



Republic of the Philippines  
**Department of Education**  
**Schools Division of Benguet**

**DIVISION MEMORANDUM**

No. 181 s. 2020

SEP 04 2020

**TO: Chief ES, CID and SGOD**  
**District Supervisors/ District-in-Charge**  
**School Heads**  
**Guidance Counselors/ Designates, Nurses, DRRM Coordinators**  
**All Teachers**

**FROM: BENILDA M. DAYTACA, EdD, CESO VI**  
Assistant Schools Division Superintendent  
OIC-Office of the Schools Division Superintendent

**SUBJECT: GUIDELINES ON THE PROVISIONS OF PSYCHOSOCIAL SUPPORT**  
**ACTIVITIES AND PSYCHOLOGICAL FIRST AID FOR LEARNERS**  
**cum ESTABLISHMENT AND ACTIVATION OF THE DISTRICT**  
**PSYCHOLOGICAL FIRST AID (PFA) TEAM IN LIEU OF THE START**  
**OF SY 2020-2021**

**DATE: September 1, 2020**

1. In preparation for the start of School Year 2020-2021 and to ensure that mental health and wellness of our personnel and learners are being catered to, the Division Quick Response and Recovery Team (DQRRT) MHPSS Team hereby establish and consequently activates it district counterparts to strengthen the provision of need psychosocial supports specially in this COVID-19 pandemic situation.
2. Taking into consideration the absence of Guidance Counselors (GC) and Nurses in most schools, SDO hereby maximizes the available resources in the person of the GCs, Nurses and trained DepEd personnel in the field to provide focused psychosocial support services and to serve as bridge to refer individuals needing further professional care through the SDO.
3. Attached are the Guidelines for the Provisions of Psychosocial Support and Psychological First Aid (PFA), List of District PFA Team and its Core Members and the Process Flow of PFA provision/ referral from the school to the division office.
4. For information, guidance and compliance of all concerned.



3<sup>rd</sup> flr., Schools Division Office of Benguet  
Wangal, La Trinidad, Benguet  
Telefax: (074) 422-6570; (074) 422-7501; 422-3790; 422-2001  
Email Add.: Benguet.gov.ph

**Attachment 1 to SDO Memo on: GUIDELINES ON THE PROVISIONS OF PSYCHOSOCIAL SUPPORT ACTIVITIES AND PSYCHOLOGICAL FIRST AID FOR LEARNERS cum ESTABLISHMENT AND ACTIVATION OF THE DISTRICT PSYCHOLOGICAL FIRST AID (PFA) TEAM IN LIEU OF THE START OF SY 2020-2021**

**Legal Basis:**

- DepEd Order No. 12, s. 2020 *Adoption of the Basic Education Learning Continuity Plan for School Year 2020-2021 in the Light of the COVID-19 Public Health Emergency*
- SDO Benguet Learning Operational Continuity Plan- Pillar 2 (*Improving the Learning Environment to Develop Learner's Potential- Support the physical, mental, and over-all well-being of learners*)

**General Aims:**

- provide guidance to all personnel and parents in preparing their learners/children in the new normal.
- ensure the well-being of their children/learners with utmost consideration of their psychological, mental and emotional status.
- give psychosocial support with traumatic experiences relative to COVID 19, so they can be redirected to focus on expected tasks and be referred for professional psychological intervention if deemed necessary.

**Psychosocial Support Modules:**

- For Elementary- Guided Home Module: Psychosocial Support Activities for Elementary Learners (DepEd- Cordillera Administrative Region)
- For Secondary (*any of the following modules*)
  - The 2020 Online and Self-Guided PFA Modules (DepEd- Central Office (DRRMS))
  - Guided Home Module: Psychosocial Support Activities for Secondary Learners (DepEd- Cordillera Administrative Region)

**Schedule of Activities**

Activity	Target Date/s
Orientation of Teachers in the use of PSS Modules	September 07-11, 2020 (thru Lac Session)
Distribution of PSS Modules to Schools (Supplementary Copies from SDO)	Between September 21-25, 2020
Actual Provisions of PSS to Learners	September 28 to 30
Monitoring and Evaluation and Technical Assistance	(A week before opening of classes)
Retrieval of Modules	October 1, 2020
Self-Care for Teachers and Parents Referral or Linking	October 2, 2020

