



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division Superintendent

04 August 2022

DIVISION MEMORANDUM

No. **432** s. 2022

ADDENDUM TO DIVISION MEMORANDUM NO. 335 & 366, S. 2022
RE: ESSENTIALS OF MENTAL HEALTH, WELLNESS AND WELLBEING

To: **Division Executive Committee**
Public Schools District Supervisors/ Districts-in-Charge
Secondary and Elementary School Heads
Secondary and Elementary Teachers
This Division

1. Relative to Division Memorandum No. 335, and 366, s. 2022, attached is a copy of the training matrix for your reference.
2. All other provisions of Division Memorandum No. 335 and 366, s. 2022 remain enforced.
3. For queries, participants may coordinate with Irish Karylle D. Monte (SEPS- HRD) through via irishkarylle.monte@deped.gov.ph or Eman A. Lachica (EPS II-HRD) via eman.lachica@deped.gov.ph.
4. Wide dissemination of this Memorandum is hereby enjoined.


JONATHAN S. DELA PEÑA, PhD, CESO V
Schools Division Superintendent *JK*

Encls.: As stated

References: *None*

To be indicated in the Perpetual Index

under the following subjects:

PROFESSIONAL DEVELOPMENT
ONLINE TRAINING
EMPLOYEE WELFARE
WELLNESS
MENTAL HEALTH



SGOD, HRD-i.monte



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ESSENTIALS OF MENTAL HEALTH, WELLNESS AND WELL-BEING

August 9 to 10, 11 to 12, 16 to 17, and 18 to 19, 2022 | Venue: Via Zoom

Speaker's Profile

DR. JOSEPH C. FRANCISCO, RPSY

Dr. Joseph C. Francisco is a licensed psychologist, and a registered psychometrician. He is also a certified specialist in clinical psychology and assessment psychology. Dr. Francisco finished his Ph.D. in psychology at the University of Santo Tomas and graduated cum laude.

At present, he is the Director of Research and Development and in-house psychologist of Profile Asia Pacific, Inc. of the Profiles Group of Companies wherein he specializes in the development of standardized psychological assessment and competency-based tools for company personnel screening, selection, and promotion, and academic assessments, and conducts clinical interviewing, practice debriefing and counseling.

He was previously the Dean of the College of Arts and Sciences and concurrently the chairperson of Psychology Department at Lyceum of the Philippines University. He is also a consultant for test construction and national lecturer for psychology board exams.

Dr. Francisco has garnered various awards in the field of Psychology as a registered Psychologist and a registered Psychometrician. He is a certified specialist in Clinical Psychology awarded by the Psychological Association of the Philippines (PAP), a certified Specialist in Assessment Psychology also awarded by PAP, a Certified Basic EMDR Practitioner on Single Trauma Patients - Awarded by EMDR, and a certified CHED GE trainer – Awarded by CHED thru CEU on November 11, 2016.

He has appeared as a resource person in television and radio programs, like Stand for Truth, Investigative Journalism, Ang Pinaka, Dapat Alam Mo at GMA News TV, Henry & Missy in DZRH, also in seminars of the National Council for Children's Television. Dr. Francisco is a member of the Psychological Association of the Philippines.

MANILA

502 OMM Citra Building, 39 San Miguel Ave.,
Ortigas Center, Pasig City 1605

CEBU

5F Park Centrale Building, Jose Maria del Mar St.,
corner Abad Street, Cebu IT Park

ESSENTIALS OF MENTAL HEALTH, WELLNESS AND WELL-BEING

August 9 to 10, 11 to 12, 16 to 17, and 18 to 19, 2022 | Venue: Via Zoom

Speaker's Profile

MARY DONNABEL BULORON, M.A., RPM

Donnavel is a licensed psychometrician with a master's degree in guidance and counseling. She is now working on her **PhD in social psychology**.

Her career experience is a mix of academe and industry practice.

After graduating cum laude from the University of the Philippines–Cebu, Donnavel, who took up psychology, worked as a talent development officer at an HR consulting firm in the city.

There, she handled various training programs and organizational development projects, honing her skills in training-outline creation, training implementation, and organizational assessment.

She went on to become the training officer of one of the city's renowned non-government organizations.

As a training officer, she was responsible for setting up the organization's training unit and overseeing the full training cycle, from planning to implementation and evaluation.

