



Republic of the Philippines
DEPARTMENT OF EDUCATION
Caraga Region XIII
Butuan City



June 18, 2018

REGIONAL MEMORANDUM

No. 323 s., 2018



**PSYCHOLOGICAL FIRST AID AND TRAINING FOR REGION AND DIVISION
DRRM COORDINATORS, NURSES AND GUIDANCE COUNSELORS**

To: **Schools Division Superintendents**
Division DRRM Coordinators
This Region

1. This is to inform all Schools Division Offices of the upcoming Psychological First-Aid (PFA) and Training for DRRM Coordinators, Nurses and Guidance Counselors on **June 25-29, 2018 (inclusive of travel time)** at EM Manor, Cotabato City.

2. Each Division Office is required to send two (2) participants with priority for DRRM Coordinators who have not yet attended the previous batches conducted last year. Untrained DRRM Coordinators expected to attend are:

EMILIO B. MAKILING, JR.
REX E. ROJAS
MARLON L. BALANSAG
MARIO LESIGUEZ

- Butuan City Division
- Dinagat Islands Division
- Tandag City Division
- Bislig City Division

3. All other DRRM Coordinators not mentioned above were already trained. Hence, the slots are provided for Nurses and/or Guidance Counselors. All trained personnel shall become resource speakers during trainings at the region, division and school levels on topics related to Psychological First Aid. They shall also be tapped in cases where offices and schools affected by disasters or emergencies require the same intervention.

4. Travel and all other allowable expenses of participants shall be charged to local funds subject to the usual accounting and auditing rules and regulations.

5. To confirm, send the filled-out form herewith attached to drmo@deped.gov.ph on or before **June 21, 2018**. While for other concerns, contact Ms. Megnon P. Beldad via landline no. (085) 342-8207 loc. 121 or thru mobile phone no. 0947-741-3624.

6. Immediate dissemination of and compliance with this memorandum are highly desired.


BEATRIZ G. TORNO, Ph. D., CESO IV
Regional Director



Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

MEMORANDUM
02 February 2018

For: **Armm Regional Secretary**
All Regional Directors
All School Division Superintendents

Subject: **PSYCHOLOGICAL FIRST AID TRAINING FOR
REGION AND DIVISION DRRM COORDINATORS,
NURSES AND GUIDANCE COUNSELORS**

The Department of Education (DepEd) through the Disaster Risk Reduction and Management Service (DRRMS) provides Psychological First Aid (PFA) to disaster-affected learners and personnel. The PFA aims to help the learners and personnel who experienced a traumatic event to release and validate their feelings and emotions and cope with their current situation.

Last year, a total of 173 Region and Division DRRM Coordinators and selected DepEd Personnel were trained in PFA. As part of increasing the pool of PFA providers of DepEd, DRRMS is organizing a five-batch PFA Training for Region and Division DRRM Coordinators, Nurses and Guidance Counselors.

In light of this, **every region is required to send one (1) representative** while **every division is required to send two (2) representatives**, preferably those who are not yet capacitated in PFA, to attend the PFA training this April to June 2018. The priority representatives for regions and divisions are the DRRM coordinators. The regions can send a nurse and the divisions can send a nurse and a guidance counselor/ designated guidance counselor as representatives, if

Office of the Undersecretary for Administration

*(Administrative Services, Information and Communications Technology, Disaster Risk Reduction and Management,
Schools Health, Youth Formation, Baguio Teachers' Camp, Education Facilities/School Buildings)*
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Room 519, Mabini Building; Mobile: +639260320762; Landline: +6326337203, +6326376207
Email: usec.admin@deped.gov.ph; Facebook/Twitter @depedtayo

the DRRM coordinators has been trained on PFA. (See Annex A. List of region and division DRRM coordinators who are not yet capacitated in providing PFA)

Below is the schedule and venue of the 5-batch PFA training:

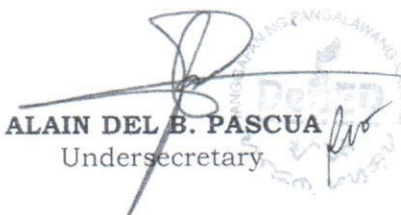
Batch 1	Date	Venue*	Region
1	9-13 April 2018	Cavite City	I, II and III
2	23-27 April 2018		IVA, IVB, CAR and NCR
3	7-11 May 2018	Ormoc City	V, VI and VIII
4	28 May - 1 June 2018		VII, IX, X, XII
5	11-15 June 2018	Cotabato City	XI, ARMM, CARAGA

**Specific venue will be announced on a later date.*

Board and lodging during the training will be shouldered by DRRMS while travel and other related and allowable expenses of participants shall be charged to respective local funds subject to the usual accounting and auditing rules and regulations.

