



Republic of the Philippines
Department of Education
MIMAROPA Region
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

November 6 2023

DIVISION MEMORANDUM

No. 68, s. 2023

DIVISION TRAINING WORKSHOP ON MENTAL HEALTH

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Administrative Officer V, Administrative Services
All Others Concerned

1. The Schools Governance and Operations Division - Health and Nutrition Section shall conduct Division Training Workshop on Mental Health Education to be held at Balar Hotel and Spa Conference Center on November 13-14, 2023.
2. The activity aims to:
 - a. train the participants to recognize the early stages of anxiety and depression;
 - b. equip personnel on the right communication skills needed to uplift the spirit of affected individuals and in managing anxiety and depression
 - c. identify associated factors related to anxiety and depression; and
 - d. discuss mental health referral system in schools
3. Participants in this activity are elementary and secondary guidance designates as stated in Enclosure No. 2
4. All guidance designates with scheduled classes on the specified dates shall apply modular learning among learners to avoid disruption of classes.
5. Attached as Enclosures are the following:
 - a. Enclosure No. 1 Training Matrix
 - b. Enclosure No. 2 List of Participants

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6. Immediate dissemination of the contents of this Memorandum is highly desired.



LYNN G. MENDOZA, EdD
OIC, Schools Division Superintendent

Enclosure: As stated.

Reference: None

To be indicated in the Division Perpetual Index under following subjects

Health Education

Learners

Programs

Research or Studies

Schools

Teachers

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TRAINING MATRIX

DIVISION TRAINING WORKSHOP ON MENTAL HEALTH
November 13-14, 2023 | 8:00 AM – 4:00 PM

DAY 1: NOVEMBER 13, 2023		
TIME	ACTIVITY	IN-CHARGE
8:00 AM- 8:30AM	ARRIVAL AND REGISTRATION	
8:31 AM – 8:45 AM	Preliminaries <ul style="list-style-type: none"> • Opening Prayer • Nationalistic Song • DepEd Quality Policy Statement 	AVP
8:46 AM -8:45 AM	Welcome Remarks	MA. CECILIA S. MANAY Chief, Schools Governance and Operations Division
8:46 AM -8:55 AM	Message	FELIX M. FAMARAN Assistant Schools Division Superintendent
8:56 AM – 9:05 AM	Inspirational Message	LYNN G. MENDOZA, EdD OIC, Schools Division Superintendent
9:06 – 9:15 AM	INTRODUCTION OF PARTICIPANTS	
9:16 – 9:30 AM	Introduction of Speaker	MELANNIE M. LLASOS Nurse II
9:31 – 10:30 AM	Mental Health in Schools Part I	DR. RICA MAI O. LARGA, MD Medical Officer III
10:31 AM – 10:45 AM	HEALTH BREAK	
10:46 AM – 11:30 AM	Mental Health in Schools Part II	DR. RICA MAI O. LARGA, MD Medical Officer III
11:31 – 11:45 AM	OPEN FORUM	
11:46 – 12:00 PM	AWARDING OF CERTIFICATE TO THE GUEST SPEAKER	
12:00 PM – 12:59 PM	LUNCH BREAK	

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1:00 PM – 2:30 PM	Understanding Mental Health, Anxiety, Depression	DR. JONANI L. SAJO, MD, FPPA Medical Specialist I
2:31 PM – 2:40 PM	HEALTH BREAK	
2:40 PM – 3:40 PM	Making Mental Health and Well-Being For All a Priority	DR. JONANI L. SAJO, MD, FPPA Medical Specialist I
3:41 PM – 3:50 PM	OPEN FORUM	
3:51 PM – 4:00 PM	AWARDING OF CERTIFICATE TO THE GUEST SPEAKER	
END OF DAY 1		

DAY 2: NOVEMBER 14, 2023		
TIME	ACTIVITY	IN-CHARGE
8:00 AM - 8:30AM	ARRIVAL AND REGISTRATION	
8:31 AM – 8:40 AM	ZUMBA	
8:41 – 9:00 AM	Introduction of Guest Speaker	MARIA KRISTINE NICOLA D. IGLESIA Nurse II
9:00 – 10:15 AM	I. Managing Anxiety Attack in the Classroom or School	DR. JELLIAN RICAFFRENTE
10:15 AM – 10:30 AM	HEALTH BREAK	
10:30 – 11:30 PM	II. Relaxation Technique and Stress Management	DR. JELLIAN RICAFFRENTE
11:31 PM – 11:50 PM	OPEN FORUM	
11:51 – 12:00 PM	AWARDING OF CERTIFICATE TO THE GUEST SPEAKER	
12:00 PM – 12:59 PM	LUNCH BREAK	
1:00 PM – 1:30 PM	GROUP ACTIVITY	
1:31 PM – 3:30 PM	GROUP PRESENTATION	
3:31 – 3:45 PM	Wrap Up	KYM LUZETTE S. MAMING Nurse II
3:46 -4:00	Vote of Thanks	MA. CONCORDIA M. EBORA Nurse II/Nurse-in-Charge
SHENALYN P. PENASCOSAS Nurse II Master of Ceremony/Moderator		

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LIST OF PARTICIPANTS

Teaching Personnel	
238 Elementary and Secondary Guidance Designates	
1. One (1) guidance designate representative per school except for the following schools:	
Marinduque National High School – 3 representatives	
Buenavista National High School (Main) – 2 representatives	
Bangbang National High School – 2 representatives	
Makapuyat National High School – 2 representatives	
Landy National High School – 2 representatives	
Mogpog National Comprehensive High School – 2 representatives	
Matuyatuya National High School – 2 representatives	
Matalaba National High School – 2 representatives	

Non-Teaching Personnel		
SGOD Personnel (Program observers)	Maita M. Lazares	Education Program Supervisor
	Mayda N. Lagran	Education Program Specialist – Social Mobilization and Networking Section
	Melanie M. Mendoza	SEPS – Social Mobilization and Networking Section
	Abet R. Faundo	Education Program Specialist - HRDS
	Kyle David V. Atienza	Senior Education Program Specialist - HRDS
SGOD Health and Nutrition Section Personnel (Members of program implementation team)	Rica Mai O. Larga	Medical Officer III
	Eugenil L. Rodil	Dentist II
	Herbert L. Lastra	Dentist II
	Queza Rina Q. Membrebe	Dentist II
	Ma. Concordia M. Ehora	Nurse II
	Susan P. Fatalla	Nurse II
	Rowena M. Malabana	Nurse II
	Thessie P. Oracion	Nurse II
	Melannie M. Llasos	Nurse II
	Loida M. Ordillano	Nurse II
	Shenalyn P. Penascosas	Nurse II
	Joy Eltona N. Raza	Nurse II
	Kym Luzette S. Maming	Nurse II

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	Maria Kristine Nicola D. Iglesia	Nurse II
	Perry N. Jardiniano	Nurse II
	Jarrence S. Narito	Nurse II
	Anna Mae SD. Luslos	Nurse II
	Susan S. Tan	Nurse II
	Wendy P. Lasic	Dental Aide
	Benedicto R. Mogol	Dental Aide

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