



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CEBU PROVINCE
IPHO Bldg., Sudlon, Lahug, Cebu City




October 2, 2019

DIVISION MEMORANDUM
No. 6085. 2019

**GENERAL ORIENTATION ON MENTAL HEALTH PEER SUPPORT AND
GENDER DISPARITY TO DEP-ED DIVISION NURSES**

**TO: Assistant Schools Division Superintendents
CID/SGOD Chiefs
PSDS/ DISTRICT OICS
Elementary/Secondary School Heads
All others concerned**

1. This office announces the conduct of **“GENERAL ORIENTATION ON MENTAL HEALTH PEER SUPPORT AND GENDER DISPARITY TO ALL DEPED NURSES AND PDO’S on October 8 to 11, 2019 at Golden Peak Hotel, Corner Gorordo Avenue, Cebu City.**
2. The purpose of this activity is to have an information drive on Mental Health Awareness.
3. Accommodation shall be charge to GAD Funds while travel and other incidental expenses shall be chargeable against local/Division MOOE Funds subject to its availability and usual accounting and auditing rules and regulations.
4. This Memorandum serves as Authority to Travel for the participants and Division Personnel.
5. Immediate and wide dissemination of this Memorandum is desired.


RHEA MAR. A. ANGTUD, Ed.D.
Schools Division Superintendent



**TRAINING DESIGN OF THE PROPOSED FOUR-DAY GENERAL ORIENTATION ON MENTAL
HEALTH AND GENDER DISPARITY**

Date: October 8 to 11, 2019

Venue: ECOTECH CENTER CEBU

**Course/Program Title: GENERAL ORIENTATION ON MENTAL HEALTH PEER SUPPORT AND
GENDER DISPARITY TO DEP-ED DIVISION NURSES**

I. Course/Program Brief Description:

Mental health refers on how we think, feel and behave. If a simple stress is not managed, depression may come in and if it is left untreated he/she can no longer control his feelings. Some of us may be running our life like a roller coaster as if there is no more tomorrow. In doing this, we not shortchange and deprive our loved one our time and attention, but also we can be unkind to our mind and body due to the stress that crammed activities create.

Over the course of our lives, when we experience mental health problems, our thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: biological factors, such as genes or brain chemistry, life experiences, such as trauma or abuse and family history of mental health problems. Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

As a learner-centered public institution, Department of Education fully supports The Philippine Mental Health Law. One of its agenda is to have information drive on Mental Health Awareness. It is indeed helpful in dealing and helping our learners with mental health problems especially to those experiencing depression and having suicidal thoughts.

II. Particular Continuing Competencies:

After the General Orientation on Mental Health Peer Support for Department of Education Nurses, the participants will be:

- Oriented with Mental Health Program
- Acquired knowledge with Mental Health terminologies
- Capacitated with skills in supportive communication
- Capacitated with skills in Psychological-First Aid
- Equipped with Gender Disparity Awareness in Relation to Mental Health

III. Content/ Details:

Sub-Topics	Expected Learning Outcomes	Activities to Achieve Learning Outcomes	Assessment Strategies including Assessment Tools	Requirements/ Outputs	Resource Person
Day 1: October 8, 2019 (Tuesday)					
7:00-8:00 AM Registration of Participants					
8:00- 9:00 AM (1 hr) Opening Program	The participants are expected to: - Explain the rationale of this general orientation. - Level their expectation from the speakers etc. & vice versa	Lecture/ Discussion	Not Applicable	Not Applicable	Dr. Novie O. Mangubat- SGOD- Chief Dr. Gerardo S. Mantos- SGOD- EPS Dr. Rhea Mar A. Angtud- SDS Ms. Paz T. Bacolod, LPT- PDO-I
Session 1 9:00 – 10:00 (1 hour) Gender Disparity in Relation to Mental Health	The participants are expected to: -Understand the concept of Gender Disparity in Relation to Mental Health	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Dr. Gerardo S. Mantos- SGOD- EPS
Session 2 10:00 AM- 12:00 NOON (2 hours) Mental Health & Psychosocial Support with Group Activity (Warm Up)	The participants are expected to: -Understand the concept of Mental Health and Psychosocial Support	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Ms. Phoebe Kirl D. Morala
12:00-1:00 PM---- Lunch Break					
1:00 PM- 1: PM (15 mins.) Breathing Exercise					Group 1
Session 3: 1:15 PM- 4:15 PM (3hr) Psychological First Aida Support	The participants are expected to: -Understand the concept of Psychosocial Support	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Edith Rose R. Santos, MSN
3:00-3:15 PM (15 mins) Group	The participants are expected to:	Lecture/ Discussion/ Group	Personal Reflection Sheet	Accomplished Reflection	Facilitators

