



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
Schools Division of Bohol

**Office of the Schools
Division Superintendent**

July 20, 2025

DIVISION MEMORANDUM
No. **452**, s. 2025

**Virtual Implementation of Project PsiToC
(Psychological Intervention in Times of Crisis)**

To: Assistant Schools Division Superintendent
Chief, CID and SGOD
All Others Concerned

1. This Office, through the Curriculum and Implementations Division (CID), will conduct Virtual Implementation of Project PsiToC (Psychological Intervention in Times of Crisis). Values education teaches have core principles like empathy, respect, responsibility, and resilience. These values serve as internal resources that individuals can draw upon during psychological distress or crises management.
2. Virtual implementation of Project PsiToC would be conducted at 6:00-8:00 in the evening during weekdays. The different sessions would be managed by Values Education majors and Registered Guidance Counselors. Some experts would also be invited to handle some sessions.
3. Attached is the approved Activity Design of this project.
4. Service Credits and Compensatory Time-Off (CTO) shall be given for the services rendered following existing Civil Service Commission (CSC), and/or DepEd issuances.
5. Immediate and wide dissemination of this Memorandum is desired.


FAY C. LUAREZ EdD, PhD. TM, CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

FCL/CID/CMR/



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 Deped Tayo Bohol Division





Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF BOHOL
City of Tagbilaran



**Activity Design for Project PsIToC
(Psychological Intervention in Times of Crisis)**

Division Level

CY 2025

BOHOL DIVISION

Republic of the Philippines
Department of Education
Region VII, Central Visayas
Division of Bohol

May 20, 2025

Fay C. Luarez EdD PhD TM, CESO VI
Officer In-charge
Office of the Schools Division Superintendent
Schools Division of Bohol

Madam:

Research has shown that having a strong support system has many positive benefits, such as higher levels of well-being, better coping skills, and a longer and healthier life. Studies have also shown that social support can reduce depression and anxiety. A strong support system can often help reduce stress.

In this time of modernization, there is a great difficulty in facing life's challenges, sharing of ideas, problems, and even friendly moments together with colleagues and friends. The provision of guidance and counseling services to learners and DepEd personnel is of great importance nowadays. This is the main reason why, Project **PsIToC (Psychological Intervention in Times of Crisis)**, has been conceptualized. This project will ensure that GAD-responsive activities to address workplace and learning environment concerns, issues, gaps and difficulties will be offered and in-placed.

This activity will be led by Registered Guidance Counselors with the supervision of Education Program Supervisor in Values Education in Bohol Division. To ensure that activities will be properly planned and implemented, a quarterly meeting has been scheduled. Attached herewith is the proposal in this regard.

Hoping for your favorable approval in this regard.

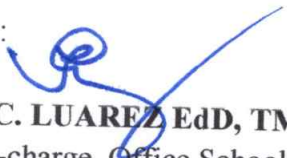
Very truly yours,


MA. MAYA V. TUMALON MDM PhD
Proponent, Project PsiToC
EPSvr Values Education SDO Bohol

Recommending Approval:


CARMELA M. RESTIFICAR PhD
Chief, Curriculum and Implementations Division

Approved:


FAY C. LUAREZ EdD, TM PhD, CESO VI
Officer In-charge, Office Schools Division Superintendent

PROGRAM DESIGN

I. General Program Information:	
Program Title:	Project PsiToC (Psychological Interventions in Times of Crisis): An Innovation to Address for Learners at Risk of Mental Health Issues
Objectives:	This division-level activity aimed to: - reduce stress symptoms, - assist a healthy work environment, - provide an avenue to address personal crisis, - foster the value of communication and linkages among personnel and serve the DepEd's mission and advocacy and - appreciate the value of having a support system.
Prerequisite Program:	None
Duration:	Year round
Management Level of Program:	Division Level
Delivery Mode:	Hybrid (formal face-to-face and in virtual manner)
Target Personnel:	Project PsiToC Technical Working Group
Budget Requirements:	Fund Source: SDO & School MOOE

RATIONALE:

The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. (<https://sdgs.un.org/goals>).

