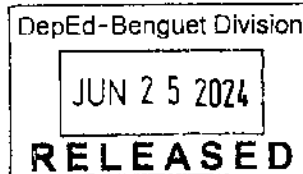




Republic of the Philippines
Department of Education
Schools Division of Benguet



25 June 2024

DIVISION MEMORANDUM

No. 209 s. 2024

**TRAINING OF DEPED PERSONNEL IN THE PROVISION OF PSYCHOLOGICAL
FIRST AID DURING DISASTERS/EMERGENCIES**
(under Project K-DRRMA focused on Mental Health, Safety and Preparedness)

To: Chiefs, CID and SGOD
Public Schools District Supervisors/ Districts-in-charge
School Heads
Field non-teaching personnel


- Under the National Disaster Response Plan (NDRP), one of the identified response actions of DepEd as the lead of the Education Cluster and as a member of the Health Cluster, is the provision of psychological first aid (PFA) to affected learners and DepEd personnel. Given the number of learners and personnel against trained personnel from 2017 to 2022, there is still a wide disparity that needs to be addressed.
- As part of the gap intervention and to strengthen disaster preparedness in the SDO Benguet, a training of DepEd personnel in the provision of psychological first aid during disasters/emergencies (under Project K-DRRMA: focused on Mental Health, Safety, and Preparedness) will be conducted on July 2 - 4, 2024 within Baguio City (specific venue still to be determined).
- After this training the participants are expected to:
 - Explain the concepts of Psychological First Aid;
 - Acquire necessary skills in PFA to be applied in the school settings; and
 - Facilitate the conduct of actual PFA sessions
- Expected participants are administrative officers, project development officers, and other non-teaching personnel. Attached is the list of confirmed participants and the Training Matrix for reference.
- For live-in participants and facilitators, full meals and accommodation will be provided while live-out participants are entitled to lunch, dinner, and snacks, chargeable against FY 2024 DPRP Funds.



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6. The first meal for live-in participants and facilitators will be **dinner** on **July 1** while live-out participants' first meal will be **morning snacks** on **July 2**. The last meal for all participants and facilitators will be PM snack on July 4, 2024.
7. Transportation to and from the venue, and other incidental expenses of participants and facilitators may be charged to local funds subject to the usual existing budget, accounting, and auditing rules and regulations.
8. Participants are encouraged to bring comfortable clothes that are suitable for physical activities.
9. Immediate dissemination and compliance of all concerned is desired.


SALLY L. BANAKEN - ULLALIM, CESO V
Schools Division Superintendent

References: as stated

RA 10121 (Philippine Disaster Risk Reduction and Management Act of 2010)
DBEDP 2030 (DepEd Basic Education Development Plan 2030)
DepEd Order 37, s. 2015 (Basic Education DRRM Comprehensive Framework)

SGOD/CES/drrm.nib



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**LIST OF PARTICIPANTS IN THE TRAINING OF DEPED PERSONNEL IN THE
PROVISION OF PSYCHOLOGICAL FIRST AID DURING
DISASTERS/EMERGENCIES**