**LIST OF DISTRICTS PFA TEAM CORE MEMBERS\***

District	Core Members	
ATOK	Remedios Sacyat – Nurse II	Gordencio Dino – HT/District DRRM Coordinator
BAKUN	Joan Hertimia Wagang - GC Jovaner Bela-o – Nurse II	Ricarda S. Gu – Nurse II Estrella Guzman – Nurse II
BOKOD	Arvin Doman – Nurse II	
BUGUIAS	Estafany Dogaong - GC Genevieve Bastian – Nurse II	Johnny Compelio – Nurse II Carol C. Igualdo – Nurse II

ITOGON 1	Lorna M. Diwas – Nurse II	Liza P. Dimbanan – Nurse II
	Catalina C. Baltazar - GC	Corazon S. Villena – MT
	Japhet Denver K. Fagyan	
ITOGON 2	Dolores D. Akilith – Nurse II	Fe Belen Acbayaan – Nurse II
KABAYAN	Teresita M. Colas – Nurse II	Shelby Sangao – Nurse II
KAPANGAN	Brenda Matias - GC	Zareen B. Binay-an – Nurse II
KIBUNGAN	Loraine P. Agayo – Nurse II	Josephine A. Molitas – Nurse II
	Robert Jay Namoro – Nurse II	Ike B. Danio
LA TRINIDAD	Rose Virginie Killip – Nurse II	Rhenilda Tulaban – Nurse II
	Jeshanah B. Salda – GC III	Ursula M. dalay-on – GC
	Rolando F. Malafu - GC	Denver Dokey – Teacher
MANKAYAN	Jennifer S. Fernandez – Nurse II	Ermalyn B. Masweng – Nurse II
	Vivian Legaspi – GC	Joyce T. Cayamdas – Nurse II
	Zhimar Garriga – Nurse II	Roselle Kidkid – Nurse II
SABLAN	Mae Fatima Cobaldez – Nurse II	Lloyd Tabdi – Nurse II
	Teresita S. Dolo – District DRRM Coordinator	
TUBA	Ma. Cathleah A. Pulig – Nurse II	Veronica T. Dumo – Nurse II
	Florence F. Gam-ad – Nurse II	Irene L. Lubuat – Nurse II
	Karren S. Gacqui – Nurse II	Marcelina P. Mapatac - GC
TUBLAY	Eunice Budo - GC	Tina Dolnagon - GC
	Maria Victoria A. Marzan – Nurse II	Brenda B. Oidi – Nurse II
	Jack K. Nebalasca – District DRRM Coordinator	

### ***On Referral and Linking***

Teachers can refer learners for counseling and further psychological interventions if deemed necessary through the Schools Division of Benguet Psychosocial Support Providers and Partner Agencies. Kindly refer to Attachment 2 for the Referral Flow and Process.

- SDO Initiative: **Ibenguet Counselors on Call**- for remote psychosocial support services, kindly send a private message through the DepEd Benguet Youth Formation page for inquiries and appointments.
- Partner Agencies (in support of Mental Health and Psychosocial Support Services)

<b>Name of Partner Agency</b>	<b>Services Offered</b>
<b>Philippine Mental Health Association-Cordillera Chapter</b>  <i>BGH Exit Road, Marcos Highway, Baguio, 2600 Benguet (074-442-2337)</i>	Providing special and fixed discount to learners and employees clinical and diagnostic services and organization of Lakas Isip ng Kabataan (LINK) Club for Secondary Schools, psychological debriefing
<b>Child and Family Services Philippines, Inc.</b>  <i>No. 11 Manzanillo, Subdivision Easter Rd, Baguio, 2600 (074-442-3800)</i>	Referral of teachers and personnel on their cases of abuse, bullying, child in conflict with the Law (CICL, abandoned, neglected and Child-at-Risk (CAR)
<b>Saint Louis University Sunflower Child and Youth Wellness Center</b>  <i>CICM Home Sweet Home Compound, Governor Pack Road, 2600 Baguio City 074-446-5664, 0915-541-5501 or 0928-832-6372</i>	Referrals from teachers and personnel particularly requesting for psychological assessment and intervention to address cases of child abuse and neglect, bullying, Children in Conflict with the Law (CICL), Children at-risk (CAR), children with developmental concerns, and children and youth with clinical, psychological concerns including but not limited to depression and anxiety, self-harm, posttraumatic stress disorder, etc.

**PROCESS FLOW: REFERRAL AND LINKING**

