



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OFFICE OF MOUNTAIN PROVINCE
Bontoc, Mountain Province



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DIVISION MEMO

No. 875 s. 2019

To: Public Schools District Supervisors
Elementary and Secondary School Heads
School DRRM Coordinators/Alternate
Teachers
All Others Concerned

OFFICE OF THE DIVISION
OFFICER OF THE SCHOOLS DIVISION
SUPERINTENDENT
RELEASED

From: 
FEDERICO P. MARTIN, Ed.D, CEDD, CESO V
Schools Division Superintendent *File*

Subject: **TRAINING OF TRAINORS ON MENTAL HEALTH and PSYCHOLOGICAL
PROCESSING**

Date: **September 24, 2019**

- School personnel most especially teachers are the second parents of our students, and schools, naturally, are their second homes. As we continue to deal with calamities and disasters that now happen year-round, there is a greater need to capacitate our teachers with skills that allow them to enhance the role they play in our student's lives. In this regard, please be informed of a **Capability Building on Mental Health and Psychological Processing** to be conducted on November 13-15, 2019 (exclusive of travel days). Exact venue to be announced later.
- The training aims to orient participants on mental health promotion: resiliency, sources of strength, self-care and validation of feelings; capacitate participants on the conduct of PSS/PFA, dealing with bullying, suicide and depression; relaxation techniques and breathing exercises, awareness on standards for teen hub/adolescent friendly spaces among participants; identify common MHPSS problems; and identify individuals at risk for depression and suicide.
- There are only 70 slots for this training and expected participants are School DRRM Coordinators and selected school guidance designates.
- No registration fee shall be collected, however, travelling expenses and lodging of participants shall be charged to School MOOE or local funds while meals and snacks, and training kits shall be charged to DRRM Funds/Local funds subject to existing COA rules and regulations.
- For queries, you can contact Leila Abad, program coordinator thru the following contact numbers: 09956018486/09193213659 or thru her email: leila.abad@deped.gov.ph.
- Widest dissemination of this memorandum is desired.

lpa/SGODS/MN-DRRM