



Republic of the Philippines
Department of Education
 Region IV-A
 SCHOOLS DIVISION OF QUEZON PROVINCE

DIVISION ADVISORY NO. 067, s. 2021
 May 27, 2021

In reference to the email sent by the Premier Value Provider, Inc., this Advisory is issued for the information of School Health Personnel, Human Resource Personnel, Guidance Counselor, Public School District Supervisors and all others concerned.

INVITATION TO PARTICIPATE IN THE ONLINE WORKSHOP ON DESIGNING AND DEVELOPING MENTAL HEALTH PROGRAMS IN THE WORKPLACE

The workshop entitled **Designing and Developing Mental Health Programs in the Workplace** will be held on June 15-17, 2021 via ZOOM which focuses on equipping participants on up-to-date and evidence-based models on workplace well-being. HR managers or personnel in charge of mental health programs, mental health practitioners and advocates are invited.

Participation to the said activity should be **voluntary**, and related cost which may be incurred by the participants shall be on **personal expense or sourced from a legitimate local government unit donor**. Participants are also reminded to **strictly observe Time-On-Task Policy**, and **strict compliance to No Disruption of Classes Policy** of the Department as stipulated in DepEd Order No. 09, s. 2005.

For further details, please see the invitation.

ELIAS A. ALICAYA JR., EdD
 Assistant Schools Division Superintendent
 Officer-In-Charge
 Office of the Schools Division Superintendent



sgod-shs/maat/05/27/2021

DEPEDQUEZON-TM-SDS-04-011-003



"Creating Possibilities, Inspiring Innovations"

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Fwd: Designing and Developing Mental Health Program in the Workplace on June 15-17, 2021

DepEd Quezon <quezon@deped.gov.ph>
To: SDS Office <sdo.quezon.sds@deped.gov.ph>

Wed, May 19, 2021 at 2:28 PM

----- Forwarded message -----

From: **Mark Jervin Villanueva** <mavillanueva@pvpi.ph>
Date: Wed, May 19, 2021 at 1:04 PM
Subject: Re: Designing and Developing Mental Health Program in the Workplace on June 15-17, 2021
To: <quezon@deped.gov.ph>

Dear Ma'am/Sir,

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**Designing and Developing
Mental Health Programs
in the Workplace**



June 15-17, 2021



1PM - 4:30PM

VIA ZOOM

Learning Investment

Group Rate (3 pax or more) - ₱6,000 per pax + VAT
Regular Rate - ₱7,500 per pax + VAT



Taking a holistic approach to well-being will ensure you have engaged and productive people at work. This workshop focuses on equipping participants on up-to-date and evidence-based models on workplace well-being. This aims not only to dispel myths surrounding the attainment of personal and collective happiness, but it will also serve as basis for the development of organizational wellness programs informed by science and practice. By attending this workshop, participants will develop competencies to critically evaluate and mindfully deliberate on information and practices surrounding personal and corporate wellness. HR Analytics is about leveraging the power of data to make data-driven workforce-related decisions. With HR Analytics, you will be able to convincingly show business leaders the direct impact of HR processes and initiatives on business outcomes – sales, revenue, cost-savings, productivity, and customer satisfaction.

[REGISTER HERE](#)

LEARNING OBJECTIVES

- Provide a rationale for and evidence-based workplace mental health programs
- Develop basic competencies in program development
- Develop steps in establishing a mental health crisis response
- Identify ways to prevent and manage workplace stress
- Design positive workplace environments

WHO SHOULD JOIN?

- HR managers or personnel in charge of mental health programs
- Mental health practitioners and advocates

COURSE OUTLINE

Day 1:

A. The rationale for an evidence-based mental health program

- Benefits of Mental Health
- The Mental health crisis
- The Mental Health Law

B. Steps in the development of a mental health program

- Conducting Proper needs assessment
- Setting effective goals and plans
- Implementing your plans
- Evaluating your program

Day 2:

A. An integrated approach to workplace mental health and wellbeing

- Preventing harm
- Managing illness
- Promoting the Positive

B. Preventing Harm: Developing steps in addressing the mental health crisis

- Recognizing the signs of employees at risk
- Developing a workplace crisis response protocol

C. Managing Illness: Developing steps in the prevention and management of workplace mental health concerns

- Identifying sources of stress in the workplace
- Promoting skills in the management and prevention of stress and burnout among employees

Day 3:

A. Promoting the Positive: Developing steps to achieve organizational and individual well-being

- Identifying Positive Workplace outcomes
- Achieving employee well-being
- Developing conducive workplace conditions

B. Integration: Taking the initial steps in creating your own or improving your existing workplace mental health programs

LEARNING INVESTMENT

Group Rate (3 pax or more) – ₱6,000 per pax + VAT

Regular Rate – ₱7,500 per pax + VAT

[REGISTER HERE](#)

RESOURCE SPEAKER



Alessandra Arpon, RPsy is working in education, research, assessment, and mental health awareness, treatment, and care.

She earned her BS in Psychology from Far Eastern University-Manila with a magna cum laude distinction and a master's degree in clinical psychology from De La Salle University-Manila where she is also taking her Ph. D. in clinical counseling psychology.



Mr. Gerald Peñaranda is a registered psychologist who also received his certification from the Psychological Association of the Philippines (PAP) to specialize in the practice of Industrial-Organizational Psychology.

UPCOMING TRAININGS



Masterclass on HR Analytics on June 1, 2, 8 and 9, 2021

HR Analytics is about leveraging the power of data to make data-driven workforce-related decisions.



Employee Mental Health and Well-being on July 1-2, 2021, 2021

We put together 6 of our most in-demand workplace mental health webinars in one event. Relevant, engaging and practical topics delivered by leading mental health experts.



Managing Employee Mental Health and Wellbeing on July 6-8, 2021

With the pandemic and our transition to the new normal, 1 in 4 of your workforce are struggling with mental health. More than ever, it is crucial that your *managers and supervisors* acquire the competencies for managing employee mental health.

Check out our website [→](#)

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