



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

July 28, 2026

DIVISION MEMORANDUM

SGOD-2026- 116

TRAINING-WORKSHOP ON PSYCHOLOGICAL FIRST AID FOR SCHOOL DRRM COORDINATORS

TO: Assistant Schools Division Superintendent
Chiefs, Curriculum Implementation and
Schools Governance and Operations Division
Cluster Heads
School Heads
Elementary and Secondary Schools (public)
This Division

1. Pursuant to Republic Act No. 11036 or the “Mental Health Act” and Republic Act No. 12080 or the “Basic Education Mental Health and Well-Being Promotion Act”, this Office shall conduct the **Training-Workshop on Psychological First Aid (PFA) for School DRRM Coordinators** on **August 12–14, 2026**. Venue to be announced.

2. The activity aims to strengthen the capacity of School DRRM Coordinators in providing Psychological First Aid during emergencies, disasters, crises, and other stressful events affecting learners and school personnel. Specifically, it seeks to:

- a. enhance participants' knowledge and understanding of Psychological First Aid principles and concepts;
- b. develop essential skills in providing immediate psychosocial support during emergencies and crisis situations;
- c. strengthen appropriate referral mechanisms for individuals requiring specialized mental health and psychosocial support services; and
- d. equip School DRRM Coordinators with practical strategies for integrating Psychological First Aid into school emergency preparedness and response initiatives.

3. Participants to this activity are the designated **School DRRM Coordinators** from all public elementary and secondary schools, and selected school health personnel in the Schools Division of Tacurong City.

4. School Heads are requested to ensure the attendance of their respective School DRRM Coordinators without disruption of regular school operations.



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5. Expenses relative to meals, training materials, supplies, and other authorized expenses shall be charged against available School Health Program funds, subject to existing accounting, auditing, budgeting, and procurement rules and regulations.
6. Enclosed in the Memorandum are the detailed program of activities and the list of participants.
7. Immediate dissemination of and strict compliance with this Memorandum is desired.

CARLOS G. SUSARNO PHD, CESO VI

Asst. Schools Division Superintendent

Officer-in-Charge

Office of the Schools Division Superintendent

JYA/SGOD-SHS/ TRAINING WORKSHOP ON PSYCHOLOGICAL FIRST AID FOR SCHOOL DRRM COORDINATORS/JULY 28, 2026



Address: Alunan Highway, Poblacion, Tacurong City 9800

Telephone Numbers: (064)-200-6316; 0919-065-6425

Email: tacurong.city@deped.gov.ph

Website: depedtacurong.org



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Enclosure to the DM SGOD No. 116, 2026

**NAME OF PARTICIPANTS TO THE TRAINING WORKSHOP ON PSYCHOLOGICAL
FIRST AID FOR SCHOOL DRRM COORDINATORS**

PROGRAM TECHNICAL WORKING GROUP

Name	Position/Designation
Carlos G. Susarno, PHD, CESO VI	Asst. Schools Division Superintendent Officer-in-Charge Office of the Schools Division Superintendent
Gilbert B. Barrera, CESE	Asst. Schools Division Superintendent
Mayflor B. Romualdo	SGOD Chief
Ivan James B. Pano, MD	Medical Officer III
Dane Immanuel T. Luza, DMD	Dental Officer II

TRAINING FACILITATORS

Name	Position/Designation
John G. Bayugos	Division DRRM Coordinator
Jonalee Y. Arquiza, RN	Division SMHP Coordinator
April Jane L. Duadua, RN	Nurse II – Facilitator
Catherine Joy Q. Maratas, RN	Nurse II – Facilitator
Jonald S. Cadiao	EPSA-Resource Speaker
Quirico M. Batilaran, RGC	GC II TNHS – Resource Speaker
Mark S. Baliguat, RGC	GC II VFGNHS – Resource Speaker
Charro B. Muyco, Rpm	Psychologist I CSWD- Resource Speaker
Mark Anthony Sumatra	COS – Facilitator
Kaye Angelie Delgado, RM	Facilitator
Michael Jan G. Arquiza	Facilitator

PARTICIPANTS

School	Name	Position/Designation
Schools Division Office of Tacurong City - SHNS	Jancee N. Rival, RN	Technical Assistant II
Schools Division Office of Tacurong City - SHNS	Jannah Angela Dumadag, RN	Technical Assistant I
Tacurong Pilot Elementary School	Richard B. Alcos	Asst. School Head
Amado Fernandez Sr. Central School	Neil D. Casador	Asst. School Head