July 2 – 4, 2024 | Albergo Hotel, Baguio City

	FAMILY NAME	GIVEN NAME	POSITION	SCHOOL	DISTRICT	ACCOM- MODATION
1	Ignacio	Kathleen Rose	AO II	Boneng Integrated School	Atok	LIVE OUT
2	Besic	Elvira	AO II	Cagui-ing Integrated School	Atok	LIVE IN
3	BILAYAN	MICHAEL	AO II	CALASIPAN ES	Atok	LIVE OUT
4	Evasco-Bagayao	Hazel	AO II	Camp 30 Elementary School	Atok	LIVE IN
5	KISMOD	VERONICA	AO II	PASDONG ES	Atok	LIVE OUT
6	Cayat	Denave	AO II	Alicay-segundo ES (main school)	Bakun	LIVE IN
7	LAURIAN	CHERRYL MAE	AO II	BAGTANGAN ES	Bakun	LIVE OUT
8	Pongdad	Beverly	AO II	Bagu Integrated School	Bakun	LIVE IN
9	CABATAN	LYNNIE ANN	AO II	KETAGAN CABATAN ES	Bakun	LIVE IN
10	Guinyawan	Beverlyn	AO II	Labinio-Acquisio ES	Bakun	LIVE IN
11	BILAYAN	KEZEL JOY	AO II	LABINIO-MARIANO ES	Bakun	LIVE OUT
12	Mendoza	Rechelle	AO II	Palidan Integrated School	Bakun	LIVE OUT
13	Pablo	Ermelinda	AO II	Akbot Alicnas Elementary School	Bokod	LIVE IN
14	LACBAWAN	FLOR	ADAS II	AMABANGEG NHS	Bokod	LIVE OUT
15	Enciong	Jona	AO II	ambangeg rhs	Bokod	LIVE IN
16	ALICO	ERROL	AO II	AMBUKLAO ES/NHS	Bokod	LIVE OUT
17	Basatan	Rogieson	AO II	Bawempeta Elementary School	Bokod	LIVE OUT
18	DICTAG	MARJO ANN	AO II	BILA ELEMENTARY SCHOOL	Bokod	LIVE OUT
19	Galasgas	Dondie	PDO I	Daklan ES	Bokod	LIVE OUT
20	De los santos	Jenethz	AO II	Kawal ES, Bisal ES & Otlong PS	Bokod	LIVE IN
21	Paculan	Winefreda	AO II	Bengao NHS & Tin-apan PS	Buguias	LIVE IN
22	BELINO	GERALYN	AO II	BANGAO-MORENO ES	Buguias	LIVE IN
23	OLA-O	MARICHELLE	AO II	BUGUIAS CENTRAL SCHO	Buguias	LIVE OUT
24	Dinulong	Sherwin	AO II	Guioeng ES	Buguias	LIVE OUT
25	Antonio	Brigethw	AO II	Loo National High School	Buguias	LIVE OUT
26	Galano	Kevin Ray	AO II	Natubleng Elementary School	Buguias	LIVE OUT
27	Labuanan	Aiza Jane	AO II	Sinipsip ES	Buguias	LIVE IN
28	FRONDARINA	GARY	AO II	Baguio Gold Elementary School	Itogon 1	LIVE IN
29	PADOPAD	JOAN	AO II	Goldfield ES	Itogon 1	LIVE IN
30	Kitongan	Hazel	AO II	Loacan Elementary School	Itogon 1	LIVE IN
31	Melton	Roldan	AO II	Lusod ES	Itogon 1	LIVE OUT
32	Oldico	Monalie	AO II	Botic Elementary School	Itogon 1	LIVE IN
33	Sanchez	Lorena	AO II	Midas Elementary School	Itogon 1	LIVE OUT
34	Lupante	Lizelle	AO II	Ucab Elementary School	Itogon 1	LIVE IN
35	Barcena	Lalyn	AO II	Tuding Elementary School	Itogon 1	LIVE OUT
36	OLANOS	MARITES	AO II	Ampucan Elementary School	Itogon 2	LIVE IN
37	Deo	Jessica	AO II	Balatoc Elementary School	Itogon 2	LIVE OUT



