




REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
DISASTER RISK REDUCTION AND MANAGEMENT SERVICE
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TO : **BARMM MINISTER OF EDUCATION
ALL REGIONAL DIRECTORS
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED**

FROM : 
RONILDA R. CO
Director IV
Disaster Risk Reduction and Management Service

SUBJECT : **INVITATION TO ATTEND "TOWARDS PSYCHOSOCIAL WELL-
BEING AND MENTAL HEALTH: KAGINHAWAAN FOR TOP
LEADERS OF DEPED"**

DATE : 19 MAY 2020

Relative to DTFC No. 40 which aims to provide a series of **psychosocial support activities** to the members of the Management Committee (ManCom), the Schools Division Superintendents are invited to attend the **second session** of "**Towards Psychosocial Well-being and Mental Health: Kaginhawaan for Top Leaders of DepEd**" on **27 May 2020, Wednesday, 9:00 A.M. – 11:00 A.M.**

This session shall cover the essence of Mental Health and Psychosocial Support Service (MHPSS) in Emergencies, identifying and supporting staff who needs assistance, and psychosocial wellbeing of leaders. The program is attached for your reference.

The platform for the webinar-workshop is Google Meet. The code will be sent to the registered e-mail address at 8:00 A.M. on the same day.

Please confirm your attendance at <http://deped.in/dqQROFN> on or before 25 May 2020. Should you not be able to attend, you may send a representative. Please note that only the Assistant Schools Division Superintendent (ASDS), Curriculum and Instruction Division (CID) Chief or the School Governance and Operations Division Chief may represent you.

Thank you very much.



PROGRAM OF ACTIVITIES
**“Towards Psychosocial Well-being and Mental Health:
Kaginhawaan for Top Leaders of DepEd Session 2”**

27 May 2020

TIME	AGENDA
9:00 – 9:10 A.M.	Check-in
9:10 – 9:15 A.M.	Welcoming Remarks
9:15– 9:20 A.M.	Recap of Last Session
9:20 – 9:40 A.M.	Dr. Lourdes Ladrido-Ignacio <i>Philippine Council for Mental Health</i> Psychological First Aid (PFA) and Self-Care Practice Prof. Yeng Gatchalian <i>Psychological Association of the Philippines</i>
9:40 – 10:00 A.M.	Workshop: Mindfulness Meditation Ms. Madette Gardiola <i>Brahma Kumaris Philippines</i>
10:00 – 10:20 A.M.	Workshop: Arts-Based Coping Strategies Mr. JK Anicoche <i>Cultural Center of the Philippines</i>
10:20 – 10:40 A.M.	Workshop: Meditation in Everyday Life Dr. Lourdes Ladrido-Ignacio <i>Philippine Council for Mental Health</i>
10:40 – 10:55 A.M.	Question and Answer with Speakers
10:55 – 11:00 A.M.	Word of Thanks and Ways Forward

PROFILE OF SPEAKERS

Professor Emeritus Lourdes Ladrido-Ignacio obtained her Doctor of Medicine degree from the University of the Philippines, and continued her residency training in Psychiatry in Manila. She later took post-residency studies in Community and Social Psychiatry at the State University of New York Syracuse, New York. As a psychiatrist, she has devoted much of herself in working towards the betterment of mental health service in her country as well as other Asian countries. She was the chief investigator for the Philippines in the WHO collaborative study undertaken in 7 developing countries on Strategies for Extending Mental Health Care in General Health care. Dr Ignacio published a book: "Mental Health Care in the Community" with the support of the WHO Western Pacific Regional Office which has served as reference in the training of existing primary health workers in mental health. This book has been translated in Mongolian as well as for the training materials in mental health programs in Cambodia, Laos and Vietnam where she served as WHO Short-Term Consultant. Among her significant contributions was her work as the Chairperson of the Mental Health Task Force in Disaster Management organized by the Philippine President, Corazon Aquino in 1990 after a killer earthquake struck the country. The Task Force found its work more extensive, when the Mt Pinatubo volcano struck. This work was documented in the book, "From Victims to Survivors" which was awarded by the National Academy of Science and Technology as its 1994 Most Outstanding Publication. Another book, "Ginhawa: Well-being in the Aftermath of Disasters" was published a decade later. Both are recognized as important references for a psychosocial intervention program in the aftermath of disasters. She has been involved in international agencies and organizations, notably, the World Health Organization and the World Association for Psychosocial Rehabilitation, being its immediate past President. She has been awarded as outstanding researcher and teacher in the clinical sciences. In 2014, she was cited for an Outstanding Achievement Award by the Asian Federation of Psychiatric Associations and in June 2016, the Outstanding Lifetime Achievement Award from the University of the Philippines Alumni Association.

Prof. Mariflor J. Gatchalian, or Yeng, is a licensed psychologist and a Certified Specialist in Assessment Psychology. She is currently taking her Ph.D. in Counseling Psychology in De La Salle University and finished her M.A. in Psychology in Ateneo de Manila University.

She is the focal of the Psychological Association of the Philippines, CALABARZON – MIMAROPA Chapter. She is also a Professorial Lecturer at the Psychology Department of De La Salle University – Manila. She is also a Professorial Lecturer at the Psychology Department of Far Eastern University in Manila and taught part time in University of Santo Tomas.

Ms. Mardies Virola-Gardiola has an extensive experience in human resource development through community organizing and community development work, institutional capacity building, program development, monitoring and evaluation, training and consultancy, and networking at the local, national and regional level. She had served as a consultant for various local and international agency such s OPAAP, DILG, UNICEF, and OXFAM.

JK Anicoche is a Manila-based performance-maker, curator, storyteller and educator. He is the artistic director of contemporary performance company, The Sipat Lawin Ensemble and festival director of Karnabal Festival: Performance and Social Innovation. He is the founder of Project Banig: Storytelling Everywhere Campaign encouraging volunteerism and storytelling in communities.

He teaches Directing and Basic Acting courses for Theater Arts scholars at the Phil. High School for the Arts in Mt. Makiling.