



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

October 2, 2023

REGIONAL MEMORANDUM
No. **1065**, s. 2023

**GUIDELINES ON THE CONTINUED USE OF THE PSYCHOSOCIAL
SUPPORT ACTIVITY PACK (ALL GRADE LEVELS):
A TEACHER'S GUIDE**

To: Schools Division Superintendents
All Others Concerned

1. Attached is Memorandum OUOPS No. 2023-04-7450 dated August 16, 2023, from Atty. Revsee A. Escobedo, Undersecretary for Operations, containing the Guidelines on the Continued Use of the Psychosocial Support Activity Pack (all Grade Levels): A Teacher's Guide.
2. All queries relative to this Memorandum shall be addressed to the Regional Focal Person, Eden A. Dadap at 09126063544.
3. Immediate dissemination of and compliance with this Memorandum are desired.


EVELYN R. FETALVERO, CESO IV
Regional Director 

Enclosures: As stated

References: As stated

To be indicated in the Perpetual Index under the following subjects:
MHPSS

ESSD-SPPS-EAD

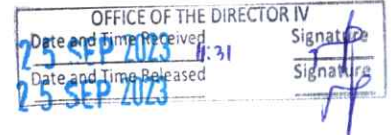




Republic of the Philippines
Department of Education
 OPERATIONS



OUOPS No. 2023-04- 745
MEMORANDUM



TO : REGIONAL DIRECTORS
 SCHOOLS DIVISION SUPERINTENDENTS
 REGIONAL AND DIVISION DRRM COORDINATORS
 SCHOOL HEADS
 ALL OTHERS CONCERNED

FROM : *[Signature]*
ATTY. REVSEE A. ESCOBEDO
 Undersecretary for Operations

SUBJECT : Guidelines on the Continued Use of the Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide

DATE : August 16, 2023

The Disaster Risk Reduction and Management Service (DRRMS), in its effort to support the mental health of learners during the implementation of in-person classes for the school year 2022-2023, has developed the Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide. The activity pack aims to guide teachers in providing classroom-based psychosocial support to learners and considers the significance of learners' well-being in successful learning continuity. Accordingly, a national online learning session was conducted to orient teachers in basic concepts on disasters and emergencies, Mental Health and Psychosocial Support, and the use of the Psychosocial Support Activity Pack.

Beyond the COVID-19 pandemic, the material can be used to supplement continuing psychosocial support efforts in the classroom after an experience of a disaster and/or emergency.

To provide guidelines on the continued use of the Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide, please refer to Annex A.

For concerns and more information, please contact the DRRMS through email at drmo@deped.gov.ph or through landline call at 8637-4933.

Thank you.

DRRMS ABR/08162023

BLRAC-2023-19-001

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ANNEX A. GUIDELINES ON THE EXTENDED USE OF THE PSYCHOSOCIAL SUPPORT ACTIVITY PACK (ALL GRADE LEVELS): A TEACHER'S GUIDE

I. Background

When the COVID-19 pandemic hit in 2020, school closures were ordered, causing learners and teachers to apply distance learning. The experience of a disaster, such as the COVID-19 pandemic, put individuals temporarily out of balance, if not severely distressed. For some, prolonged disruption of learning, isolation, and interruption of social life within the school community may cause severe stress and psychological consequences. This includes feeling overwhelmed and anxious, experiencing learning difficulties, and becoming distressed or dysfunctional over changes in routine. Others may have experienced violence and neglect, causing trauma. Additionally, children coming from low-income families become more vulnerable to risks brought by economic losses due to disasters and emergencies.

In August 2022, 2 years after the physical closure of schools, the Department of Education (DepEd) embarked on the full implementation of in-person classes. Schools nationwide reopened to welcome learners back. With the complex impacts of disasters and emergencies, teachers and school personnel must meet the learners where they are as they work towards learning continuity while prioritizing learners' recovery towards enhanced well-being. Accordingly, Psychosocial Support (PSS) will be significant in working on these huge tasks.

