



Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
DIVISION OF MALAYBALAY CITY

2020 - 14743

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DEPED MALAYBALAY CITY DIVISION  
RELEASED  
DATE: 11 2020  
TIME: 4:42  
BY: [Signature]

Division Memorandum  
No. 236 series of 2020

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

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

DATE : June 17, 2020

RE : **WEBINAR ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES**

1. To ensure health promotion and wellness, and to incorporate comprehensive mental health services in the school populace in light of the threats brought by the COVID 19 outbreak, this Office hereby informs the field on the conduct of a webinar on **Mental Health and Psychosocial Support Services for select Division Personnel, School Heads and School Guidance Counselor-designates** on **June 23, 2020, 8:30AM - 12:00NN** (see Enclosure No. 1).
2. Attached is the activity matrix of the afore-mentioned activity for reference (see Enclosure No. 2).
3. Participants are required to follow the procedures in joining the webinar, to wit:
  - a. Situate in a location with stable and continuous internet connection.
  - b. Use the operational DepEd email account and log-in one hour before the schedule.
  - c. Minimize the volume of accessories such as headset and speakers or any audio devices to avoid feedback and echo.
  - d. Mute your speakers during discussion and unmute if you are acknowledged to talk.
  - e. School Heads are requested to check the link posted in your Group Chats an hour before the time of schedule and to send it to their respective School Guidance Counselor-designates or use this meeting ID: [meet.google.com/xrg-irwc-auo](https://meet.google.com/xrg-irwc-auo).
4. Shall there be queries, contact **MARCOS JULITA K. FULGENCIO, DMD**, Dentist II, through 0906-796-8794 or **PAUL JOHN P. ARIAS**, Information Technology Officer I through 0977-061-8486 or at [ictu.malaybalay@deped.gov.ph](mailto:ictu.malaybalay@deped.gov.ph) for technical concerns.

Encl.:

As stated

Copy Furnished:

SGOD-School Health Unit  
Records Unit



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Email Address: [malaybalay.city@deped.gov.ph](mailto:malaybalay.city@deped.gov.ph)

