



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.
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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



Address: 6 Misamis St., Bago Bantay, Quezon City
Email address: ncr@deped.gov.ph
Website: depedncr.com.ph

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REGIONAL MEMORANDUM
 ORD-2024- 088

TO : **SCHOOLS DIVISION SUPERINTENDENTS**
SCHOOL MENTAL HEALTH FOCALS
 SDO-Valenzuela City
 SDO-City of Manila
 SDO-TaPat
 SDO-Calocan 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-Valenzuela City
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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Ana Maria M. Lanzarote	Nurse II	SDO-TaPat
Ederlyn L. Cruz, RN	Nurse II	SDO-TaPat
Patricia May F. Paras, RN	Nurse II	SDO-Caloccan 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

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

JOCELYN DR. ANDAYA
Director IV



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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	AVP
		● Prayer	AVP
		● Welcome and Opening Remarks	Connie P. Gapanayao, MD, FPPS MO IV, DepEd- NCR
		● Inspirational Message	Jocelyn DR Andaya Director IV, DepEd- NCR
	● Acknowledgement of Participants	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	Mr. Demosthenes Soriano MT II, Rizal High School SDO, Pasig City	
	● Tableau		
	● Mirroring		
	● Music Art		



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<i>HEALTH BREAK</i>			
	3:00- 4:30 PM	Continuation of Module 1: Validating and Normalizing Feelings <ul style="list-style-type: none"> ● Tableau ● Group Sharing ● Summary of Module 1 	Mr. Demosthenes Soriano MT II, Rizal High School SDO, Pasig City
	4:30- 5:00 PM	Community Singing	
<i>DINNER</i>			
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 <ul style="list-style-type: none"> ● What I Usually Do ● Every Breath You Take 	Ms. Analyn P. Pica Teacher III, Ilugin Elementary School SDO, Pasig City
<i>HEALTH BREAK</i>			
	10:15- 11:00 AM	Continuation of Module 2: Calming Down and Controlling One's Emotions <ul style="list-style-type: none"> ● My Playlist ● Summary of Module 2 	Ms. Analyn P. Pica Teacher III, Ilugin Elementary School SDO, Pasig City
	11:00 AM- 12:00 NN	Module 3: Identifying and Addressing Needs	Mr. Demosthenes Soriano MT II, Rizal High School SDO, Pasig City
<i>LUNCH</i>			
	1:00- 1:15	Unfreezing Activities	
Day 2	1:15- 3:00 PM	Module 4: Source of Strength Story Telling <ul style="list-style-type: none"> ● T-Shirt Art ● Lifeline ● Crossing the Hurdle ● Group Sharing 	Dr. Arian T. Huit Teacher III, San Joaquin Kalawaan HS SDO- Pasig City



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