



Republic of the Philippines
Department of Education
REGION VI – WESTERN VISAYAS
SCHOOLS DIVISION OF AKLAN

August 12, 2020

DIVISION MEMORANDUM
No. 181, s. 2020

**ADDENDUM AND CHANGES TO DIVISION MEMORANDUM NO. 158, S.
2020 TITLED TRAINING OF TRAINERS ON PSYCHOLOGICAL FIRST AID
(PFA) FOR COVID-19**

**To: Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Heads of Public & Private Elementary/Integrated/Secondary Schools
All others concerned**

1. The schedule for the Training of Trainers on Psychological First Aid (PFA) for COVID-19 (School Level) will be changed from August 17-22, 2020 to August 17, 2020 onwards.
2. Further, the provision of PFA to learners will be rescheduled from August 24-28, 2020 to the first week of classes and a week before the opening of classes of the school year 2020-2021 as cited in the DepEd Task Force COVID-19 Memorandum No. 84 s. 2020 and Division Memorandum No. 178, s. 2020 titled "Corrigendum to DTFC Memo No. 82 s. 2020 on mental Health and Psychosocial Support Services MHPSS for Learners, Parents and DepEd Personnel, and Printing of MHPSS Materials" which provides:


As pronounced earlier by the Department of Education (DepEd), the week before and the first week of the SY 2020-2021 opening of classes will be devoted for the provision of MHPSS to learners.

Please see the said Memorandum for the specific schedules.



Poblacion, Numancia, Aklan
Tel/Fax No. (265 3740 | 265 3741 | 265 3743)
Website: <http://www.depedaklan.org>
Email Address: aklan.1958@deped.gov.ph

3. Instructional videos of SEES manual in the conduct of PFA to learners will be provided through the link
<https://drive.google.com/drive/u/0/folders/1OF2AMPJbkDB14aT-FxWvpgkTCVP-9CpX>.
4. Expenses for materials and other incidental expenses in the conduct of this activity shall be charged against school MOOE and other local funds subject to the usual accounting and auditing rules and regulations.
5. Attached is the suggested training matrix for the conduct of PFA for Covid-19 (School Level).
6. Immediate dissemination of this memorandum is desired.


MIGUEL MAC H. APOSIN EdD, CESO V
Schools Division Superintendent

CIU




Poblacion, Numancia, Aklan
Tel/Fax No. (265 3740 | 265 3741 | 265 3743)
Website: <http://www.depedaklan.org>
Email Address: aklan.1958@deped.gov.ph

Psychological First Aid (PFA) for COVID-19 Training Matrix

Day	Time	Topic	Incharge
Day 0	8:00-5:00	Registration	
Day 1	8:00-9:30	Opening Program	
		Philippine National Anthem	Video Presentation
		Prayer	Video Presentation
		Akalan Hymn	Video Presentation
		Checking of Attendance	Apple Gay Oquendo
		Opening Remarks	Miguel Mac D. Aposin EdD, CESO V
		Introduction of PFA Training Team	Charlie I. Ureta
		Orientation on the conduct of the training	Charlie I. Ureta
	10:00-11:00	Topic 1	Charlie I. Ureta
		Preview of COVID-19	
	11:00-12:00	Topic 2	Mary Faith S. Cahilig
		What is Psychological First Aid	
	1:00-1:30	MOL	
	1:30-2:00	Mitigation Objectives for COVID-19	Charlie I. Ureta
	2:00- 5:00	Module 1	Elmor T. Luna
		Validating and Normalizing Feelings	
		Show Me Baby	
		"Puso Ko, Kulayan Mo"	
		Synthesis	
Day 2	8:00-8:30	MOL	
	8:30-10:00	Module 2	Grichelle Pelayo
		Calming Down and Controlling One's Emotions	
		Know thy self	
		Breathing and Meditational Exercise	
		Synthesis	
	10:00-12:00	Module 3:	Dr. Raffy F. Paller
		Linking: Identifying and Addressing Needs	
		Synthesis	
	1:00-1:30	MOL	
	1:30-3:00	Module 4	Frederick G. Iguban
		Sources of Strength	
		T-shirt Art/ Kite Drawing	
		Group sharing	
		Synthesis	
	3:00-5:00	MHPSS/Goals of Mental Health	Raymund Solis
		Mental Health Amidst COVID-19	
Day 3	8:00-8:30	MOL	
	8:30-12:00	PFA Simulation	PFA Training Team
	1:00-4:30	Closing Program	

Prepared by:


CHARLIE I. URETA
 PDO-II