## WEBINAR ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES

NAME	POSITION TITLE	OFFICE
<b>ASSISTANT SCHOOLS DIVISION SUPERINTENDENT</b>		
Amit, Sunny Ray F.	Asst. SDS	OSDS
<b>ADMINISTRATIVE SERVICES</b>		
Nayra, Jutchel L.	Administrative Officer V	OSDS
<b>CASH UNIT</b>		
Limbengco, Rufelle J.	Administrative Officer IV	OSDS
<b>PERSONNEL UNIT</b>		
Villahermosa, Guia Ma. G.	Administrative Officer IV	OSDS
<b>RECORDS UNIT</b>		
Porrás, Florabelle R.	Administrative Officer IV	OSDS
<b>PROPERTY and SUPPLY UNIT</b>		
Daguimol, Darvy C.	Administrative Officer IV	OSDS
<b>LEGAL SERVICES</b>		
Peslano, Wincarbogne L.	ATTORNEY III	OSDS
<b>ICT SERVICES</b>		
Arias, Paul John P.	Information Technology Officer II	OSDS
<b>PROCUREMENT UNIT</b>		
Deximo, Don A.	Administrative Assistant III	OSDS
Astudillo, Pamela L.	Administrative Assistant III	OSDS
<b>FINANCE SERVICES</b>		
<b>ACCOUNTING UNIT</b>		
Rosalejos, Rhysa Cyle C.	Accountant III	OSDS
<b>BUDGET UNIT</b>		
Maputi, Sibyl L.	Administrative Officer V	OSDS
<b>CURRICULUM IMPLEMENTATION DIVISION</b>		
Quirog, Ralph T.	Chief Educ. Prog. Supervisor-CID	CID
<b>INSTRUCTIONAL MANAGEMENT</b>		
Salupado, Rosie A.	Education Program Supervisor	CID
Adriatico, Jasmin J.	Education Program Supervisor	CID
Bentillo, Imelda S.	Education Program Supervisor	CID
Cultura, Lou Ann J.	Education Program Supervisor	CID
Alejar, Luis S.	Education Program Supervisor	CID
Pizarro, Virgillin R.	Education Program Supervisor	CID
Oclar, Analy L.	Education Program Supervisor	CID
Reyes, Maria Concepcion S.	Education Program Supervisor	CID
Valde, Rachel R.	Education Program Supervisor	CID
<b>DISTRICT INSTRUCTIONAL SUPERVISION</b>		
Molina, Jovy G.	Public Schools District Supervisor	CID
Tan Nery, Noel A.	Public Schools District Supervisor	CID
Mortera, Ferdinand V.	Public Schools District Supervisor	CID
Allaba, Aba Q.	Public Schools District Supervisor	CID
Palo Jr, Bonifacio M.	Public Schools District Supervisor	CID
Pimental, Manny B.	Public Schools District Supervisor	CID
Muring, Jesus V.	Public Schools District Supervisor	CID
Jabonero, Romil T.	Public Schools District Supervisor	CID
Balintongog, Liza G.	Public Schools District Supervisor	CID
Berial, Evernold C.	Public Schools District Supervisor	CID
<b>LEARNING RESOURCES MANAGEMENT</b>		
Yap, Purisima J.	Education Program Supervisor	CID
Dinlayan, III Manuel D.	Project Development Officer I	CID
Razo, Emelyn D.	School Librarian	CID
<b>SCHOOLS GOVERNANCE and OPERATIONS DIVISION</b>		
Capaco, Lorenzo O.	Chief Educ. Prog. Supervisor-SGOD	SGOD
<b>SCHOOL MONITORING AND EVALUATION</b>		
Ebora, Edelina M.	Senior Education Program Specialist	SGOD
Dubias, Mary Gladys J.	Education Program Specialist II	SGOD
<b>SOCIAL MOBILIZATION AND NETWORKING</b>		
Memawag, Marifith M.	Senior Education Program Specialist	SGOD
Arbutante, Rio	Education Program Specialist II	SGOD
<b>PLANNING AND RESEARCH</b>		
Sanmiguel, Vicente G.	Senior Education Program Specialist	SGOD
Sescon, Novem A.	Planning Officer III	SGOD
<b>HUMAN RESOURCE DEVELOPMENT</b>		
Merida, Woodrow Willson B.	Senior Education Program Specialist	SGOD
Aicuzar, Ria K.	Education Program Specialist II	SGOD
<b>EDUCATION FACILITIES</b>		
Fontanilla, Leslie T.	Engineer III	SGOD
<b>SCHOOL HEALTH</b>		
Fulgencio, Marcos Julita K.	Dentist II	SGOD
Lincuna, Jennifer T.	Nurse II	D2&3 - SUMPONG CS
Pojas, Mary Larcy B.	Nurse II	D5 - CASISANG IS
Molina, Alma B.	Nurse II	D4 - MCCS
Obeñita, Marie Cris V.	Nurse II	D8 & 10 - LINARO CS
Dequito, Nancy L.	Nurse II	D1 - KALASUNGAY CS
Ruelana, Hazel M.	Nurse II	D6 & 9 - MANAGOK CS
Un, Kaziah Fatima M.	Nurse II	D7 - BANGCUD CS
<b>DISASTER RISK REDUCTION AND MANAGEMENT</b>		
Lucina, JImdandy S.	Project Development Officer II	SGOD
<b>YOUTH FORMATION</b>		
Padua, Paterno Jr.	SHS Project Development Officer I	SGOD
Cahucom, Lucilyn M.	SHS Project Development Officer I	SGOD