For clarification and/or confirmation, you may directly communicate with Mr. Paolo Aquino of DRRMS at telephone numbers (02) 637-4933; (02) 637-4606 or email address drmo@deped.gov.ph **on or before 28 March 2018**. Attached also are the Annex B. Confirmation sheet and Annex C. PFA Indicative Program.

For your strict compliance.


ALAIN DEL B. PASCUA
Undersecretary



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
DISASTER RISK REDUCTION AND MANAGEMENT SERVICE

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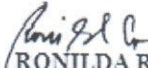
ADVISORY

The Psychological First Aid (PFA) Training for DRRM Coordinators, Nurses and Guidance Counselors Batch 5 originally scheduled on June 11 – 15, 2018 is moved to **June 25 – 29, 2018 (inclusive of travel time) at EM Manor, Cotabato City.**

For your guidance,

Thank you very much!

Sincerely,


RONILDA R. CO
Director IV
DRRMS

ANNEX A. LIST OF DRRM COORDINATORS WHO ARE NOT YET TRAINED IN PFA

No	REGION	DIVISION	LAST NAME	FIRST NAME
1	ARMM	RO	Katog	Al-Aziz
2	ARMM	Basilan	Brillantes	Isabelo
3	ARMM	Lamitan City	Asidin	Ben
4	ARMM	Lanao del Sur - I	Abantas	Sainodin
5	ARMM	Lanao del Sur - IIA	Balt	Johailah
6	ARMM	Maguindanao	Hassim	Pinayungan
7	ARMM	Marawi City	Daud	Lala
8	ARMM	Sulu I	Jumadain	Esquiedo
9	CAR	Abra	Rifareal	Florencio
10	CAR	Kalinga	Wandangan	Roy
11	Region II	Isabela	Dela Cruz	Ismael Kris
12	Region II	Ilagan City	Crisostomo	Joydee
13	Region II	Santiago City	Modumo	Arcadio, Jr.
14	Region III	San Jose City	Ganiban	Jefferson
15	Region III	Angeles City	Sarmiento	Maria Christina
16	Region IV-A	Cabuyao City	Flores	Jomar
17	Region IV-A	Cavite City	Gonzales	Estrella
18	Region IV-A	Lucena City	Naras	Amelia
19	Region IV-B	RO	Casabuena	Angeles
20	Region V	RO	Baroso	Maria Christina
21	Region V	Naga City	Ignacio	Marie Christine
22	Region V	Iriga City	Ibasco	Lydia
23	Region VI	RO	Villaprudente	Wendyl Mae
24	Region VI	Escalante City	Cinco	Clint
25	Region VI	Passi City	Villanueva	Darryl
26	Region VI	Bago City	Gamila	Maewaro
27	Region VII	Bais City	Regala	Ma. Maya
28	Region X	Tangub City	Mehoy	Arniel
29	Region XI	Davao Oriental	Cobero	Mc Adrian Nouve
30	Region XI	Samal	Neri	Jasmin
31	Region XII	RO	Ngitngit	Ismael, Jr.
32	Region XIII	RO	Beldad	Megnon
33	Region XIII	Butuan City	Makiling	Emelio Jr.
34	Region XIII	Dinagat Islands	Rojas	Rex
35	Region XIII	Tandag City	Balansag	Marlon

Annex B: Confirmation and Registration Sheet

ADVISORY

Please fill-up the attached Confirmation and Registration Sheet Form and kindly send it to telefax number (02) 6374933 or email to drmo@deped.gov.ph on or before 21 June 2018 as this will serve as confirmation of your participation to the **Psychological First Aid Training for Region & Division Nurses & Guidance Counselors**.

For further inquiries and/or clarification, you may contact **Ms. Joan Llamado** through telefax numbers (02)6374933 and 637-4606 or email address drmo@deped.gov.ph

We will appreciate receiving your confirmation on or before 21 June 2018.

