



Republic of the Philippines
Department of Education
REGION III
Schools Division Office of Bulacan

May 30, 2023

DIVISION MEMORANDUM
No. 219, s.2023

**CAPACITY BUILDING OF SELECT CLINIC TEACHERS ON THE PROVISION
OF PSYCHOLOGICAL FIRST AID IN SCHOOLS**

To: Assistant Schools Division Superintendents
Division Chiefs
Unit Heads
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
School Health Section
All others Concerned

1. The Schools Division Office, through the SGOD- School Health Section shall conduct a Psychological First Aid Training for select elementary and secondary clinic teachers on June 22-23, 2023, at a venue to be announced.
2. By the end of this capacity building, participants shall be able to:
 - a) Identify and provide basic support and services for learners and personnel in the immediate aftermath of crisis.
 - b) Guide the participants to practice positive coping strategies like setting up routine and work from home practices, arts-based coping strategies and mindfulness meditation.
 - c) Facilitate access including referral mechanisms of learners and personnel with mental health conditions to treatment and psychosocial support.
3. Participants in this activity are the select 66 elementary clinic teachers and 60 secondary clinic teachers.
4. This Memorandum serves as Travel Authority of all listed personnel.
5. Attached for your reference are the following:
 - a. Enclosure No.1 Training Matrix
 - b. Enclosure No.2 List of Participants
 - c. Enclosure No.3 Technical Working Group
6. Expenses to be incurred in the conduct of the said activity shall be charged against Division INSET fund subject to the usual accounting and auditing rules and regulations.





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7. All concerned are reminded to strictly observe the health and safety protocols against COVID-19.

8. Immediate and widest dissemination of this Memorandum is desired.


NORMA P. ESTEBAN, EdD., CESO V
Schools Division Superintendent





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Enclosure No.1 to Division Memorandum No. 219, s. 2023

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TRAINING MATRIX

DAY 1	
8:00-8:30 AM	Registration
8:30-9:00 AM	Preliminaries
9:00-9:30 AM	Warming up and unfreezing activities
9:30-9:45 AM	Overview of SEES Manual Resource Speaker-Maria Niña M. Mariñas
9:45-11:15 AM	Introduction to Mental Health and Psychosocial Support Services Resource Speaker-Maria Niña M. Mariñas
11:15-11:30 AM	Psychological First Aid Overview Resource Speaker-Maria Niña M. Mariñas
11:30-1:00 PM	Lunch
1:00-2:00 PM	Module 1: Validating and Normalizing Feelings Resource Speaker-Lolita V. Bucot, RGC
2:00-3:00 PM	Module 2: Calming Down and Controlling One's Emotion Resource Speaker-Lolita V. Bucot, RGC
3:00-3:15 PM	Health Break
3:15-4:15 PM	Module 3: Linking, Addressing and Identifying Needs Resource Speaker-Pedro G. Lacap (PDO II-DRRM)
4:15-5:15 PM	Module 4: Sources of Strength (internal and external) Resource Speaker-Jayson Hernandez, RGC
5:15-5:45 PM	Referral System of Identified Clients in Schools and DepEd Offices Resource Speaker-Jayson Hernandez, RGC
5:45-6:00	Community Singing
DAY 2	
8:30-11:30 AM	PFA Simulation and Synthesis
11:30-1:00 PM	Lunch Break
1:00-2:30 PM	Action Planning
2:30-4:00 PM	Presentation of Action Plan
4:00-5:00PM	Closing Program





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Enclosure No.2. o Division Memorandum No. 219, s. 2023

**CAPACITY BUILDING OF SELECT CLINIC TEACHERS ON THE PROVISION OF
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LIST OF PARTICIPANTS