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38	Sab-it	Jermilyn	AO II	Itogon Central School	Itogon 2	LIVE OUT
39	KIDANGE	VIVIAN	AO II	TABU ELEMENTARY SCHOOL	Itogon 2	LIVE IN
40	Asudera	Twinkle	AO II	Virac Integrated School	Itogon 2	LIVE OUT
41	Mendoza	Jessie	AO II	Ballay Integrated School	Kabayan	LIVE IN
42	Bayas	Francois	AO II	Batan ES	Kabayan	LIVE OUT
43	OGNASE	SOFIA	AO II	JAMES CALABIAS ES	Kabayan	LIVE IN
44	Alvarez	Heidi	AO II	Kabayan Central Integrated School	Kabayan	LIVE IN
45	DIMOT	MARITES	AO II	Tawangan-Lusod National High School	Kabayan	LIVE IN
46	ESPARA	DAPHNE ANGELICA	AO II	TINALEB ES & BIO B. MODOL ES	Kabayan	LIVE IN
47	TOBIAS	NIKKI	AO II	LEBENG PS AND BASHOY ES	Kabayan	LIVE OUT
48	BEGAWEN	ELLYN	AO II	BALAKBAK ES	Kapangan	LIVE IN
49	Owao	Jonna	AO II	Boklaoan ES	Kapangan	LIVE OUT
50	CALONG	ANGELA	ADAS II	TABA-AO INTEGRATED SCHOOL	Kapangan	LIVE IN
51	Mendoza	Jordan	AO II	Taba-ao IS	Kapangan	LIVE IN
52	Aquino	Joseph	AO I	GBDAIS	Kapangan	LIVE IN
53	Munoz	Hazeljek	ADA IV	GBDAIS	Kapangan	LIVE IN
54	Acadang	Gerly	AO II	Es-esa Soblino Alodos ES	Kibungan	LIVE IN
55	Patangan	Novie	AO II	Ewa-Bokes Elementary School	Kibungan	LIVE IN
56	Gapad	Jonalyn	AO II	Kibungan Central School	Kibungan	LIVE IN
57	Pascaden	Eliza Ving	AO II	Palina Elementary School	Kibungan	LIVE IN
58	Wandalen	Rhe-Ann	AO II	Tacadang Integrated School	Kibungan	LIVE IN
59	PULQUISO	ELMA	AO II	ALNO NHS	La Trinidad	LIVE IN
60	Alfredo	Jennilyn	AO II	Balili ES	La Trinidad	LIVE IN
61	Estacio	Marty Deion	AO II	Cordillera Regional Science High School	La Trinidad	LIVE OUT
62	PANGESFAN	MERCY	AO II	LA TRINIDAD CS	La Trinidad	LIVE IN
63	Soriano	Julie Ann	AO II	Longlong Elementary School	La Trinidad	LIVE OUT
64	Castro	Genevieve	AO II	Wangal Elementary School	La Trinidad	LIVE OUT
65	Dizon	Shaira Kaye	PDO I	BUYAGAN ES	La Trinidad	LIVE IN
66	Balwang	Jacqueline	AO II	ELTNHS	La Trinidad	LIVE IN
67	GONZALES	JAYSON	PDO I	LUBAS ES	La Trinidad	LIVE OUT
68	BINOMNGA	RHEA DIANNE	AO II	Guinaoang National High School	Mankayan	LIVE IN
69	Calapen	Anfe	AO II	Lepanto Elementary School	Mankayan	LIVE IN
70	ISSIC	LEILA	ADAS II	LEPANTO NATIONAL HIGH SCHOOL	Mankayan	LIVE IN
71	Cherwaken	Rico	ADA	Lepanto National High School	Mankayan	LIVE IN
72	DANIEL	JOAN	PDO I	Mankayan Central School	Mankayan	LIVE OUT
73	BATTATENG	JAKE	AO II	MANTIYENG ES	Mankayan	LIVE IN
74	Diaz	Juliene Joy	AO II	Marvic ES	Mankayan	LIVE IN
75	Tolawan	Erfinia	AO II	Palatong Elementary School	Mankayan	LIVE IN
76	Mauro	Sandra	AO II	Bulalacao National High School	Mankayan	LIVE IN
77	Bacquian	Jenny	PDO I	SGOD-YF	SDO	LIVE OUT
78	BISMONTE	Ishmael Aaron	AO II	Batuan Elementary School	Tuba	LIVE IN
79	CALAWA	RAFFY	AO II	BESONG SADDLE ES	Tuba	LIVE IN
80	SAMDAO	SHILO ROSE	AO II	CAMP 3 ES & TORRE ES	Tuba	LIVE OUT



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81	Dulatre	Annabel	AO II	Camp 4 ES	Tuba	LIVE IN
82	Eustaquio	Liezl	AO II	Gilbert Semon Elementary School	Tuba	LIVE IN
83	Abuan	Charine	AO II	Indacac Elementary School	Tuba	LIVE OUT
84	Villegas	Kareen	AO II	Kiwas Integrated School	Tuba	LIVE IN
85	Mino	Daizee Mae	ADAS III	Nangalisan ES	Tuba	LIVE IN
86	ROSANA	DIVINE	AO II	SALPANG ES	Tuba	LIVE IN
87	Callisen	Gracety	AO II	San Pascual Elementary School	Tuba	LIVE IN
88	Visaya	Rebeca	AO II	Tagadi Housing ES/ Yagyagan ES	Tuba	LIVE IN
89	SANTOS	ANA MAIRIAM	AO II	Talay Sur National High School	Tuba	LIVE IN
90	Dionisio-Gawec	Daisy	PDO I	Tuba Central School	Tuba	LIVE OUT
91	Gayaso	JONALYN	AO II	Tuba CS	Tuba	LIVE OUT
92	Erbes	Cherrylyn	ADAS III	Albis Elementary School	Tublay	LIVE IN
93	Banwa	Maricel	AO II	Ambongdolan ES/Langbis PS	Tublay	LIVE OUT
94	Celino	Eufralyn	AO II	Baayan ES	Tublay	LIVE IN
95	BANDIWAN	AMY	AO II	DACKIAS and MORAN ES	Tublay	LIVE OUT
96	AGNO	JARIELLE MAE	PDO I	LUISA BECKA ES	Tublay	LIVE IN
97	Omalio	Karen	AO II	Mamuyod ES	Tublay	LIVE OUT
98	Olla	Kriselle Joy	AO II	Pontino Elementary School	Tublay	LIVE OUT
99	Bautista	Elirodiza	AO II	Michael G. Angel ES	Sablan	LIVE OUT
100	Daganos	Phoebe Mar	PDO I	Omas Ampaguey IS	Sablan	LIVE IN
101	Mirano	Maria Luisa	GC III	Baguio City NHS	SDO Baguio	LIVE IN
102	Agtani	Joven	EPS2	Speaker/Learning Facilitator	SDO	LIVE IN
103	Barbosa	Nerissa	PDO II	Speaker/Learning Facilitator	SDO	LIVE IN
104	Waguis	Roselle Kristine	Nurse II	Speaker/Learning Facilitator	SDO	LIVE IN
105	Dolnagon	Tina	GC	Speaker/Learning Facilitator	Benguet NHS	LIVE OUT
106	Malafu	Roland	GC II	Speaker/Learning Facilitator	SDO (CRSHS)	LIVE IN
107	Pagaduan	Noralyn	T3	Speaker/Learning Facilitator	Nangalisan ES	LIVE IN
108	Dinangwatan	Denis		Speaker/Learning Facilitator	Talay Sur NHS	LIVE IN
109	MONCION	HAROLD	T3		Toomo IS	LIVE IN
110	Bangse-il	Cliffone	PDO II	Speaker/Learning Facilitator	SDO Baguio	LIVE OUT
111	Killip	Rose Virginie	Nurse II	Speaker/Learning Facilitator	SDO Benguet	LIVE IN



