio Arbutante	<ul style="list-style-type: none"> • Prepare training designs, PMP and PR • Over sees all the related activities to ensure smooth flow of the program • Take over on a committee function in case that committee is not capable of doing its function for whatever reason • Follow up venue, meals, and snacks and hall preparations
Program and Secretariat, and Documentation Committee	Chairperson: Marsfifth M. Mamawag Members: • Rio Arbutante • Clavel Maximino	<ul style="list-style-type: none"> • Ensure the proper flow of the program • Acts as program facilitator • Take photos of the training • Ensure proper registration of participants • Keep attendance sheet
Monitoring and Evaluation Committee	Chairperson: Edelina Ebra Member: Mary Gladys Dublas	<ul style="list-style-type: none"> • provide monitoring and evaluation tool • Provide feedback to the technical working committee on the progress of the activity

Pool of Speakers with Representative from DepEd Disaster Risk Reduction and Management Service (DRRMS):

1. Jennifer Lincuna, RN (Division Office)
2. Razel Faye T. Bautista, Rpm (Teacher II, San Martin Agro-Industrial NHS)