1.Rosechel Z. Angeles	Talbak ES
2.Loriely T. Uliten	Kalawakan ES
3.Maila Manalastas	Pinaod CS
4.Maria Carmela La Madrid	Maasim ES
5.Cherry T. Santos	Prenza ES
6.Ma. Cristina A. Dela Cruz	Loma de Gato ES
7.Teresita Geronimo	Paombong CS
8.Emelita R. Pasco	Pinagtulayan ES
9.Reena Mape	Bocau Hills ES
10.Rachel Anne Gutierrez	Cong. Erasmo R. Cruz MCS
11.Michelle Austria	Cornelia M. De Jesus CS
12.Jessica Sabella	Caypombo ES
13.Ludette Anne De Jesus	Bagbaguin ES
14.Emily Sto. Domingo	San Vicente Gulod ES
15.Ma. Angelica Gonzales	FVR Phase 2 ES
16.Ronie G. Palomo	FVR Phase 3 ES
17.Ma. Lourdes Jacinto	Bunsuran ES
18.Irene Zoleta	Cupang ES
19. Stephanie Martin Reyes	Northville VI ES
20.Hilda Espiridion-Alcoriza	Balagtas Central School
21.Sara Lee Manalastas	San Miguel ES
22.Evangeline Reyes	Dr. Juan F. Pascual MS
23.Melanie Galido	Tartaro ES
24.Julie Ann Delos Santos	Masalipit ES
25.Lorie Medina	Bardias ES
26.Jane Mempin	Pinambaran ES
27.Griselle Marie Kathrina Samson	Baliwag North CS
28.Christmas Matic	Paitan ES
29.Jennilyn Umali	Matangtubig ES
30.Kristine Pagaduan	Baliwag South CS
31.Joy Carillo	Sta. Cruz ES
32.Armarie Ortiz	Sta. Maria ES
33.Mariel Cruz	Pulilan CS
34.Mikka Tabucal	Balatong ES
35.Celeste Perez	San Roque ES
36.Marites Reyes	Hagonoy West CS
37.Anna Liza Diaz	Mamerto C. Bernardo MCS
38.Erica Roque	Bagong Barrio ES
39.Ariel Alasco	Liciada ES



Address: Provincial Capitol Compound, Brgy. Guinhawa, City of Malolos, Bulacan
Website: <https://bulacandeped.com> Email: bulacan@deped.go.v.ph



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40.Aica Paraon	Bonga Menor ES
41.Aises Lyn Mendoza	Hangga ES
42.Ana Lynn Payongayong	Iba ES
43.Joyce Rivera	Marilao Central Integrated School
44.Lea Domingo	Saog ES
45.Juanna Sorrica Dela Cruz	Lucas Domingo ES
46.Alliah May Berdera	Rueda ES
47.Anna Rhodigrace Salapong	Tibig ES
48.Queenie Ann Del Pilar	Sta. Ana ES
49.Virgie Garcia	Panghulo ES
50.Arriane Mendoza	Salambao ES
51.Jeddah Cruz	F. Mendoza MES
52.Bimbette Reloj	Dona Damiana De Leon Macam MES
53.Ruby Ann Balagtas	San Marcos ES
54.Rebecca Bautista	Calumpit CS
55.Marissa Maningas	TPMES
56.Lorna Isla	Kanyakan ES
57.Eden Carandan	Sumandig ES
58.Camille Samson	Calawitan ES
59.Kathlyn Kay C. Tolentino	Matias A. Fernando MS
60.Jennifer G. Cruz	Antonio C. Cruz ES
61.Blessie Lynn A. Azarcon	Guiguinto CS
62.Leah A. De Guzman	Malis ES
63.Mary Ann I. Sebastian	Tambubong ES
64.Editha V. Basa	Pulo ES
65.Mark Angelo Dela Cruz	Diliman ES
66.Rosalie Leano	Maguinao ES
67.Samuel Sosas	Bunsuran NHS
68.Jay-R Molase	Masagana HS
69.Jayson San Luis	Illuminada Roxas-Mendoza MHS
70.Cherrie Jane Domondon	Taal HS
71.Janice Militante Don	Batia HS
72.Marielle Bernardo	Virgen Delas Flores HS
73.Jannice Pacheco	Sullivan NHS
74.Grace Anne Ebrio	Sto. Niño HS
75.Renee Cortez	Mariano Ponce NHS
76.Carina Baluyot	San Roque NHS
77.Emelita Mañiego	Sta. Peregrina HS
78.Michelle Dizon	Sta. Cruz NHS
79.Jenifer Reyes	San Pedro NHS
80.Josephine Victor	Sta. Monica NHS
81.Rosanna De Leon	Ramona S. Trillana HS
82.Leonora Fajardo	Iba NHS
83.Amparo Vicente	Talipot NHS