Good health and well-being issues are among those indicators in the identified sustainable development goals. It has been recognized that ensuring that every individual has good health and well-being. Good health and well-being refer to a holistic state in which a person experiences physical, mental, emotional, and social balance and vitality. It's more than just the absence of illness, it's about thriving in daily life. This typically includes:

1. **Physical health:** Having a well-functioning body, free from disease, with proper nutrition, exercise, rest, and medical care.
 - a) **Mental health:** The ability to cope with stress, make decisions, form relationships, and work productively. Absolutely, improving **mental health and well-being** is essential for living a balanced, fulfilling life.
 - b) **Preventive care:** Regular check-ups, vaccinations, and health screenings to prevent illness.
 - c) **Healthy habits:** Balanced diet, regular physical activity, good sleep hygiene, avoiding harmful substances (like tobacco or excessive alcohol).
2. **Well-being:** This is broader and includes:
 - a) **Emotional well-being:** Feeling content, resilient, and able to handle life's challenges.
 - b) **Social well-being:** Having supportive relationships and a sense of belonging.
 - c) **Spiritual well-being:** Feeling connected to a greater purpose or meaning in life (not necessarily religious).
 - d) **Environmental well-being:** Living in a clean, safe, and sustainable environment.

- e) **Economic well-being:** Having enough resources to meet basic needs like food, shelter, and healthcare.

Good health and well-being are essential for leading a fulfilling life, achieving goals, contributing to society, and reducing the burden on healthcare systems. This concept is so important that it's included as **Goal 3 of the United Nations Sustainable Development Goals (SDGs):** *Ensure healthy lives and promote well-being for all at all ages.*

One of the projects under the SDO Bohol Gender and Development during pandemic time was Project PsIToC (Psychological Interventions in Times of Crisis), composed of registered guidance counselors and GAD advocates to provide needs-based plans to address health related concerns, issues, gaps, and difficulties.

Objectives:

This division-level activity aimed to:

- a) reduce stress symptoms,
- b) assist a healthy work environment,
- c) provide an avenue to address personal crisis,
- d) foster the value of communication and linkages among personnel and serve the DepEd's mission and advocacy and
- e) appreciate the value of having a support system.

End of Program Outputs:

- 1) Activity sheets that present one's reflection on the project output
- 2) Tangible advocacy material/s to convey the message on life preservation.
- 3) Gain the insights and idea presented

Expected Final Outcomes/Success Indicators:

- 1) Improved concepts and ideas in gender and development issues
- 2) Provided activities that are GAD-responsive to issues in terms of technical assistance provision to teachers
- 3) Improved attitudes towards gender and development issues and concerns

Expected Final Outcomes/Success Indicators:

- 1) Improved skills in providing school support in the achievement of school goals and objectives
- 2) Improved teachers' attitude towards providing assistance
- 3) Improved attitudes in managing the school community

II. Program Content Focus				
Content Matrix				
Objectives	Content	Suggested Activity/ies	Duration	Expected Output
Knowledge(K) A.Ensure that responsive projects, and activities will be properly planned and implemented	Downloaded Memorandum on DepEd Policies and Guidelines	Power point Presentation Brainstorming	As scheduled	Activity Sheets

<i>Skills (S)</i> B. Provide list of responsive activities to address work-related issues, concerns, gaps, and difficulties	Identification activities that are responsive based on identified needs	Presentation of Sample Outputs	As scheduled	Sample Outputs
<i>Attitudes (A)</i> C. Foster the the value of communication and linkages among personnel	Sharing of ideas, experiences, and outputs Activity Completion Reports (ACR) Preparation Reporting/ Documentation	Sharing of sample articles	As scheduled	Layout contents ACRs

Proposed Activities

Good health and well-being refer to a holistic state in which a person experiences physical, mental, emotional, and social balance and vitality. It's more than just the absence of illness—it's about thriving in daily life. Good health and well-being are essential for leading a fulfilling life, achieving goals, contributing to society, and reducing the burden on healthcare systems.