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Pedregosa Acosta Elementary School	Mark John C. Cabalfin	PDO I
San Emmanuel Elementary School		
Tina Elementary School		
San Rafael Elementary School	Rady P. Sandig	AO II
Casilda P.Venus Elementary School	Glory Grace C. Albaran	AO II
Victorina P. Dasmariñas Elementary School	Glaiza S. Dasmariñas	AO II
Maria A. Montilla Memorial Elementary School	Michelle M. Dorado	AO II
San Antonio Elementary School	Katryna S. Celendro	AO II
New Lagao Elementary School	Heaven Grace B. Arroza	AO II
Buenaflor Elementary School	Sarah Jane G. Ruelan	AO II
Dr. Manuel Griño Memorial Elementary School	Ma. Lina A. Toring	AO II
Kalandagan Elementary School	Diomar C. Narcilla	AO II
Maria Z. Bayya Elementary School	Raiza Grace O. Leynes	AO II
New Isabelle Elementary School	Monalyn A. Lopez	PDO I
J. Hector Lacson Elementary School		
Jose V. Lagon Memorial Elementary School	Roselle T. Carvajal	AO II
Josue Alcasid Central School	Charish Fabrigar	AO II
Rajah Muda Elementary School	Kaitlyn Deen B. Lamita	PDO I
Rajah Muda Elementary School – Beam Life		
Elisa P. Bernardo Memorial Elementary School		
Elisa P. Bernardo Memorial Elementary School – BEAM		
Lourdes Pama Elementary School	Reymark B. Pama	AO II
Lancheta Magallon Elementary School	Paulo Miguel C. Segura	AO II
Tacurong National High School	Carlo Alej T. Delantar	ADAS II





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Virginia F. Griño National High School	Ralph Jan Sespeñe	AO II
San Emmanuel National High School	Cleo Irene L. Daros	AO II
San Pablo National High School	Milleni Faith H. Pastores	ADAS II
Apolinario S Bernardo National High School	Catherine M. Lozano	AO II
Rajah Muda National High School	Edmar P. Panila	ADAS II
Upper Katungal National High School	Adelpa A. Abenoja	AO II
Abang Suizo Integrated School	Concepcion G. Paclibar	AO II





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Activity Matrix

August 12-14, 2026 | 8:00 am | Tacurong City

TIME	TOPICS	RESOURCE SPEAKER/ FACILITATOR
DAY 1		
8:00	Arrival & Registration	Facilitators
8:30-9:15	- Opening Ceremony - Invocation - National Anthem - Makabayan Song	Audio Visual Presentation
9:15 – 9:30	- Opening Ceremony - Invocation - National Anthem - Welcome Remarks - Inspirational Message	Audio Visual Presentation Mayflor D. Romualdo ES-SGOD Chief Carlos G. Susarno, Ph.D., CESO VI Asst. Schools Division Superintendent Officer-in-Charge Office of the Schools Division Superintendent
9:30 – 10:00	- Statement of Purpose - Introduction of Participants - Formation of Groups - Clarification of Expectations - House Rules	Jonalee Y. Arquiza, RN Division SMHP Coordinator April Jane L. Duadua, RN Nurse II
10:00 -10:10	Pre-Test	Facilitator
10:10 – 10:40	Overview of Psychological First Aid	John G. Bayugos Division DRRM Coordinator
10:40 – 11:40	PFA Activity - How are You Today - Feelings Circle - Lets Use our Voices	Catherine Joy Q. Maratas, RN Nurse II
11:40am – 12:00 noon	Group Discussion	Facilitator
12:00 – 13:00	LUNCH BREAK	





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13:00 – 13:15	Unfreezing	Group 1
13:15 – 14:30	SEES Manual – Art-Based PFA Module 1: Validating and Normalizing Feelings	Mark S. Baliguat, RGC Guidance Counselor - VFGNHS
14:30 – 15:00	PFA Activity - Music Art - Tableau	Jonalee Y. Arquiza, RN Nurse II SHS & April Jane L. Duadua, RN Nurse II
15:30 – 16:00	Group Discussion	
16:00 – 16:30	- Puppet Art - Mirroring Activity	
DAY 2		
8:30 – 9:00	- Morning Praise - Nationalistic Song - Recap of Day 1	Group 2
9:00 – 10:30	SEES Manual – Art-Based PFA Module 2: Calming Down and Controlling One’s Emotions	Quirico M. Batilaran, RGC Guidance Counselor - TNHS
10:30 – 11:15	PFA Activity - Every Breath You Take - My Playlist	Catherine Joy Q. Maratas, RN Nurse II & John Bayugos Division DRRM Coordinator
11:15 – 12:00	- Discussion - What I Usually Do?	
12:00 – 13:00	LUNCH BREAK	
13:00 – 13:15	Unfreezing	Group 3
13:15 -14:15	SEES Manual – Art-Based PFA Module 3: Linking: Identifying and Addressing Needs	Jonald S. Cadiao ALS – Education Program Specialist
14:15 – 15:00	Team Preparation for Role Playing	Facilitator by Group
15:00 – 17:00	Role Play Presentation - Group 1 - Group 2 - Group 3 - Group 4 - Group 5	
DAY 3		
8:30 – 8:45	- Morning Praise - Nationalistic Song - Recap of Day 2	Group 4
8:45 – 9:45	SEES Manual – Art-Based PFA Module 4: Sources of Strength	Charro B. Muyco, Rpm CSWD-Psychologist I
9:45 – 10:30	PFA Activity T-Shirt Art	Jonalee Y. Arquiza, RN Nurse II SHS





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	• T-Shirt Art Story	
10:30 – 12:00	• Crossing the Hurdle • Discussion	April Jane L. Duadua, RN Nurse II
12:00 – 13:00	LUNCHBREAK	
13:00 – 14:00	• Action Planning • Presentation of plans	Participants
14:00 – 14:30	• Open Forum	Facilitators
14:30 – 15:00	• Closing Ceremony - Closing Remarks - Response from Participants - Awarding of Certificates	Group 5

MARK ANTHONY SUMATRA

Podium Master