



Republic of the Philippines
Department of Education
REGION VIII
SCHOOLS DIVISION OF NORTHERN SAMAR

September 16, 2024

DIVISION MEMORANDUM

No. 212, s. 2024

**STRENGTHENING MENTAL HEALTH ADVOCACIES IN SCHOOLS-CUM-
CELEBRATION OF THE NATIONAL MENTAL HEALTH WEEK 2024**

To: Assistant Schools Division Superintendent
Chief, Schools Governance & Operations Division
All Concerned Public Schools District Supervisors/ District Heads
All Concerned Public Elementary & Secondary Principals/ School Heads
All School Health & Nutrition Section Personnel
All Others Concerned

1. The Department of Education under Republic Act No. 11036, otherwise known as the **Mental Health Act of 2013**, was mandated to develop policies and programs for students, educators, and other employees designed to raise awareness on mental health issues; to identify and provide support and services for individuals at risk, and facility access, including referral mechanisms of individual with mental health conditions to treatment and psychosocial support. In response, the DepEd continuously strengthens its efforts to ensure full implementation of the **School Mental Health Program (SMHP)** under the **Oplan Kalusugan (OK) sa DepEd**. A program that aims to promote mental health awareness among learners and school personnel; addressing potential or prevailing mental health issues and gaps in the delivery of mental health services in schools, through prompt assessment, utilization of referral mechanisms and mobilization of all stakeholders.
2. Moreover, Presidential Proclamation No. 452, s. 1994, titled declaring the Second Week of October of Every Year as **National Mental Health Week**, which will be observed this year on **October 7-11, 2024** is a desirable occasion to highlight/ streamline the SMHP, reaching learners and school personnel guided by the theme, advocacies and activities of this year's celebration. An opportunity to reinforce mental health in schools, increasing understanding of mental health and how mental health problems can be prevented; breaking the stigma and discrimination associated with mental conditions.
3. Therefore, this office, through the Schools Governance & Operations Division – School Health Section, shall conduct a week-long activity, entitled: **Strengthening Mental Health Advocacies in Schools-Cum-Celebration of The National Mental Health Week 2024** on October 7-11, 2024.

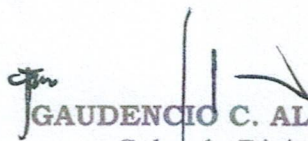


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4. The activity aims to:
 - a. highlight advocacies that will promote mental health awareness and self-care through conduct of symposiums/ lay fora and other activities that will target students, teaching and non-teaching personnel.
 - b. employ standard, age and gender sensitive methods of demand generation for Mental Health that will be utilized and shall cascaded by Mental Health advocates in schools.
 - c. strengthen the skills and competence of school health personnel, guidance counselors/ guidance designates, teaching and non-teaching personnel to respond to the mental health needs of both learners and fellow DepEd personnel.
 - d. reinforce partnership with other government agencies and other stakeholders in promoting Mental Health Advocacies and strengthening referral mechanism for at risk learners and school personnel.
 - e. highlight School Mental Health in celebration of the National Mental Health Week, conforming to the event's theme, advocacies and activities.
5. During the conduct of this week-long activity, specific programs and activities were prepared and scheduled to be participated by ALL Schools Division Office (SDO) personnel, selected learners and school personnel from identified schools. These activities shall be promoted and facilitated by ALL School Health Section Personnel, including those assigned in Autonomous Schools or those under School-Based Plantilla (Please see attached Activity Matrix and List of Participants).
6. All expenses relative to the conduct of this activity such as meals, venue, accommodation, travel and incidental expenses of the participants, facilitators, program management team shall be charged against **School Mental Health Program Support Fund (PSF)**, subject to the usual accounting and auditing rules and procedures.
7. This Memorandum shall serve as **Official Travel Authority** of all involved.
8. Immediate dissemination of and compliance with this Memorandum are desired.


