



Republic of the Philippines
Department of Education
REGION II – CAGAYAN VALLEY
SCHOOLS DIVISION OF TUGUEGARAO CITY

August 11, 2022

DIVISION MEMORANDUM

No. 168, s. 2022

**MOBILIZATION OF PSYCHOLOGICAL FIRST AID (PFA) PROVIDERS FROM
SDO TUGUEGARAO CITY**

To: Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Public Secondary School Heads Concerned
School DRRM Coordinators Concerned

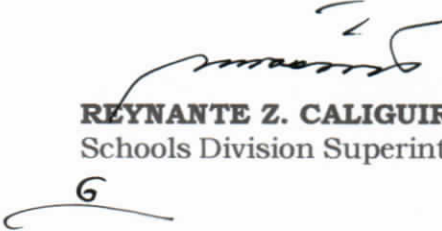
1. The Department of Education Disaster Risk Reduction Management Service (DRRMS) will conduct Mental Health and Psychosocial Support Services (MHPSS) from August 15-20, 2022 for both teaching and non-teaching personnel within the Schools Division Office of Abra and all others affected by the magnitude 7.0 earthquake in Abra. The MHPSS activities to be provided to the personnel will include Psychological First Aid (PFA) and psychoeducation on conducting PFA and Psychosocial Support to learners.
2. Due to the high number of personnel affected by the earthquake, there is a need to deploy an augmentation team to act as PFA providers.
3. Anent this, the following Division health personnel and School DRRM Coordinators are requested to be part of the SDO Tuguegarao City contingent for the abovementioned activity.

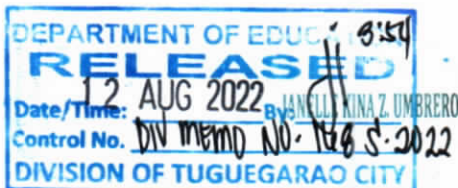
NAME	SCHOOL/UNIT
1. GENEROSE D. CONDE	TUGUEGARAO CITY WEST HIGH SCHOOL
2. CHRISTOPHER B. CAUAN	CNHS- SENIOR HIGH SCHOOL
3. LEILANI T. MANGABAT	SDO-SGOD
4. MARIBEL B. ARAO	SDO-SGOD
5. EVELYN BALISI	NAMABBALAN IS

4. The board and lodging of the participants shall be shouldered by the DRRMS while travel expenses and other incidental expenses of the PFA Providers shall be charged to division or school MOOE subject to the usual accounting and auditing rules and regulations.
5. Participants shall be granted five (5) days Compensatory Time Off (CTO) from August 16-20, 2022.



6. An online meeting will be conducted on August 12, 2022 at 9:30 am via google meet link meet.google.com/dzc-xjhu-xzx to discuss the travel itinerary and other concerns.
7. Attached herewith is the itinerary of activities for your reference
8. For information and appropriate action.


REYNANTE Z. CALIGUIRAN
Schools Division Superintendent



SGOD/GMD/DRRM

SGOD-08- 46



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PROGRAMME

PFA PROVISION FOR 440 PERSONNEL		
DATE	ACTIVITY	PARTICIPANTS
Aug. 15	Day 0 - Travel Time* - Preparation and Coordination Meeting	DRRMS, RPs, PFA Providers
Aug. 16	Day 1 - Building Rapport & Check-in - Quick Psychosocial Status Assessment - PFA Module 1 & 2: Validating Emotions and Self Regulations	SDO Abra Personnel
Aug. 17	Day 2 - PFA Module 3: Linking to Resources (i.e., internal and external) - Art-based Psychosocial Support Activity on Imagining Safe Schools/Homes - Discussion on Safe Learning Environment and Facilities	SDO Abra Personnel
Aug. 18	Day 3 Learning Session on: - Mental Health Impacts of Disasters and/or Emergencies on Children - Facilitating Psychosocial Support to Learners - Principles of PFA for Children - Referral System	SDO Abra School Personnel
Aug. 19	Day 4: Debriefing & PFA for Carers/Providers	DRRMS, PFA Providers, CCP
Aug. 20	Day 5: Travel Back Home	DRRMS, PFA Providers, PAP, CCP
PFA TRAINING FOR 153 SCHOOL DRRM COORDINATORS		
DATE	ACTIVITY	PARTICIPANTS
Aug. 15	Day 0 - Travel Time* - Preparation and Coordination Meeting	DRRMS, RPs, PFA Providers
Aug. 16	Day 1 - Kumustahan - Mental Health in Disasters - Mental Health and Psychosocial Support - Psychological First Aid	SDO Abra School DRRM Coordinators





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Aug. 17	Day 2 - PFA Module 1: Validating and Normalizing Feelings - PFA Module 2: Calming Down & Controlling One's Emotions - PFA Module 3: Linking to Resources (i.e., internal and external)	SDO Abra School DRRM Coordinators
Aug. 18	Day 3 - PFA Module 4: Sources of Strength - PFA Module 5 and 7: Managing Physical Reactions & Thoughts - PFA Module 7: Seeking Solutions & Social Support - Caring for Carers	SDO Abra School DRRM Coordinators
Aug. 19	Day 4: Debriefing & PFA for Carers/Providers	DRRMS, PFA Providers, CCP
Aug. 20	Day 5: Travel Back Home	DRRMS, PFA Providers, PAP, CCP
*If the activity on Day 4 finishes early then everyone can go home by Day 4		

Note: Programme of Activities were designed by the DRRMS



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