

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. 608s. 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.

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



Republic of the Philippines Department of Education Region VII, Central Visayas

DIVISION OF CEBU PROVINCE

IPHO Bldg., Sudlon, Lahug, Cebu City



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 think ing, 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					
Scheduled Dates & Time Allotment for every topic (in hours)	Expected Learning Outcomes	Activities to Achieve Learning Outcomes	Assessment Strategies including Assessment Tools	Requirements/ Outputs	Resource Person
Day 1: Octobe	r 8, 2019 (Tuesda	(Y)			
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.	Lecture/ Discussion	Not Applicable	Not Applicable	Dr. Novie O. Mangubat- SGOD- Chief Dr. Gerardo S. Mantos- SGOD- EPS Dr. Rhea Mar A. Angtud- SDS
	- Level their expectation from the speakers etc. & vice versa				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 Kir D. Morala
12:00-1:00 PM	Lunch Break		L		1
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

			į.		
Activity	- Validate and	Work Activities		Sheet/Daily	
(TABLEAU)	normalized feelings			Journal	
	- Identify and			*	
	address needs and	li di	·		
	sources of strength			4	
	Sources of strength				
3:15-3:30 PM (15	The participants	Lecture/	Personal	Accomplished	Facilitators
mins.) Breathing	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	1 acilitators
Exercise	- Validate and	Work Activities	Kellection sileet		
Exercise	1	Work Activities		Sheet/Daily	
	normalized feelings			Journal	
	- Identify and				
	address needs and				
	sources of strength		}		1
2 22 4 22 214/22	ļ				
3:30-4:00 PM (30	The participants	Lecture/	Personal	Accomplished	Facilitators
mins.) Identifying	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	
and Addressing	- Validate and	Work Activities		Sheet/Daily	
Needs	normalized feelings			Journal	
	- Identify and				
	address needs and		1		
	sources of strength				
					}
4:00- 4:30 PM (30	The participants	Lecture/	Personal	Accomplished	Facilitators
mins.) Group	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	
Activity (T-Shirt	- Validate and	Work Activities		Sheet/Daily	
Art, Crossing the	normalized feelings	, Trotte received		Journal	1
Hurdle)	- Identify and	,		Journal	
riuiuie)	1				
	address needs and				
	sources of strength	9			
4:30- 5:00 PM (30	The most discuss of	1	D 1		ļ <u>-</u>
	The participants ?	Lecture/	Personal	Accomplished	Facilitators
mins.) Reflection	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	1
				Cl + /D - 1	1
	- Validate and	Work Activities		Sheet/Daily	
	- Validate and normalized feelings	Work Activities		Journal	
		Work Activities			
	normalized feelings	Work Activities			
	normalized feelings - Identify and	Work Activities			
	normalized feelings - Identify and address needs and sources of strength				
Day 2: Octobe	normalized feelings - Identify and address needs and				
Day 2: Octobe	normalized feelings - Identify and address needs and sources of strength				
	normalized feelings - Identify and address needs and sources of strength	sday)			
	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne	sday)			
	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne	sday)	Personal		
7:30-8:00AM	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne	sday) .earning- Group 2		Journal	
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I	sday) .earning- Group 2	Personal	Journal Accomplished Reflection	Ms. Rosemarie
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the	sday) Learning- Group 2 Lecture/ Discussion/ Group	Personal	Journal Accomplished Reflection Sheet/Daily	Ms. Rosemarie C. Gonato
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of L The participants are expected to: -Understand the concept of Art,	sday) Learning- Group 2 Lecture/ Discussion/ Group	Personal	Journal Accomplished Reflection	
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance	sday) Learning- Group 2 Lecture/ Discussion/ Group	Personal	Journal Accomplished Reflection Sheet/Daily	
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of L The participants are expected to: -Understand the concept of Art,	sday) Learning- Group 2 Lecture/ Discussion/ Group	Personal	Journal Accomplished Reflection Sheet/Daily	C. Gonato
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy	sday) Learning- Group 2 Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of L The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants	sday) Learning- Group 2 Lecture/ Discussion/ Group Work Activities Lecture/	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal	C. Gonato
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to:	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and	sday) Learning- Group 2 Lecture/ Discussion/ Group Work Activities Lecture/	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.)	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 12:00-1:00 PM	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 12:00-1:00 PM 1:00-1:15 PM (15 mins.) Warm Up	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 12:00-1:00 PM 1:00-1:15 PM (15 mins.) Warm Up	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	sday) Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group	Personal Reflection Sheet Personal	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 1:00-1:15 PM (15 mins.) Warm Up Activity Session 5: 1:15-	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: - Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength Lunch Break The participants	Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily Journal	C. Gonato Psychologist Facilitators Group 3 Dr. Ubra-
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 1:00-1:15 PM (15 mins.) Warm Up Activity Session 5: 1:15- 4:15 PM (3 hrs. &	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength	Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily Journal	C. Gonato Psychologist Facilitators Group 3
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 1:00-1:15 PM (15 mins.) Warm Up Activity Session 5: 1:15- 4:15 PM (3 hrs. & 45 mins.) Anxiety,	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength I Lunch Break The participants are expected to: - Understand the	Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators Group 3
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 12:00-1:15 PM (15 mins.) Warm Up Activity Session 5: 1:15- 4:15 PM (3 hrs. & 45 mins.) Anxiety, Depression, Post	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength I Lunch Break The participants are expected toq: -Understand the concept of Grief	Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily Journal	C. Gonato Psychologist Facilitators Group 3
7:30-8:00AM Session 4: 8:00- 11:00 AM (3 hrs.) Art, Drama and Dance Therapy 11:00 AM- 12:00 NOON (1 hr.) Group Activity 1:00-1:15 PM (15 mins.) Warm Up Activity Session 5: 1:15- 4:15 PM (3 hrs. & 45 mins.) Anxiety,	normalized feelings - Identify and address needs and sources of strength r 9, 2019 (Wedne Management of I The participants are expected to: -Understand the concept of Art, Drama and Dance Therapy The participants are expected to: - Validate and normalized feelings - Identify and address needs and sources of strength I Lunch Break The participants are expected to: - Understand the	Lecture/ Discussion/ Group Work Activities Lecture/ Discussion/ Group Work Activities	Personal Reflection Sheet Personal Reflection Sheet	Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily Journal Accomplished Reflection Sheet/Daily	C. Gonato Psychologist Facilitators Group 3