GAUDENCIO C. ALJIBE JR., PhD, CESO VI
Schools Division Superintendent
DepEd Northern Samar
RELEASED



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Enclosure No. 1 to DM 262, s. 2024

**STRENGTHENING MENTAL HEALTH ADVOCACIES IN SCHOOLS-CUM-
 CELEBRATION OF THE NATIONAL MENTAL HEALTH WEEK**
October 7-11, 2024

ACTIVITY MATRIX

Day	Date	Activities	Venue	Participants	Responsible Persons/ Facilitators/Resource Persons
1	October 7, 2024	Kick-Off: National Mental Health Week 2024 <ul style="list-style-type: none"> Official Opening of the Week-long Activity. Pledge of Commitment and Support. Beauty and Wellness Services 	Division Grounds	ALL SDO Personnel	<ul style="list-style-type: none"> Warren L. Otadoy, MD Pinky A. Detera, RN, MAN Alma M. Cuanico, RN Teachers and selected Senior High School Students from Laoang National Technical High School Teachers: 1. Eddie A. Poblete-PII School Head 2. Marilou T. Pinca, MT-II SHS Dept. Head Designate 3. Geralin M. Jorojoro-TI



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	2	October 8, 2024	Simultaneous School Visit to Conduct Mental Health Advocacies (One-Stop Shop	All identified ELEMENTARY Schools	Selected students and school personnel	Students: (Grade 12-Home Economics) 1. Adora, Jarmin Vhriel D. 2. Amonggo, Pia A. 3. Baldoza, Mico G. 4. Baluyot, Cristine G. 5. Dula, Danica A. 6. Estacio, Jeraldine S. 7. Giray, Lara 8. Infante, Angelica J. 9. Irinco, Viljun C. 10. Lucban, Lovely A. 11. Mora, John Laurence Carl G. 12. Morales, Janelyn B. 13. Penolavio, Sandy P. 14. Pinca, Shaniel B. 15. Poso, Angela I. 16. Robiños, Ma. Jonielyn M. 17. Sevilla, Jemboy P.
		Assigned nurses (please see Enclosure No. 2)				



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		<p>School Mental Health Service Rendering, which will include:</p> <ol style="list-style-type: none"> 1. Conduct of Symposium on Mental Health Awareness 2. Provision of Technical Support for Class Advisers and Guidance Counselor / Guidance Designate on: <ol style="list-style-type: none"> a. Assessing Learners with Mental Health problems or at risk of developing one. b. Referral Mechanism c. School Mental Health reports / Monitoring Tool d. Promotion of Other Oplan sa Kalusugan (OK) sa DepEd Programs 	(please see list)		
3	October 9, 2024	<p>Simultaneous School Visit to Conduct Mental Health Advocacies (One-Stop Shop</p>	All identified SECONDARY Schools		Assigned nurses (please see Enclosure No. 2)



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4	October 10, 2024	<p>School Mental Health Service Rendering, which will include:</p> <ol style="list-style-type: none"> 3. Conduct of Symposium on Mental Health Awareness 4. Provision of Technical Support for Class Advisers and Guidance Counselor / Guidance Designate on: <ol style="list-style-type: none"> a. Assessing Learners with Mental Health problems or at risk of developing one. b. Referral Mechanism c. School Mental Health reports / Monitoring Tool d. Promotion of Other Oplan sa Kalusugan (OK) sa DepEd Programs <p>Safe and Healthy Connections: Highlighting Therapeutic Relationship and the Use of Therapeutic Communication</p>	(please see list)	ALL School Health Personnel.	Pinky A. Detera, RN, MAN Marvin D. Socorro, RN, MAN
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5	October 11, 2024	Creating Healthy Minds and Bodies for School Health Personnel: Mastering Personal Well-Being Through Self-Care	To be announced.	ALL School Health Personnel.	Warren L. Otadoy, MD Pinky A. Detera, RN, MAN Alma M. Cuanico, RN
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Enclosure No. 2 to DM 242, s. 2024

