



ESSD/SHNU



Republic of the Philippines  
Department of Education  
NATIONAL CAPITAL REGION

REGIONAL MEMORANDUM  
ORD-2024- 898

**TO :** **SCHOOLS DIVISION SUPERINTENDENTS**  
**SCHOOL MENTAL HEALTH FOCALS**  
SDO-Valenzuela City  
SDO-City of Manila  
SDO-TaPat  
SDO-Calooan 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



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

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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

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

**JOCELYN DR. ANDAYA**  
Director IV



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Email address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
Website: [depedncr.com.ph](http://depedncr.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	<b>Preliminaries</b> <ul style="list-style-type: none"> <li>● National Anthem</li> <li>● Prayer</li> <li>● Welcome and Opening Remarks</li> <li>● Inspirational Message</li> <li>● Acknowledgement of Participants</li> </ul>	AVP AVP <b>Connie P. Gepanayao, MD, FPPS</b> MO IV, DepEd- NCR <b>Jocelyn DR Andaya</b> Director IV, DepEd- NCR <b>Minalyn S. Morante, RN</b> Technical Assistant II
	9:00- 10:00 AM	LECTURE: Mental Health Awareness	<b>Maria Laarni Carla C. Paranis, PhD,</b> <b>RGC, LPT</b> Education Program Supervisor
	<b>HEALTH BREAK</b>		
	10:30 AM- 12:00 NN	LECTURE: What is Psychological First Aid	<b>Maria Laarni Carla C. Paranis, PhD,</b> <b>RGC, LPT</b> Education Program Supervisor
	<b>LUNCH</b>		
	1:00- 1:15 PM	Unfreezing Activities	
	1:15- 1:30PM	<b>Exercise: Magsama-sama</b> <ul style="list-style-type: none"> <li>● Groupings, Group Name and Cheer</li> </ul>	
	1:30- 3:00 PM	<b>Module 1: Validating and Normalizing Feelings</b> <ul style="list-style-type: none"> <li>● Tableau</li> <li>● Mirroring</li> <li>● Music Art</li> </ul>	<b>Mr. Demosthenes Soriano</b> MT II, Rizal High School SDO, Pasig City



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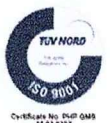
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<i>HEALTH BREAK</i>			
	3:00- 4:30 PM	Continuation of Module 1: Validating and Normalizing Feelings <ul style="list-style-type: none"> <li>● Tableau</li> <li>● Group Sharing</li> <li>● Summary of Module 1</li> </ul>	Mr. Demosthenes Soriano MT II, Rizal High School SDO, Pasig City
	4:30- 5:00 PM	Community Singing	
<i>DINNER</i>			
<b>Day 2</b>	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"> <li>● What I Usually Do</li> <li>● Every Breath You Take</li> </ul>	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"> <li>● My Playlist</li> <li>● Summary of Module 2</li> </ul>	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	
<b>Day 2</b>	1:15- 3:00 PM	Module 4: Source of Strength Story Telling <ul style="list-style-type: none"> <li>● T-Shirt Art</li> <li>● Lifeline</li> <li>● Crossing the Hurdle</li> <li>● Group Sharing</li> </ul>	Dr. Arian T. Huit Teacher III, San Joaquin Kalawaan HS SDO- Pasig City



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<i>HEALTH BREAK</i>		
	3:30- 5:00 PM	Planning for Simulation  Dr. Arian T. Huit Teacher III, San Joaquin Kalawaan HS SDO- Pasig City
<i>DINNER</i>		
<b>Day 3</b>	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
<i>LUNCH</i>		
	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