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ACTIVITY MATRIX

DAY 0: JULY 01, 2024- Arrival and Registration of Live in Participants (2 PM onwards)			
DAY 1: JULY 02, 2024			
8:00-8:30	Registration	c/o Program Management Team	
8:31-9:00	Expectation Setting		
9:01-10:00	Opening Program Nationalistic Song Opening Prayer Welcome Remarks Recognition of Participants, Rationale, Expectation Setting, & Program Flow Message	AVP AVP LUCIO B. ALAWAS , Chief Education Supervisor- SGOD NERISSA I. BARBOSA , PDO II-DRRM SALLY L. BANAKEN-ULLALIM, CESO V (ASDS) School Division Superintendent	
10:01-10:15	Health Break- Uninterrupted		
		<i>Session Objectives</i>	<i>Resource Person</i>
10:15-11:00	Session 1: PFA Key Concepts and MHPSS	<ul style="list-style-type: none"> To understand the basic key concepts and core principles of PFA and its relation to MHPSS and importance in crisis intervention To determine the difference between PFA and Psychosocial Support (PSS) 	ROSELLE KRISTINE D. WAGUIS Nurse II SDO Benguet
11:00-12:00	Session 2: Ethical Guidelines in Providing PFA	<ul style="list-style-type: none"> To define ethical principles that guide the provision of PFA To present the importance of ethical behavior in crisis intervention and support 	
12:01-1:00	Lunch Break		
1:01- 3:00	Session 3: The Concept of Grief (in relation to PFA)	<ul style="list-style-type: none"> To understand the concept of grief and its common stages (denial, anger, bargaining, depression and acceptance) To explore how grief affects daily functioning and overall well-being To provide scenarios or case studies where PFA is 	MARIA LUISA S. MIRANO Guidance Counselor III Baguio City NHS



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		applied to support learners in grief	
3:01- 3:15	Health Break- Uninterrupted		
3:16- 4:30	Session 4: Empathic Listening and Facilitating Skills	<ul style="list-style-type: none"> • To teach active listening and therapeutic communication techniques for supporting learners in crisis • To understand Do's and Don'ts in facilitating PFA interventions to learners in crisis 	ROLANDO F. MALAFU Guidance Counselor II Cordillera Regional SHS
4:30-5:00	Open Forum and End of Day Evaluation	Participants	
5:30-6:00	After Session Debriefing	Program Management Team and Resource Persons	
DAY 2: JULY 3, 2024			
8:00-8:30	Preliminaries/MOL	Program Management Team	
8:31-9:15	Session 5: Basic Activity Flow in Providing PFA	<ul style="list-style-type: none"> • To present basic activity flow in providing support to learners at crisis • To provide helpful tips in actual PFA provisions • To provide guidance to participants (Facilitators vs Participants Hat) 	JOVEN B. AGTANI EPS II- SMME
9:16-10:00	Session 5: Unfreezing Activities/ Grounding (Dance exercises, cheering, physical and group games)	<ul style="list-style-type: none"> • To provide basic unfreezing activities to establish order and rapport among learners at crisis 	CLIFSTONE K. BANGSE-IL PDO II- DRRM SDO Baguio City
10:01-10:15	Health Break- Uninterrupted		
10:16-12:00	Session 6: Validating and Normalizing Feelings (Music Art, Puppet Art, Tableau, Mirroring Activities, and Action-Reaction) Session 7: Calming Down and Controlling One's Emotion (Breathing exercises, stretching and guided meditation)	<ul style="list-style-type: none"> • To provide activities for participants to help learners in crisis express their feelings and emotions related to the recent disaster they experienced • To provide activities for participants to help learners in crisis identify coping mechanisms (in control of their emotions) 	HAROLD W. MONCION Teacher III, Tocmo Integrated School NORALYN F. PAGADUAN Teacher III, Nangalisan Elementary School