TARGET SCHOOLS, PARTICIPANTS & FACILITATORS:

**DAY 2: SYMPOSIUMS/ HEALTH TALK SESSIONS IN SELECTED ELEMENTARY SCHOOLS
 OCTOBER 8, 2024 (TUESDAY)**

Schools	District	Number of Target Participants	Responsible Person(s)/ Facilitators
1. Capul Central School	Capul District	60	Morita Pestaño, Nimfa Magdaraog, Jemmalyn Soriano, Precious Politan, Cherly Ann Catucod
2. Allen Central School	Allen II	60	Katrina Kristel Tafalla, Kier B. Taldo, Maria Elena Taldo, Myra Santos, Llyra Ursula Camposano,
3. Lavezares II Central School	Lavezares II	60	Marvin Socorro, Precy Ereno, Gladys Phine Caimoy, Dovenia Obeda, Amyleen Baluyot
4. Generoso R. Frigillana Elementary School	Catarman III	60	Alma Cuanico, Ma. Asuncion Muncada, Eileen Belicena, Melody Cabales, Camelia Nemil
5. Mondragon I Central School	Mondragon I	60	Melchora Dones, Richel Ibanez, Gay Ty, Carmela Indino, Emma Gapol



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6. Pambujan I Central School	Pambujan 1	60	Sheila Aguilando, Nilma Regulacion, Christy Ador, Gladys Ibanez, Lanny Espina
7. Catubig I Central School	Catubig 1	60	Tellie Pajes, Chenita Tenedero, Jackielyn Morales, Wevina Vicencio
8. PM Geta Elementary School	Laoang II	60	Pinky Detera, Rosalie Rojero, Ma. Iris Tan, Glenda Tan
9. Palapag I Central School		60	Rovi Kay Carla Caparosso, Jennifer Pajares, Venjenette Lugo
TOTAL PAX		540 -	41 -
		LEARNERS	HEALTH PERSONNEL

DAY 3: SYMPOSIUMS / HEALTH TALK SESSIONS IN SELECTED SECONDARY SCHOOLS
OCTOBER 9, 2024 (WEDNESDAY)

Schools	District	Number of Target Participants	Responsible Person(s)
1. Capul Agro-Industrial School	Capul	60	Morita Pestaño, Nimfa Magdaraog, Jemmelyn Soriano, Precious Politan, Cherly Ann Catucod



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2. Allen National High School	Allen I	60	Katrina Kristel Tafalla, Kier B. Taldo, Maria Elena Taldo, Myra Santos, Llyra Ursula Camposano,
3. Basilio B. Chan Memorial Agro- Industrial School	Lavezares I	60	Marvin Socorro, Precy Ereno, Gladys Phine Caimoy, Dovenia Obeda, Amyleen Baluyot
4. Cawayan Integrated School	Catarman IV	60	Alma Cuanico, Ma. Asuncion Muncada, Eileen Belicena, Melody Cabales, Camelia Nemil
5. Mondragon Agro-Industrial School	Mondragon III	60	Melchora Dones, Richel Ibanez, Gay Ty, Carmela Indino, Emma Gapol
6. Pambujan National High School	Pambujan I	60	Sheila Aguilando, Nilma Regulacion, Christy Ador, Gladys Ibanez, Lanny Espina
7. Catubig Valley National High School	Catubig I	60	Tellie Pajes, Chenita Tenedero, Jackielyn Morales, Wevina Vicencio
8. Laoang National Technical High School	Laoang I	60	Pinky Detera, Rosalie Rojero, Ma. Iris Tan, Glenda Tan
9. Sumuroy Agro-Industrial School	Palapag I	60	Rovi Kay Carla Caparosso, Jennifer Pajares, Venjenette Lugo
TOTAL PAX		540 -	41 -
		LEARNERS	HEALTH PERSONNEL



DepED
MATATAG
MAGSUSULAT NG MAHABANG BULAKANG PAKIKIBALANG

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