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84.Maricris Fausto	Romeo Acuña Santos MHS
85.Adora Gatchalian Quintero	Gen. Gregorio Del Pilar IS
86.Leo Moral Jr	Obando School of Fisheries
87.Teresita Velasquez	Obando NHS
88.Maurice Dean Pangilinan	San Miguel NHS
89.Monica Estonal	Vedasto R. Santiago HS
90.Remedios Bondoc	Partida NHS
91.Princess Rivera	John J. Russel MHS
92.Dianne Magsalin	Sta. Lucia NHS
93.Cristina Enriquez	Frances NHS
94.Jelly Sun Rioveros	Caniogan HS
95.Xalissa Aira Corpuz	San Miguel Meysulao HS
96.Josefina Leoncio	Felizardo C. Lipana NHS
97.Corazon Abulencia	Tiaong NHS
98.Rose Gianan	Guiguinto NVHS (main)
99.Carol Dionisio	Guiguinto NVHS (annex)
100.Jena Munuzon	AFG Bernardino NHS
101.Rodelene Baluyut	Balagtas NAHS
102.Michelle Alindato	Gat. Francisco Balagtas HS
103.Shiela Bartolome	Minuyan NHS
104.Maria Socorro Gener	Friendship Village Resources HS
105.Maricris Enriquez	Norzagaray NHS
106.Laura Hernandez	Jose J. Mariano HS
107.Josa Martin Del Castillo	Dampol 1 st NHS
108.Roselle Gabriel	Jaime J. Vistan HS
109.Maria Elena Tanghal	Dr. Felipe de Jesus NHS
110.Lira Joanne Lamboloto	Bajet Castillo HS
111.Danica Mae Domingo	San Rafael NTS
112.Jeni Anne Libunao	Maronquillo NHS
113.Rence Joshia Quiambao	Carlos F. Gonzales NHS
114.Mark Anthony Cabrieto	Dr. Pablito V. Mendoza Sr. HS
115.Myra Prizel Dy	Alexis G. Santos NHS
116.Anjanette Castro-Mendoza	Talbak HS
117.Mariz Cruz	Akle HS
118.Criselle Esperano	Sta. Catalina Bata HS
119.Jasmin Tumaliuan	Laura De Leon HS
120.Anicia Espiritu	San Ildefonso NHS
121.Rosalie Tiachon	Pulong Buhangin NHS
122.Rodzel De Guzman	Pres. Diosdado M. Macapagal MHS
123.Rowena Andrade	Parada NHS
124.Helena Gopez	Catmon NHS
125.Sally Gerona	FFHNAS
126.Teresita J. Oracion	Dampol 2 nd NHS





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Enclosure No.3 to Division Memorandum No. 219, s. 2023

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TECHNICAL WORKING GROUP

Carlo Angelo P. Castillo, MD	SDO Bulacan
Marilene G. Ramos, LPT, MAT	SDO Bulacan
Catrine Edriane S. De Guzman, RN	SDO Bulacan
Mae Lyn Delos Santos, RN	SDO Bulacan
Ma. Lourdes J. Patag	SDO Bulacan
Mariezel M. Sulit	SDO Bulacan
Mary Grace V. Yutoc, RN	SDO Bulacan
Shirley C. Burgos, RN	SDO Bulacan
Charity Grace V. Igaya, RN	SDO Bulacan
Resource Speaker-Pedro G. Lacap (PDO II-DRRM)	SDO Bulacan
Resource Speaker-Jayson Hernandez, RGC	San Miguel NHS
Resource Speaker-Lolita V. Bucot, RGC	San Rafael National Trade School
Resource Speaker-Maria Niña M. Mariñas	FF Halili National Agricultural School