			,		
Disorder	Stress Disorder				
4:00-5:00 PM (1	The participants	Lecture/	Personal	Accomplished	Facilitators
hr.) Group	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	racilitatois
			Reflection Sheet	1	
Activity	- Validate and	Work Activities		Sheet/Daily	
	normalized feelings			Journal	
	- Identify and				
	address needs and		-		
	sources of strength				
Day 3: Octobe	r 10, 2019 (Thurs	day)	1	<u> </u>	<u> </u>
7:30-8:00AM	Management of	Learning			
8:00-8:15 AM			I		Group 4
Warm Up					
			"		
Session 6: 8:15-	The participants	Lecture/	Personal	Accomplished	Facilitators
12:00 NOON (3	are expected to:	Discussion/ Group	Reflection Sheet	Reflection	
hrs. and 45 mins)	- Apply what they	Work Activities		Sheet/Daily	
Simulation	learn			Journal	
Similation	icani			Jodina	
.2:00-1:00 PM	1 Lunch Break				
1:00-1:15PM (15					Group 5
mins) Warm Up	1				
Session 7: 1:15-	The participants	Lecture/Discussion/	Personal	Accomplished	Ms. Japhet
1:45 PM (30	are expected to:	Media Presentation	Reflection Sheet	Reflection	Angel K.
-		iviedia Presentation	Reflection sheet		1
mins.) Stress,	- Understand the			Sheet/Daily	Tabiolo, RN
Stress Capacity &	nature of stress			Journal	LPT- PDO-I
Stress Overload	and difference			1	es.
	between stress				
	capacity & stress				
	overload.				
Session 8:	The participants	Lecture/Discussion	Personal	Accomplished	Ms. Japhet
		Lecture/Discussion	100 1000 1000 1000		
1:45-2:45 PM (1	are expected to:		Reflection Sheet	Reflection Sheet/	Angel K.
hr.) Mental	- Understand			Daily Journal	Tabiolo,RN,
Health Myths &	Mental Health, its				LPT- PDO-I
Facts	Myths & Facts				
2:45-3:00PM	SNACK BREAK		L		L
Session 9: 3:00-	The participants	Lecture/	Personal	Accomplished	Ms. Paz T.
4:30 PM (1 hr. &	are expected to:	Discussion/ Media	Reflection Sheet	Reflection	Bacolod, LPT
			venection street		
30 mins)	- Understand	Presentation/		Sheet/Daily	PDO-I
Stigma & Suicide	Stigma & Suicide	Group Work		Journal	
Myths & Facts	Myths & Facts	Activities			
Session 10: 4:30-	The participants	Lecture/Discussion	Personal	Accomplished	Ms. Paz T.
5:00 PM (30	are expected to:		Reflection Sheet	Reflection	Bacolod, LPT
mins.) Mental	-Understand the			Sheet/Daily	PDO I
					7001
Health Peer	concept of Mental			Journal	
Support	Health Peer				
	Support				
ay 4: Octobe	r 11, 2019 (Friday)	J		<u> </u>
:30-8:00AM	Management of L	earning			
Session 11: 8:00-	The participants	Lecture/ Discussion	Personal	Accomplished	Atty. Orville
	The participants	Lecture/ Discussion	Reflection Sheet	Reflection	Dela Cerna-
9:00 AM (1 hr.)	are expected to:		Reflection Sheet		
Effective	-Understand the	×		Sheet/Daily	Legal Officer
Communication	concept of Effective Communication		,	Journal	
	Communication				
Session 12:	The participants	Lecture/	Personal	Accomplished	Atty. Orville
9:00AM-11:00	are expected to:	Discussion/ Group		Reflection	Dela Cerna-

are expected to:

9:00AM-11:00

Discussion/ Group

Reflection

Dela Cerna-

AM (2 hrs.)	- Lèarn the basic	Work Activities	Reflection Sheet	Sheet/Daily	Legal Officer III	
Supportive ·	concepts, principles			Journal		
Communication	& techniques of			•		
with Practice	supportive			ч		
Activities	communication					
11:00 AM- 12:00	,	n 71		b		
NOON (1 hr.)						
Demonstration						
12:00-1:00 PM Lunch Break						
Session 13: 1:00-	The participants	Group Work	Demonstration	Accomplished	Atty. Orville T.	
4:30 PM (3 hrs. &	are expected to:	Activities		Reflection	Dela Cerna-	
30 mins.)	- Acquire the			Sheet/Daily	Legal Officer III	
Supportive	necessary skills in			Journal		
Communication	supportive					
Workshop Proper	communication					
4:30-5:00 PM (30	Challenge		Dr. Novie O. Mangubat- SGOD Chief			
mins.) Closing	Response		Participants			
Program	Distribution of Attendance of Attendance/		Dr. Novie O. Mangubat			
	Participation					
	Closing Remarks		Dr. Gerardo S. Mantos- SGOD EPS			
			1			

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. TANTUICO, MD

MEDICAL OFFICER III

Noted by:

CARTESA M. PERICO

ASDS

Approved by:

RHEAMAR A. ANGTUD, Ed.D.
Schools Division Superintendent