DISTRICT	SCHOOL	SCHOOL HEADS	GUIDANCE COUNSELOR-DESIGNATE
I	KALASUNGAY CS	Gumayao, Mary Fe	LYRA MURIELLE M. TRUTA
	DALWANGAN NHS	Abecia, Roel	EDITH C. RAMOS
	NEW ILOCOS ES	Molina, Mylene Joy L.	GIANELLE B. REYES
	DALAWANGAN ES	Ygonia, Josette S.	NELINDA D. GUMINDAN
	PATPAT ES	Berial, Cythia T.	ELMER D. TEJERO
	KALASUNGAY NHS	Dahilog, Elson L.	LESLIE MUHAMMAD
	CAPITAN ANGEL IS Elem	Crusio, Rubyn Z.	CHERRY APARECE
	Sec		RIZA CABATBAT
II	DAMITAN ES	Villaflores, Jonathan	YVONNE JOY G. HIBLAWAN
	SUMPONG CS	Perino, Genevieve P.	ANITA E. EDEJER
	BAGANAO ES	Flores, Danny	FELIPE G. MANZANO
	KIBALABAG IS Elem	Bacang, Juan Jr.	RHEA A. MAASIN
	Sec		REMA L. ABOGADA
	CAN-AYAN IS Elem	Rojas, Amor Celeste P.	CARMELIT CORONA
	Sec		ROSEMARIE E. ISADA
	TAGILANAO ES	Nilles, Cresilda	MA. JONINA J. VALERIA
	MANALOG ES	Montanez, Fermer	PHILIP CEASAR PALAMINE
	TINTINAAN ES	Minao, Paulina M.	NASERATO E. HAYAHAY
	CANDIISAN IS Elem	Pabillaran, Demie J.	CATHERINE B. GUMAPAC
	Sec		MEHELLE JADE VILLEGAS
	INCALBOG ES	Gamot, Severina A.	JOEL REY T. LAGUNDAY
KILAP-AGAN IS Elem	Hisona, Noemi	ROSE JEAN D. BADAJOS	
	Sec		CATHERINE T. VASAY
III	STA ANA ES	Abugan, Bernie M.	HELEN G. BAYRON
	IMBAYAO ES	Halina, Arimateo B.	SHAREY S. TADLAS
	IMBAYAO NHS	Romulo L. Ongkiatco	MARICHU F. JANAMJAM
	BNHS	Olana, Susan S., PhD	AMIHAN P. ABRAHAM
IV	MALAYBALAY CITY CENTRAL SCHOOL	Padua, Narita T.	LOURDES O. DUCOT
			NIETZSHE B. GAPOL
	BARANGAY 9	Reyes, Renato R.	JOCELYN E. LUCASAN
	CASISANG NHS	Gantalaio, Arlene C.	NESTE LIRATAO
BCT ES	Barcena, Ricky S.	MA. RUBY T. CABILUNA	
V	CASISANG CENTRAL IS Elem	Arna, Leny G.	EMMALYN CLEMENCIO
	Sec		DECERYLL QUIMOT
	CASISANG SENIOR HIGH SCHOOL	Rarogal, John P.	WILMER LANOJAN
	AIRPORT VILLAGE ES	Arceno, Zelda T.	ROTISA T. ESPANUEVA
	MALAYBALAY CITY NHS	Israel, Martelle B.	GERLYN DISALAN
	SAN JOSE ES	Valde, Armand Anthony S.	JANETTE M. MERIN
	PANAMUCAN ES	Baja, Nairobi Jose B.	MAXIMO G. CAGULADA
	NATID-ASAN ES	Olarte, Cosjulita K.	MA. CHUCHIE B. VALDEZ
MABUHAY ES	Bateriza, Berna G.	JOYCE N. GIMENA	
VI	AGLAYAN CS	Buhawe, Benjamin M.	MARICAR J. ESQUILLO
	LAGUITAS ES	Ma, Anastacio M.	ALICIA D. DUMBRIGUE
	CABANGAHAN ES	Rabino, Maria Ella S.	REBECCA A. RAPESTO
	MAGSAYSAY IS ELEM	Tandog, Marylan G.	BERNA F. DULANAS
	SEC		EVANELYN M. GAYAO
	BENDOLAN ES	Tuquib, Mark Douglas	ROLANDO B. DANGCALAN
	MAPAYAG ES	Docdocil, Nymys M.	RAQUEL P. CAGULADA
	BALANGBANG ES	Bacul, Brendo A.	VINECAR H. ADALIM
MCSNHS AGLAYAN	Orong, Paul O.	LEAH KRISRINE F. DE SAN JOSE	
VII	BANGCUD CS	Ontoy, Teofilo Jr., L.	MYRNA P. ANGGO
	CALAWAG ES	Pullido, Myrna	SHELLA ROSE A. DEVERA
	BANGCUD NHS	Valdez, Romeo T.	ANGELINA M. TAMALA
	LUYUNGAN CENTER For INDIGENOUS PEOPLE	Quemado, Edsel James	LEONILA E. PLAZOS
	SIMAYA IS ELEM	Caballero, Nimfa A	LILIA L. ORQUIJADA
	SEC		ORMINDA NANARAN
	PADERNAL ES	Allaba, Gina Q.	ARLYN C. NELLAS
	APO MACOTE NHS	Maramba, Gemma A.	ROVESA I. LUPO
	MACOTE ES	Daga-ang, Jonathan T.	REDEMIE H. SUNOG
	DAPULAN ES	Maestrado, Victor F.	NIMFA G. LEDAMA
	BINALBAGAN ES	Francisco, Naomi T.	CATHERINE C. CABALING
VIII	LINABO CS	Rojas, Sonny M.	ROSALIE PAGALING
	PAIWAIG ES	Caballero, Nelita J.	HELEN U. BALTAZAR
	MALAPGAP ES	Salem, Evelyn E.	DOLORES M. SOHENTO
	LALAWAN ES	Padua, Paul Patrick T.	JULIETA J. EVANGELISTA
	SAN ROQUE ES	Leono, Romel B.	JUDY B. CABREJAS
	LALAWAN NHS - ANNEX	Onipa, Rosabella B.	NOVEM MAE JANE A. YAP