Thank you very much!



Republic of the Philippines
DEPARTMENT OF EDUCATION
Meralco Avenue, Pasig City



Confirmation and Registration Sheet

Complete Name (LN, FN MI)	
Nick Name	
Position Title	
Office	
Contact Number	
Email Address	
Dietary Restriction/s	
What is your Learning Style? (please check)	☐ Visual ☐ Kinesthetic ☐ Auditory ☐ Unknown
Signature	

Note: Please fill-up the form above legibly and send this on or before assigned confirmation dates through fax number **02-6374933** or email to drmo@deped.gov.ph



ANNEX C. PSYCHOLOGICAL FIRST AID TRAINING FOR REGION & DIVISION NURSES
& GUIDANCE COUNSELORS

Day 0		
Time	Activity	Person-in-charge
1:00 PM	Arrival of Participants, Facilitators and Training Team	
Day 1		
Time	Activity	Person-in-charge
8:00 – 8:30 AM	Registration	DRRMS
8:30 – 9:00 AM	Preliminaries: National Anthem Ecumenical Prayer Welcome and Opening Remarks Expectation Setting and Heart Contract Objectives and Flow of Activities Introduction of Facilitators/ Training Team	ALL
9:00 - 10:00 AM	Overview on Psychological First Aid	PAP
10:00 - 10:10 AM	Health Break	
10:10 - 11:30 AM	Overview on Psychological First Aid (Continuation)	PAP
11:30 -12:00 NN	Open Forum	PAP and Participants
12:00 - 1:00 PM	Lunch	
1:00 - 1:15 PM	Grounding Exercise (Body Movement)	CCP
1:15 - 1: 45 PM	Warming-up and Unfreezing Activities: Magsama-sama (Groupings, Name and Cheer)	DRRMS
1:45 - 3:00 PM	Module 1.a Tableau	DRRMS and CCP
3:00 - 3:10 PM	Health Break	
3:10 - 4:30 PM	Module 1.b Music Art	DRRMS
4:30 - 5:00 PM	Module 1.c Abstraction	DRRMS
6:00 – 8:00 PM	Dinner	
Day 2		
Time	Activity	Person-in-charge
8:00 – 8:15 AM	Grounding Exercise (Body Movement)	CCP
8:15 - 8:25 AM	Day 1 Recap	Participants
8:25 - 8:40 AM	Warming-up and Unfreezing Activities: Bahay, Bata Bagyo	DRRMS
8:40 - 9:00 AM	Module 2.a What I usually do?	DRRMS
9:00 - 10:00 AM	Module 2.b Every Breath You Take	CCP
10:00 - 10:10 AM	Health Break	
10:10 -11:00 AM	Module 2.c My Playlist	CCP
11:00 - 12:00 NN	Module 3. Linking: Identifying and Addressing Needs	DRRMS
12:00 - 1:00 PM	Lunch	
1:00 - 1:30 PM	Warming-up and Unfreezing Activities:	CCP

	Song, Dance, Advertisement	
1:30 - 3:00 PM	Module 4.a T-Shirt Art	DRRMS and CCP
3:00 - 3:10 PM	Health Break	
3:10 - 4:00 PM	Module 4.b Crossing the Hurdle	DRRMS
4:00 - 5:00 PM	Reframing Activity	CCP
6:00 - 8:00 PM	Dinner	
Day 3		
Time	Activity	Person-in-charge
8:00 - 8:15 AM	Breathing Exercise	CCP
8:15 - 8:25 AM	Day 2 Recap	Participants
8:25 - 8:40 AM	Warming-up and Unfreezing Activities: Line and Numbers	DRRMS
8:40 - 10:00 AM	Return Demonstration/ PFA Simulation	Participants
10:00 - 10:10 AM	Health Break	
10:10 - 12:00 NN	Return Demonstration/ PFA Simulation (Continuation)	Participants
12:00 - 1:00 PM	Lunch	
1:00 - 2:00 PM	PFA Synthesis	DRRMS
2:00 - 3:00 PM	Ritual	ALL
3:00 - 3:15 PM	Health Break	
3:15 - 4:30 PM	Closing Program	ALL
6:00 - 8:00 PM	Dinner	
Day 4 - Travel from Venue to Residence		