



Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region VII, Central Visayas  
DIVISION OF BOHOL  
City of Tagbilaran



October 14, 2019

Division Memorandum  
No. 479, s. 2019

### PSYCHOLOGICAL FIRST AID TRAINING

TO: PUBLIC SCHOOLS DISTRICT SUPERVISORS/ OIC-PSDSs  
DISTRICT DRRM FOCAL PERSONS  
ALL OTHERS CONCERNED

1. To strengthen the DRRM implementation of the Department, this office through the School Governance and Operations Division (SGOD) a Psychological First Aid Training to School Personnel will be conducted on October 29 - 31, 2019 (1st Batch) and November 27-29 (2<sup>nd</sup> Batch) at Reyna's The Haven and Gardens, Tagbilaran City.
2. The purpose of this activity is to equip the participants with knowledge and skills on how to conduct the Psychological First Aid.
3. Participants of this activity:
  - School District DRRMCs/ SDRRM Coordinators/ School Heads to be identified by PSDS and DsDRRMC (refer to the attached sheet for the participants).
  - Speakers/ Facilitators and Support Staff:  
Phillip Marcelo R. Vigonte, Janine D. Autentico, Loyda Posadas, Ethel A. Salamaña (Speakers and support staffs are requested to report on the day before the activity for the pre-work/planning).
4. All board and lodging (live-in); meals and snacks of speakers/facilitators, support staffs and participants; training materials/supplies will be charged to DRRMS Fund while travelling and other incidental expenses related to the conduct of this activity shall be charged to District/School MOOE/ local funds subject to usual accounting and auditing rules and regulations.
5. Activity will start @ 9 o'clock in the morning and first meal is breakfast. A Service Credit/ Compensatory Time Off (CTO) shall be granted for the services rendered on holidays.
6. Participants shall confirm through this link: [bit.ly/drrm-pfa-register](http://bit.ly/drrm-pfa-register) on or before October 24, 2019. For queries and clarifications, please contact MR. PHILLIP MARCELO R. VIGONTE, Division DRRM Coordinator in this # 09435450584.
7. This Memorandum also serve as **Travel Order**.
8. Immediate dissemination of this memorandum is directed.

  
**NIMFA D. BONGO EdD, CESO V**  
Schools Division Superintendent 

## PARTICIPANTS PER DISTRICT

### 1st Batch (October 29-31, 2019)

#	District Name	CD	NO. OF PARTICIPANTS (DsDRRMC/ SDRRMC/ SH)
1	ALBURQUERQUE	CD 1	3
2	ANTEQUERA	CD 1	4
3	BACLAYON	CD 1	3
4	BALILIHAN	CD 1	4
5	CALAPE	CD 1	4
6	CATIGBIAN	CD 1	4
7	CORELLA	CD 1	3
8	CORTES	CD 1	3
9	DAUIS	CD 1	3
10	LOON NORTH	CD 1	4
11	LOON SOUTH	CD 1	4
12	MARIBOJOC	CD 1	4
13	PANGLAO	CD 1	3
14	SIKATUNA	CD 1	3
15	TUBIGON EAST	CD 1	4
16	TUBIGON WEST	CD 1	3
17	BIEN UNIDO	CD 2	4
18	BUENAVISTA	CD 2	4
19	CLARIN	CD 2	4
20	DAGOHOY	CD 2	3
21	DANAO	CD 2	4
22	GETAFE	CD 2	4
23	INABANGA NORTH	CD 2	4
24	INABANGA SOUTH	CD 2	4
25	PRES. C. P. GARCIA	CD 2	4
26	SAGBAYAN	CD 2	4
27	SAN ISIDRO	CD 2	3
28	SAN MIGUEL	CD 2	3
29	SAN MIGUEL	CD 2	2
30	TALIBON I	CD 2	4
31	TALIBON II	CD 2	4
	TOTAL		<b>111</b>

### 2nd Batch (November 27-29, 2019)

#	District Name	CD	NO. OF PARTICIPANTS (DsDRRMC & SDRRMC)
1	TRINIDAD	CD 2	4
2	UBAY I NorthEast	CD 2	4
3	UBAY II East	CD 2	3
4	UBAY III South	CD 2	4
5	ALICIA	CD 3	4
6	ANDA	CD 3	4
7	BATUAN	CD 3	3
8	BILAR	CD 3	3
9	CANDIJAY	CD 3	4
10	CARMEN EAST	CD 3	4
11	CARMEN WEST	CD 3	4
12	DIMIAO	CD 3	4
13	DUERO	CD 3	4
14	HERNANDEZ	CD 3	4
15	GUINDULMAN	CD 3	4
16	JAGNA	CD 3	4
17	LILA	CD 3	3
18	LOAY	CD 3	3
19	LOBOC	CD 3	4
20	MABINI	CD 3	4
21	PILAR	CD 3	4
22	S-BULLONES	CD 3	4
23	SEVILLA	CD 3	3
24	VALENCIA	CD 3	4
	TOTAL		<b>90</b>