Acknowledging the need to provide PSS to learners after prolonged isolation from the pandemic, the Disaster Risk Reduction and Management Service (DRRMS) developed the Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide. While the initial premise for developing this material was intended to address the need to provide PSS to learners after their pandemic experience, it was intentionally designed with a framework that addresses the psychosocial needs of children and adolescents after an experience of any disaster, through classroom-based activities.

Hence, the implementing guidelines for the extended use of the Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide, beyond the context of return to in-person classes after the pandemic, is provided below.

II. Guidelines on the Continued Use of the Material

When disasters strike, learning and teaching are immediately disrupted. Disasters often cause learner displacement, damage to school infrastructures and resources, class suspension, and use of schools as evacuation centers. To address these impacts, the DRRMS provides standard Disaster Response Interventions to primarily facilitate learning continuity. Recognizing that the extensive damages and losses, along with sudden changes in the lives of learners and education personnel, create crises that have a profound impact on their mental health and overall well-being, one of the key Disaster Response interventions conducted is Mental Health and Psychosocial Support (MHPSS). MHPSS is a composite term used to describe

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any type of local or outside support that aims to protect or promote psychosocial well-being and/or prevent or treat mental disorders of disaster survivors. Within DepEd, MHPSS is provided to support the learners' and school personnel's return to normalcy.

One of the key services within the range of MHPSS services offered by DepEd to learners and personnel affected by disasters and/or emergencies is Psychological First Aid (PFA). PFA is defined as a humane, supportive, and non-intrusive response to an individual who may need support, especially in humanitarian contexts. It involves providing basic support for those acutely distressed after exposure to extreme stressors. As a general rule, PFA is conducted immediately within the emergency phase of the response period in the occurrence of a disaster and/or emergency. The core actions of PFA characterize the service as both a method of psychosocial support and a method of quick psychosocial assessment. While PFA is brief and considered as an immediate disaster response activity, PSS through school-based activities, may be considered as an intervention for early recovery. PSS encompasses targeted processes and actions aimed at fostering the comprehensive well-being and resilience of individuals. Within the school environment, these processes often involve arts- and play-based activities that serve both healing and learning purposes.

Hence, to further support learners' immediate recovery and in consideration of their overall well-being post-disaster and/or emergency, the facilitation of PSS is recommended after the conduct of PFA to learners and personnel (as needed), and once learners are back in school and their classrooms. Accordingly, schools are free to develop or plan schedules for the facilitation of PSS at the most conducive time for both learners and personnel.

The Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide serves as the primary resource for guiding teachers in facilitating these activities. In general, this pack is a reference for teachers in conducting psychosocial support activities for learners after a disaster event.

The psychosocial evaluation included in the pack may be conducted to inform teachers of the quality of support they are providing to learners. While submission of the psychosocial evaluation forms to the Central Office is no longer required, DRRMS recommends the proper documentation and safekeeping of the evaluation results. In addition, results may be used for monitoring purposes and for informing future mental health programs. Accordingly, teachers can be guided on the documentation of results by referring to DRRMS Memo No. DRRMS-09-21-2022-0001 titled "Reiteration on the Monitoring of the Conduct of Mental Health and Psychosocial Support Activities in line with In-Person Classes SY 2022-2023".

To assist teachers in utilizing the pack effectively, a reference list has been included below.

a. Reference Materials

The Psychosocial Support Activity Pack (All Grade Levels): A Teacher's Guide may be accessed through this link:

[Link: https://bit.ly/3s1111M](#)

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<https://tinyurl.com/PSAPAllLevels>. It is pertinent for teachers to go through the entire material, to completely understand how to use and conduct the activities.

To support teachers in understanding the material, a recorded video of the learning sessions and orientation conducted last August 2022 can be accessed here:

For Kinder to Grade 6 Teachers: <https://bit.ly/K6PSSLearnSeshAug>
For Grade 7 to 12 Teachers: <https://bit.ly/7SHSPSSLearnSeshAug>

Should teachers decide to conduct the psychosocial evaluation, the guide on its administration, interpretation, and documentation can be accessed here: https://bit.ly/PSE_Guide_Printable