

# Republic of the Philippines Department of Education NATIONAL CAPITAL REGION



Advisory No. 209, s. 2023

September 12, 2024
In compliance with DepEd Order No. 8, s. 2013
This Advisory is issued not for endorsement per DO 28, s. 2001, but only for the information of DepEd officials, personnel/staff, as well as the concerned public.

(Visit <a href="https://www.deped.gov.ph">www.deped.gov.ph</a>)

### FINAL VENUE FOR THE CONDUCT TRAINING ON THE PSYCHOLOGICAL FIRST AID

This is in relation to the Regional Memorandum Order No.898, s.2024 dated September 6, 2024 re: "Conduct Training on the Psychological First Aid on September 18-20, 2024.

This is to announce that the final venue for the said activity would be at the Swiss-Belhotel Blulane located at 609 Tomas Mapua St., Santa Cruz, Manila.

For more information, please contact:

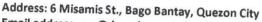
Connie P. Gepanayao, MD, FPPS Ms. Minalyn S. Morante, RN 09189411154 hnu.ncr@deped.gov.ph

ESSD/SHNU/jvb









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## Republic of the Philippines Pepartment of Education NATIONAL CAPITAL REGION



REGIONAL MEMORANDUM ORD-2024-

TO

SCHOOLS DIVISION SUPERINTENDENTS

SCHOOL MENTAL HEALTH FOCALS SDO-Valenzuela City

SDO-City of Manila SDO-TaPat

SDO-Caloocan City SDO-Las Piñas City SDO-Mandaluyong City All Others Concerned

FROM

OFFICE OF THE REGIONAL DIRECTOR

SUBJECT

TRAINING ON THE PSYCHOLOGICAL FIRST AID

DATE

September 6, 2024

- The Education Support Services Division's School Health and Nutrition Unit (ESSD-SHNU) of DepEd-NCR will conduct a 3-day training on the Psychological First Aid on September 18-20, 2024, at a venue to be announced (TBA). The said activity is in line with the School Mental Health Program (SMHP) of the Department of Education which aims to provide skills to medical personnel in appropriately deal with clients who experienced disaster/trauma in schools.
- In this connection, the following School Health Personnel are requested to attend:

Name	Designation	RO/SDO	
Connie P. Gepanayao, MD	Medical Officer IV	DepEd-NCR RO	
Minalyn S. Morante, RN	Technical Assistant II	DepEd-NCR RO	
Angel Anne M. Baylosis, RND	Technical Assistant I	DepEd-NCR RO	
Eunice F. Labon, RND	Technical Assistant I	DepEd-NCR RO	
Karen Y. Belagan, RN	Nurse III	SDO-Quezon City	
Angilica B. Asia	Technical Assistant I	DepEd-NCR RO	
Zaldy S. Mariano, DMD	Dentist II	SDO-Valenzuela City	
Alma C. Vergara, RN	Nurse II	SDO-Valenzuela City	
Glesie F. Caballo, RN	Nurse II	SDO-ValenzuelaCity	
Lovely Jane Dela Cruz, RN	Nurse II	SDO-City of Manila	
Mary Lou M. Aquino, RN	Nurse II	SDO-TaPat	
Amena A. Padua, RN	Nurse II	SDO-TaPat	







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#### Republic of the Philippines Department of Education

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Ana Maria M. Lanzarote	Nurse II	SDO-TaPat
Ederlyn L. Cruz, RN	Nurse II	SDO-TaPat
Patricia May F. Paras, RN	Nurse II	SDO-Caloocan City
Edwin Rosario	Nurse II	SDO-Las Piñas City
Maria Katrina S. Mostajo	Nurse I	SDO-Mandaluyong City
Joahna Celestine P. Bandal	Nurse I	SDO-Mandaluyong City
Maverick W. Antonio	Nurse I	SDO-Mandaluyong City

- For clarification and further information, please contact Connie P. Gepanayao, MD, FPPS, Medical Officer IV through email address: hnu.ncr@deped.gov.ph 3.
- Immediate dissemination of this Memorandum is desired. 4.