This concept is so important that it's included as **Goal 3 of the United Nations Sustainable Development Goals (SDGs)**: *Ensure healthy lives and promote well-being for all at all ages.*

Absolutely—improving **mental health and well-being** is essential for living a balanced, fulfilling life. Here are some practical **examples and tips** you can incorporate into your daily routine:

<u>Concepts</u>	<u>Description</u>	<u>Proposed Activities</u>
1. Good Health This typically includes:	Physical health: Having a well-functioning body, free from disease, with proper nutrition, exercise, rest, and medical care.	1. Practice Self-Care Get enough sleep: Aim for 7–9 hours per night. Eat balanced meals: Nutrition affects mood and energy. Exercise regularly: Even a 20-minute walk daily can reduce anxiety and depression. 2. Manage Stress Deep breathing or meditation: Try apps like <i>Headspace</i> or <i>Calm</i>. Journaling: Write down thoughts to process emotions and reduce overwhelm. Time management: Prioritize tasks to avoid burnout. 3. Stay Mentally Active
	Mental health: The ability to cope with stress, make decisions, form relationships, and work productively.	
	Preventive care: Regular check-ups, vaccinations, and health screenings to prevent illness.	
	Healthy habits: Balanced diet, regular physical activity, good sleep hygiene, avoiding harmful	

	substances (like tobacco or excessive alcohol).	a) Read books, solve puzzles, or learn a new skill to keep your brain engaged.
2. Well-being This is broader and includes:	Emotional well-being: Feeling content, resilient, and able to handle life's challenges.	b) Take breaks: Mental rest is as important as physical rest.
	Social well-being: Having supportive relationships and a sense of belonging.	4. Connect with Others a) Talk to someone you trust: Open conversations reduce feelings of isolation.
	Spiritual well-being: Feeling connected to a greater purpose or meaning in life (not necessarily religious).	b) Join a group or club: Social interaction boosts mood and self-esteem.
	Environmental well-being: Living in a clean, safe, and sustainable environment.	c) Volunteer: Helping others can give a sense of purpose.
	Economic well-being: Having enough resources to meet basic needs like food, shelter, and healthcare.	5. Be Kind to Yourself a) Practice self-compassion: Don't be overly critical of mistakes or setbacks. b) Celebrate small wins: Acknowledge progress, even if it feels minor. c) Limit comparisons: Social media can distort reality—curate your feed mindfully.
		6. Limit Negative Influences a) Reduce screen time— especially before bed. b) Avoid toxic relationships that drain energy or damage self-worth. c) Cut back on alcohol, caffeine, and substances that can affect mood or sleep.
		7. Seek Professional Help When Needed a) Talk to a therapist or counselor for guidance. b) Join a support group if you're going through grief, addiction, or trauma. c) Don't hesitate to consult your doctor if mental health affects daily life.

Program Materials/ Equipment/Supplies

• LCD Projector	• Printers
• Note pad/ Notebook	• Ink
• Laptop	
• Hand-outs	

APPROVAL SHEET

This proposed SDO Level Innovation entitled, **Project PsiToC** (Psychological Intervntion In Times of Crisis) Technical Working Group Members has been prepared by:



MA. MAYA V. TUMALON MDM, PhD

Proponent/ EPSvr Values Education

Reviewed by:



MARITES M. CIMENI PhD

SEPS- L and D Unit

Date: _____

Recommending Approval:



CARMELA M. RESTIFICAR PhD

Chief, Curriculum and Implementations Division

Approved:



FAY C. LUAREZ EdD, PhD TM, CESO VI

Officer In-charge, Office Schools Division Superintendent