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12:01-1:00	Lunch Break		
1:00-2:00	Session 8: Linking: Identifying and Addressing Needs <i>(Kailangan Ko' y)</i>	<ul style="list-style-type: none"> To provide activities for participants to help learners in crisis identify immediate needs to be addressed 	NERISSA I. BARBOSA PDO II- DRRM
2:00-3:00	Session 9: Sources of Strength <i>(T-Shirt Art and Crossing the Hurdle)</i>	<ul style="list-style-type: none"> To provide activities for participants to help learners in crisis that they have multiple sources of strength to cope with the disaster they encountered 	DENIS D. DINANGWATAN Teacher III, Taloy Sur National High School
3:00-3:15	Health Break- Uninterrupted		
3:15-4:15	Session 10: Reframing Activity <i>(Dream School/Community)</i>	<ul style="list-style-type: none"> To provide activities for participants to help learners in crisis to create a vision for themselves and redirect their perspectives 	ROSELLE KRISTINE D. WAGUIS Nurse II
4:15-5:00	Mechanics and Planning for Return Demonstration/Actual Simulation	Participants and Program Management Team	
5:00-6:00	After Session Debriefing	Program Management Team	
DAY 3: JULY 04, 2024			
8:00-8:30	Preliminaries/MOL	Program Management Team	
8:30-9:15	Preparation for Demo/Simulation	Participants	
9:16-11:15	Actual Simulation Note: Breakout Sessions	Participants	
11:16-12:00	Feedbacking	Facilitators In-charge	
12:01-1:00	Lunch Break		
1:00-3:00	Post Test Ways Forward Closing Program	Program Management Team	



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PROJECT K-DDRMA focused on Mental Health Safety and Preparedness: Training of DepEd Personnel in the Provision of Psychological First Aid during Disasters & Emergencies

July 2-4, 2024 @ Albergo Hotel, No.1 Villamore Drive Brgy. Lualhati, Baguio City

Objectives

1. Explain the concepts of Psychological First Aid (PFA)
2. Acquire necessary skills in PFA to be applied in the school settings
3. Facilitate the conduct of actual PFA sessions

Activities

- Lectures, Discussions, and Guided Workshops
- Experiential Learning (Facilitators' Hat and Participants' Hat)

Participants

- 100 Administrative Officers II, Project Development Officer I, and other Non-Teaching Personnel

Facilitators/ Resource Persons

1. Nerissa I. Barbosa, PDO II, SDO Benguet
2. Joven B. Agtani, EPS II, SDO Benguet
3. Roselle Kristine D. Waguiz, Nurse II, SDO Benguet
4. Rolando F. Malafu, GC II, Cordillera Regional Science High School
5. Tina C. Dolnagon, GC III, Benguet National High School
6. Cliftone K. Bangse-il, PDO II, SDO Baguio
7. Maria Luisa S. Mirano, GC III, Baguio City High School
8. Denis D. Dinangwatan, Teacher III, Taloy Sur National High School
9. Noralyn F. Pagaduan, Teacher III, Nangalisan Elementary School
10. Harold W. Moncion, Teacher III, Tocmo Integrated School
11. Ide A. Liwanen, EPS II, SDO Benguet (PMT Chairperson)

References:

- Supporting, Enabling and Empowering Students (SEES) Manual on Psychosocial Interventions for Secondary School-aged Students During Disasters and Emergency Situations
- Psychosocial Support Activity Pack: A Teachers' Guide- for all Grade Level, UNICEF, 2022

Session Topics:

- Introduction to PFA and Foundational Skills
- Modules of PFA



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