She was also responsible for creating the organization's competency-based training, performance-management system, and succession planning.

Looking for opportunities outside the HR industry, she took a teaching job in one of Cebu's prestigious colleges.

Donnavel has been teaching major subjects in psychology—such as psychological testing and assessment, social psychology, and experimental psychology—for the past nine years.

She has also been advising research projects and writing research articles for the college department's journal. While teaching, Donnavel ranked **third in the 2015 Psychometrician Board Examination** nationwide. In the same year, she became the college's guidance personnel.

Donnavel served as the psychology program head for the school year 2020–2021.

Aside from her academic career, she works as an associate consultant and facilitator at People Dynamics Inc.

In this role of Donnavel, she helps develop training modules and leadership assessment tools, among others.

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Learning and Development Program Title: _Essentials of Mental Health, Wellness and Well-being
 Date_August 9 to 10, 11 to 12, 16 to 17, and 18 to 19, 2022 | Venue: Via Zoom

Participants : *Master teachers, ASDs, field personnel of DepEd Misamis Oriental (4 batches with 50pax/batch)*

Objectives of the Training:

Terminal Objective:

What would be the end result of the training program to the participants and to the organization

Objectives of the training programs:

By the end of this activity, the participants shall be able to:

1. Define mental health and its composite concepts.
2. Understand how mental health and well-being affects the work life, social and family life, and personal endeavors of individuals
3. Identify basic emotions (primary and secondary) and common languages related to them.
4. Recognize red flags of common mental health problems that manifests in the workplace.
5. Apply concepts and skills in the management of COVID-19 stress/psychological emergencies in the workplace.

Time	Topic/s	Speaker	Topic Description, Session Objective/s Activity/ies with Instructions Abstraction and Application	Materials Needed
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DAY 1:				
7:30 AM – 8:00 AM	Registration	Training Team		
Opening Ceremony				
8:00AM – 8:45AM	<ul style="list-style-type: none"> • Prayer, National Anthem, Welcome Remarks • Inspirational Message by Dr. Dela Peña • Setting of Expectations (Hopes and Fears) 	<ul style="list-style-type: none"> • Training Team • Video message from Dr. Dela Peña 		PDI video loop AVP for the prayer National Anthem Video Message Padlet link

Participants : *Master teachers, ASDs, field personnel of DepEd Misamis Oriental (4 batches with 50pax/batch)*

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DAY 1				
8:45 AM to 10:00 AM	1. Mental health and the role of emotions: primary, emotion-combinations, secondary, emotion waves	Ms. Mary Donnavel A. Libron-Buloron, MA, Rpm	Session 1 Objectives: Participants will be able to understand what mental health is, it's components, the value of emotion and cognitive regulation, and be provided with strategies for personal efficiency	Pen Paper Laptop Headphones
10:15 AM to 12:00NN	2. Mental health, well-being and daily living a. Life stressors and other root causes of low well-being levels b. Protective factors c. Achieving high well-being levels through the PERMA Framework			

Participants : Master teachers, ASDs, field personnel of DepEd Misamis Oriental (4 batches with 50pax/batch)

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Time	Topic/s	Speaker	Topic Description, Session Objective/s Activity/ies with Instructions Abstraction and Application	Materials Needed
DAY 2				
8:00 to 10:00 AM	3. Recognizing red flags in mental health	Dr. Joseph Francisco	Session 2 Objectives: The participants will be provided with strategies in dealing with mental health concerns in their respective schools. They will also be provided with guidelines in integrating Mental Health Activities or Psychological First Aid in their schools.	Laptop Headphone
10:15 AM to 12:00 NN	4. Basic Psychological First-aid in the workplace <ol style="list-style-type: none"> a. Activating an emergency protocol b. Managing responder's emotions c. Knowing Hotlines d. Identifying next-of-kin e. Safety precautions 			
			Activities: Engagement Checks Simulation session Interactive lecture-discussion Breakout session on the development of school-based Psychological First Aid or Mental Health Activity	

Participants : *Master teachers, ASDs, field personnel of DepEd Misamis Oriental (4 batches with 50pax/batch)*

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Time	Topic/s	Speaker	Topic Description, Session Objective/s Activity/ies with Instructions Abstraction and Application	Materials Needed
			Application: Presentation of the developed guidelines for facilitator's feedback	