**DEPARTMENT OF EDUCATION  
DISASTER RISK REDUCTION AND MANAGEMENT  
SERVICE**

Rm201 MABINI BLDG., DEPED COMPLEX, MERALCO AVENUE, PASIG CITY Tel  
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**Program: Psychological First Aid (PFA) Training for SDRRM Coordinators\***

<b>Day 1</b>	
<b>Time</b>	<b>Activity</b>
7:00am – 9:00am	<b>Breakfast/Registration/Check-in</b>
9:00 - 9:30 AM	<ul style="list-style-type: none"> <li>• Preliminaries:               <ul style="list-style-type: none"> <li>◦ National Anthem</li> <li>◦ Prayer</li> <li>◦ Welcome and Opening Remarks</li> <li>◦ Expectation Setting and Heart Contract and Flow of Activities</li> <li>◦ Introduction of Facilitators/Training Team and Participants</li> </ul> </li> </ul>
9:30 - 10:15	<ul style="list-style-type: none"> <li>• Mental Health and Psychosocial Support Services</li> <li>• What is Psychological First Aid?</li> </ul>
10:15 - 10:30	<b>Health Break</b>
10:30 - 12:00	• What is Psychological First Aid? (Continuation)
12:00 - 1:00 PM	<b>Lunch</b>
1:00 - 1:15	Grounding Exercise
1:15 - 1:30	<ul style="list-style-type: none"> <li>• Warming-up and Unfreezing Activities - E.g. Magsama-sama</li> <li>• Groupings, Group Name and Cheer</li> </ul>
1:30 - 3:00	<ul style="list-style-type: none"> <li>• <b>Module 1:</b> Validating and Normalizing Feelings               <ul style="list-style-type: none"> <li>- Tableau</li> <li>- Mirroring</li> <li>- Music Art</li> </ul> </li> </ul>
3:00-3:15	<b>Health Break</b>
3:15 - 5:00	<ul style="list-style-type: none"> <li>• Continuation of Module 1               <ul style="list-style-type: none"> <li>- Group Sharing</li> <li>- Summary of Module 1</li> </ul> </li> </ul>
5:00 - 5:10	Community Singing
6:30 - 8:00	<b>Dinner</b>
<b>Day 2</b>	
<b>Time</b>	<b>Activity</b>
8:00 - 8:30 AM	<ul style="list-style-type: none"> <li>• Stretching and Breathing Exercises</li> <li>• Recap</li> <li>• Unfreezing Activities</li> </ul>
8:30 - 10:15	<ul style="list-style-type: none"> <li>• <b>Module 2:</b> Calming Down and Controlling One's Emotions               <ul style="list-style-type: none"> <li>- What I Usually Do?</li> <li>- Every Breath You Take</li> </ul> </li> </ul>
10:00 - 10:15	<b>Health Break</b>
10:15 - 11:00	<ul style="list-style-type: none"> <li>• <b>Module 2:</b> Calming Down and Controlling One's Emotions               <ul style="list-style-type: none"> <li>- My Playlist</li> <li>- Summary of Module 2</li> </ul> </li> </ul>
11:00 - 12:00	Module 3: Linking: Identifying and Addressing Needs
12:00 - 1:00PM	<b>Lunch</b>
1:00 - 1:15	<ul style="list-style-type: none"> <li>• Warming-up/ unfreezing activities: - Song-Dance-Advertisement</li> </ul>
1:15 - 3:00	<ul style="list-style-type: none"> <li>• <b>Module 4:</b> Sources of Strength               <ul style="list-style-type: none"> <li>- Storytelling</li> <li>- T-Shirt Art</li> <li>- Lifeline</li> <li>- Crossing the Hurdle</li> <li>- Group Sharing</li> </ul> </li> </ul>

**Attachment 2.1. PFA Training Program of Activities**

Summary of Module 4

3:00 - 3:15	<b>Health Break</b>
3:15 - 4:00	- Reframing Activity
4:00 - 5:00	- Planning for Simulation
6:30 - 8:00	<b>Dinner</b>
<b>Day 3</b>	
<b>Time</b>	<b>Activity</b>
8:00 - 8:40 AM	<ul style="list-style-type: none"> <li>• Stretching and Breathing Exercises</li> <li>• Recap Unfreezing Activities</li> </ul>
8:40 - 12:00	<b>PFA Simulation</b> - <b>Group Simulation</b> - <b>Feedbacking</b>
12:00 - 1:00 PM	<b>Lunch</b>
1:00 - 1:30	• Warming-up/ unfreezing activities
1:30 - 2:30	• <b>PFA Synthesis</b>
2:30 - 4:00	<b>Ritual</b>
4:00 - 5:00	<b>Closing Program</b>
6:00 - 8:00	<b>Dinner</b>

\*This is only an indicative program for the Psychological First Aid (PFA) Training). DRRM Coordinators may opt to device new activities, as long as appropriate and in line with the four Modules on PFA of the SEES Manual, and or change the schedule depending on the arrangement of the training.