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Website: depedner.com.ph

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#### PSYCHOLOGICAL FIRST AID 3-DAY TRAINING September 18- 20, 2024

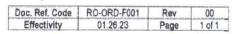
DAY/ TIME	TIME	TOPIC/ SESSION TITLE/ ACTIVITIES	IN- CHARGE		
Day 1	7:30- 8:30 AM	Registration			
	8:30- 9:00 AM	Preliminaries  National Anthem Prayer Welcome and Opening Remarks	AVP AVP Connie P. Gepanayao, MD, FPPS MO IV, DepEd- NCR		
		Inspirational Message     Acknowledgement of Participants	Jocelyn DR Andaya Director IV, DepEd- NCR Minalyn S. Morante, RN Technical Assistant II		
	9:00- 10:00 AM	LECTURE: Mental Health Awareness	Maria Laarni Carla C. Paranis, PhD RGC, LPT Education Program Supervisor		
	HEALTH BREAK				
	10:30 AM- 12:00 NN	LECTURE: What is Psychological First Aid	Maria Laarni Carla C. Paranis, PhD RGC, LPT Education Program Supervisor		
		LUNCH			
	1:00- 1:15 PM	Unfreezing Activities			
	1:15- 1:30PM	Exercise: Magsama-sama  Groupings, Group Name and Cheer			
	1:30- 3:00 PM	Module 1: Validating and Normalizing Feelings  Tableau  Mirroring  Music Art	Mr. Demosthenes Soriano  MT II, Rizal High School  SDO, Pasig City		







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### Department of Education NATIONAL CAPITAL REGION

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	3:00- 4:30 PM 4:30- 5:00 PM	Continuation of Module 1: Validating and Normalizing Feelings  Tableau Group Sharing Summary of Module 1  Community Singing	Mr. Demosthenes Soriano MT II, Rizal High School SDO, Pasig City
		DINNER	ere kon den de soe Auste, en ephosomo en este de energias à en que. Pois e de en amond de les distribuirs à com después
Day 2	8:00- 8:15 AM	Stretching Recap Unfreezing Activities	
	8:15- 9:45 AM	Module 2: Calming Down and Controlling One's Emotions  What I Usually Do  Every Breath You Take	Ms. Analyn P. Pica Teacher III, Ilugin Elementary School SDO, Pasig City
		HEALTH BREAK	
	10:15- 11:00 AM	Continuation of Module 2: Calming Down and Controlling One's Emotions  My Playlist  Summary of Module 2	Ms. Analyn P. Pica Teacher III, Ilugin Elementary School SDO, Pasig City
	11:00 AM-	Module 3: Identifying and Addressing Needs	Mr. Demosthenes Soriano
	12:00 NN		MT II, Rizal High School SDO, Pasig City
		LUNCH	
	1:00- 1:15	Unfreezing Activities	
Day 2	1:15- 3:00 PM	Module 4: Source of Strength Story Telling T-Shirt Art Lifeline Crossing the Hurdle	Dr. Arian T. Huit Teacher III, San Joaquin Kalawaan HS SDO- Pasig City
		Group Sharing	







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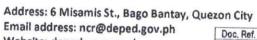
### Department of Education NATIONAL CAPITAL REGION

	HEALTH BREAK				
	3:30- 5:00 PM	Planning for Simulation	Dr. Arian T. Huit		
			Teacher III, San Joaquin Kalawaan HS		
			SDO- Pasig City		
		DINI	IER		
Day 3	8:00 am- 8:45 AM	Stretching and Breathing Exercises			
	AM	Recap			
	8:45 AM- 12:00 NN	PFA Simulation	Dr. Arian T. Huit		
	ININ	Group Simulation	Teacher III, San Joaquin Kalawaan HS		
			SDO- Pasig City		
	LUNCH				
	1:00- 1:30 PM	Unfreezing Activities			
	1:30- 4:00 PM	Feedbacking	Dr. Arian T. Huit		
			Teacher III, San Joaquin Kalawaan HS		
			SDO- Pasig City		
		PFA Synthesis	Ms. Analyn Pica		
			Teacher III, Ilugin Elementary School		
			SDO, Pasig City		
	4:00- 5:00 PM	Closing Program			
		Closing Remarks			
		Distribution of Certificates			
		Announcements			









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