Activity (TABLEAU)	- Validate and normalized feelings - Identify and address needs and sources of strength	Work Activities		Sheet/Daily Journal	
3:15-3:30 PM (15 mins.) Breathing Exercise	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators
3:30-4:00 PM (30 mins.) Identifying and Addressing Needs	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators
4:00- 4:30 PM (30 mins.) Group Activity (T-Shirt Art, Crossing the Hurdle)	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators
4:30- 5:00 PM (30 mins.) Reflection	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators

Day 2: October 9, 2019 (Wednesday)

7:30-8:00AM Management of Learning- Group 2

Session 4: 8:00-11:00 AM (3 hrs.) Art, Drama and Dance Therapy	The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Ms. Rosemarie C. Gonato Psychologist
11:00 AM- 12:00 NOON (1 hr.) Group Activity	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators

12:00-1:00 PM---- Lunch Break

1:00-1:15 PM (15 mins.) Warm Up Activity					Group 3
Session 5: 1:15-4:15 PM (3 hrs. & 45 mins.) Anxiety, Depression, Post Traumatic Stress	The participants are expected toq: -Understand the concept of Grief and Self-care and Post Traumatic	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Dr. Ubra-Tawag Paglaum

Disorder	Stress Disorder				
4:00-5:00 PM (1 hr.) Group Activity	The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators
Day 3: October 10, 2019 (Thursday)					
7:30-8:00AM Management of Learning					
8:00-8:15 AM Warm Up					Group 4
Session 6: 8:15-12:00 NOON (3 hrs. and 45 mins) Simulation	The participants are expected to: - Apply what they learn	Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Facilitators
12:00-1:00 PM---- Lunch Break					
1:00-1:15PM (15 mins) Warm Up					Group 5
Session 7: 1:15-1:45 PM (30 mins.) Stress, Stress Capacity & Stress Overload	The participants are expected to: - Understand the nature of stress and difference between stress capacity & stress overload.	Lecture/Discussion/ Media Presentation	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Ms. Japhet Angel K. Tabiolo, RN, LPT- PDO-I
Session 8: 1:45-2:45 PM (1 hr.) Mental Health Myths & Facts	The participants are expected to: - Understand Mental Health, its Myths & Facts	Lecture/Discussion	Personal Reflection Sheet	Accomplished Reflection Sheet/ Daily Journal	Ms. Japhet Angel K. Tabiolo, RN, LPT- PDO-I
2:45-3:00PM----- SNACK BREAK					
Session 9: 3:00-4:30 PM (1 hr. & 30 mins) Stigma & Suicide Myths & Facts	The participants are expected to: - Understand Stigma & Suicide Myths & Facts	Lecture/ Discussion/ Media Presentation/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Ms. Paz T. Bacolod, LPT- PDO-I
Session 10: 4:30-5:00 PM (30 mins.) Mental Health Peer Support	The participants are expected to: -Understand the concept of Mental Health Peer Support	Lecture/Discussion	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Ms. Paz T. Bacolod, LPT- PDO I
Day 4: October 11, 2019 (Friday)					
7:30-8:00AM Management of Learning					
Session 11: 8:00-9:00 AM (1 hr.) Effective Communication	The participants are expected to: -Understand the concept of Effective Communication	Lecture/ Discussion	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	Atty. Orville T. Dela Cerna- Legal Officer III
Session 12: 9:00AM-11:00	The participants are expected to:	Lecture/ Discussion/ Group	Personal	Accomplished Reflection	Atty. Orville T. Dela Cerna-

AM (2 hrs.) Supportive Communication with Practice Activities 11:00 AM- 12:00 NOON (1 hr.) Demonstration	- Learn the basic concepts, principles & techniques of supportive communication	Work Activities	Reflection Sheet	Sheet/Daily Journal	Legal Officer III
12:00-1:00 PM---- Lunch Break					
Session 13: 1:00- 4:30 PM (3 hrs. & 30 mins.) Supportive Communication Workshop Proper	The participants are expected to: - Acquire the necessary skills in supportive communication	Group Work Activities	Demonstration	Accomplished Reflection Sheet/Daily Journal	Atty. Orville T. Dela Cerna- Legal Officer III
4:30-5:00 PM (30 mins.) Closing Program	Challenge Response Distribution of Attendance/ Participation Closing Remarks	Attendance of Participation	Dr. Novie O. Mangubat- SGOD Chief Participants Dr. Novie O. Mangubat Dr. Gerardo S. Mantos- SGOD EPS		

Financial Projection:

Php 506,045.67

Expected Number of Participants:

70 Participants

Proposed Charge of the Participants:

Free

Relevant Details in Support of the Financial Viability of the Program: **The expenses of this activity will be charged to Division Medical Funds.**

Prepared by:


IVY B. DIEZ, RN
NURSE II

Reviewed by:


VIRGILIO C. TANTICO, MD
MEDICAL OFFICER III

Noted by:


CARTESA M. PERICO
ASDS

Approved by:


RHEA MAR A. ANGTUD, Ed.D.
Schools Division Superintendent