	SAWAGA ES	Ronolo, Noralyn P.	FLORDELIZA S. MINDARO
	SAN MARTIN ES	Berondo, Alberto V.	MARITES R. GENOSA
	SAN MARTIN Agro NHS	Wales, Perlita B.	RAZEL FAYE T. BAUTISTA
IX	MANAGOK CS	Bongocan, Sharon Mae A.	LEAH M. PACIENTE
	LANGASIHAN ES	Acasio, Maria Shiela E.	ARLIE S. LEONCIO
	MALIGAYA ES	Balicanta, Servillano B.	JOY D. SALONTAO
	DUMAYAS ES	Puno, Rosalinda G.	CHERRBELL N. FEROLINO
	BAGONG SILANG ES	Sumanduran , Roy	CHARMAINE P. COMILANG
	MATANGPATANG ES	Alboroto, Lorna C.	WINCHES YAMAHON CATUNGA
	MIGLAMIN ES	Galler, Abel P.	MERIAM E. ELLE
	LUNOKAN ES	Bello, Genelyn	BETHEL R. BELLEZAS
	MANAGOK NHS	Abejuela, Pastor	GLADYS L. GALIDO
	MIGLAMIN NHS	Alas, Flavio Jr., D.	JANICE FANTONIAL
X	ZAMBOANGUITA CS	Ombayan, Raquel S.	MARY FE T. RIZON
	INDALASA ES	Lagunday, Merry D.	ELENA R. CALAGUYA
	ST PETER NHS	Minoza, Rogelio M.	RONNETE SALVACION
	TUBURAN IS Elem	Oludin, Lester Dave	NENITA L. MAGINCOL
	Sec		LETTY JANE LUMANDAS
	KULAMAN ES	Ocier, Daniel	MARI-ANE T. ALMANA
	KIBALABAG ES	Pataca, Ariel J.	LOVELLYN D. JAMCO
	PIGPAMULAHAN ES	Ombayan, Jemma	JEAN S. SUTACIO
	BUSDI IS Elem	Pancho, Neri C.	FLODELIZA A. MANGGAS
	Sec		ERMINILDA Q. HINGPIT
	PIGHALUGAN ES	Plazos, Dominel E.	BETHEL KAREN S. DUMAPIAS
	MAPULO ES	Baluran, Caren James A.	SUSAN G. MAPANO
	CABURACANAN ES	Adrivan, Almejandro R.	LIZA GRACE O. YANDONG
	ST PETER ES	Aclub, Rene A.	FLORENCE L. ACLUB
	SILAE ES	Glinogo, Venus L.	REGINALD C. CANTAROS



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ENCLOSURE NO. 2 of DM No. 234, s. 2020

**MATRIX OF THE ACTIVITY:**

**WEBINAR ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES**  
**JUNE 23, 2020**  
**8:30 AM – 12:00 NN**

Time	Activities
7:00 AM – 8:30 AM	Preparation/Opening of Link
8:30 AM – 9:00 AM	Preliminaries
	Opening Prayer: ROSALIO P. ARANGCO SGOD, EPS
	Opening Remarks: LORENZO O. CAPACIO, EdD SGOD, Chief Education Supervisor
	Message: VICTORIA V. GAZO, CESO V Schools Division Superintendent
	Statement of Purpose: MARCOS JULITA K. FULGENCIO, DMD Dentist II
	Introduction of Speakers: WOODROW WILSON B. MERIDA SEPS - HRD
9:00 AM – 9:30 AM	Topic 1: <b>Mindfulness and Self-Care</b> Speaker: Darryl C. Correa
9:30 AM – 10:00 AM	Topic 2: <b>Mental Health</b> Speaker: Jennifer A. Galapon
10:00 AM – 10:30 AM	Topic 3: <b>Psychological First Aid</b> Speaker: Lorena Maria D. Castillo
10:30 AM – 11:30 AM	QUESTION AND ANSWER
11:30 AM – 12:00 NN	Closing Program
	Wrap-up/Agreement: NANCY L. DEQUITO, Nurse II
	Message of Gratitude: VICTORIA V. GAZO, CESO V Schools Division Superintendent
	Giving of Digital Certificates to Speakers: WOODROW WILSON B. MERIDA SEPS - HRD
	Instruction on QUAME: EDELINA M. EBORA SEPS – M & E
	Closing Remarks: RALPH T. QUIROG CID, Chief Education Supervisor
	Closing Prayer: RIO G. ARBUTANTE EPS II - SocMob

