

RELEASED

BY:  No: 646
DATE: 20 DEC 2024 TIME: 23.10



Republika ng Pilipinas
Kagawaran ng Edukasyon

REHIYON V - BICOL

TANGGAPANG PANSANGAY NG CATANDUANES

December 16, 2024

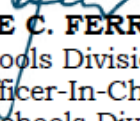
DIVISION MEMORANDUM

No. 646 s. 2024

**ENHANCING MENTAL HEALTH RESILIENCE: PSYCHOLOGICAL FIRST AID
FOR SDO PERSONNEL**

TO : OIC - Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
OSDS Unit Heads
SGOD, CID and OSDS Personnel

1. Considering the effects of Super Typhoon Pepito to all SDO Personnel, this Office will conduct a Psychological First Aid provision to all SDO Personnel entitled "**Enhancing Mental Health Resilience: Psychological First Aid for SDO Personnel**" on **December 19-21, 2024 at Rakdell Inn, Virac, Catanduanes.**
2. The activity aims to provide Psychological First Aid to all division personnel who were all affected by Super Typhoon Pepito. It also aims to prepare them to apply their learning during disasters and assist in providing PFA during disasters and other crisis events in the future.
3. **All SDO Personnel are expected to participate in the activity.**
4. The activity matrix is in the enclosure to this memorandum.
5. Travel expenses of the participants shall be charged against local funds while meals and venue shall be charged against DPRP Funds subject to relevant accounting and auditing rules and regulations.
6. Concerns may be addressed to the Division DRRM Focal Person, Ms. Maria Audrea L. Vivo at 0929-9784538.
7. This memorandum is for strict compliance.


CECILE C. FERRO CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent



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Kagawaran ng Edukasyon

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Enclosure to Div. Memorandum No. ____ s. 2024

PROGRAM MATRIX

Day 01 December 19, 2024		
Time	Activity	Person-In-Charge
07:00 AM – 08:00 AM	Arrival and Registration of Participants	PMT and Hotel Staff
08:00 AM – 08:30 AM	Opening Program	PMT
08:30 AM – 09:00 AM	Expectation Setting and Heart Contract and Flow of Activities Introduction of Facilitators/Training Team and Participants	
09:00 AM – 09:45 AM	Mental Health and Psychosocial Support Services What is Psychological First Aid?	Resource Speaker
09:45 AM – 10:00 AM	Health Break	
10:00 AM – 12:00 NN	Mental Health and Psychosocial Support Services What is Psychological First Aid?	Resource Speaker
12:00 NN – 01:00 PM	Lunch Break	
01:00 PM – 01:15 PM	Grounding Exercise	
01:15 PM – 01:30 PM	Warming-up and Unfreezing Activities	PMT
01:30 PM – 03:00 PM	Module 1: Validating and Normalizing Feelings	Resource Speaker
03:00 PM – 03:15 PM	Health Break	
03:15 PM – 05:00 PM	Module 1: Validating and Normalizing Feelings	Resource Speaker

Day 02 December 20, 2024		
Time	Activity	Person-In-Charge
07:30 AM – 08:00 AM	Breakfast	
08:00 AM – 08:30 AM	Breathing Exercises Recap Unfreezing Activities	PMT
08:30 AM – 09:45 AM	Module 2: Calming Down and Controlling One's Emotions	Resource Speaker
09:45 AM – 10:00 AM	Health Break	
10:00 AM – 12:00 NN	Module 2: Calming Down and Controlling One's Emotions	Resource Speaker
12:00 NN – 01:00 PM	Lunch Break	
01:00 PM – 02:45 PM	Module 3: Linking: Identifying and Addressing Needs	Resource Speaker
02:45 PM – 03:00 PM	Health Break	
03:00 PM – 05:00 PM	Module 3: Linking: Identifying and Addressing Needs	Resource Speaker

Day 03 December 21, 2024		
Time	Activity	Person-In-Charge
07:30 AM – 08:00 AM	Breakfast	
08:00 AM – 08:30 AM	Breathing Exercises Recap Unfreezing Activities	PMT
08:30 AM – 09:45 AM	Module 4: Sources of Strength	Resource Speaker
09:45 AM – 10:00 AM	Health Break	
10:00 AM – 12:00 NN	Module 4: Sources of Strength	Resource Speaker
12:00 NN – 01:00 PM	Lunch Break	
01:00 PM – 02:45 PM	Module 4: Sources of Strength	Resource Speaker
02:45 PM – 03:00 PM	Health Break	
03:00 PM – 04:00 PM	Reframing Activity	PMT
04:00 PM – 05:00 PM	Closing Program	Participants



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