



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

DIVISION ADVISORY NO. 089, s. 2021
July 12, 2021

In reference to the email sent by Abbey Hinto from 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 MENTAL HEALTH FIRST AID TRAINING

The training entitled **Be a Mental Health Advocate – Mental Health First Aid Training** will be held on **July 20-21, 2021** via ZOOM with the objectives to differentiate the different crisis reactions and know how to act on such, understand the nature of stress and coping during the time of pandemic and other crisis situations, demonstrate the skills for rapport building and supportive communication and conduct PFA using RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention and Disposition).

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 the **Time-On-Task Policy**, and the **No Disruption of Classes Policy of the Department** as stipulated in **DepEd Order No. 09, s. 2005**.

For further details, please see attached invitation.

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



shs/maat/7/9/2021

DEPEDQUEZON-TM-SDS-04-011-003



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

Fwd: , Be a Mental Health Advocate - Mental Health First Aid Training on July 20-21, 2021

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

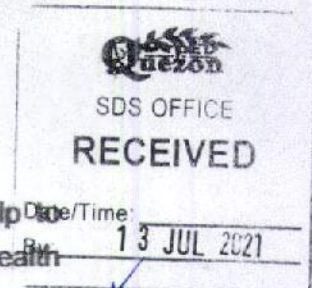
Wed, Jul 7, 2021 at 10:40 AM

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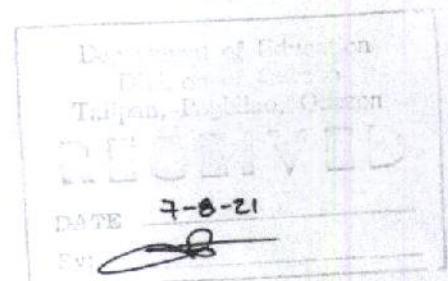
From: **Abbey Hinto** <alhinto@pvpi.ph>
Date: Wed, Jul 7, 2021, 10:33 AM
Subject: , Be a Mental Health Advocate - Mental Health First Aid Training on July 20-21, 2021
To: Ma'am/Sir <quezon@deped.gov.ph>



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Let PVP teach your employees how to provide the "first aid" help to someone who is developing or experiencing a worsening mental health problem or in a mental health crisis. The first aid is given until appropriate professional help is received, or the crisis resolves.





Mental Health First Aid



July 20-21, 2021



1PM - 4:30PM

VIA zoom

Learning Investment

Group Rate (3 pax or more) - ₱4,000 per pax + VAT
Regular Rate - ₱5,000 per pax + VAT



[Register Now](#)

Learning Objectives

At the end of the training, participants should be able to:

- Differentiate the different crisis reactions and know how to act on such
 - Understand the nature of stress and coping during the time of pandemic and other crisis situations
 - Demonstrate the skills for rapport building and supportive communication
 - Conduct PFA using the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition)
- Identify self-care strategies for managing stress and supporting others.

Who should join?

1. Managers and supervisors
2. HR Managers and staff
3. Mental health practitioners
4. Business Owners

Course Outline

Day 1

- Nature and Principles of Psychological First Aid
- Rapport Building and the Communication Process

Day 2

- Conducting the RAPID model of Psychological First Aid
 - The Do's and Don'ts in PFA
- Self-care and Social Support

Learning Investment

Group Rate (3 pax or more) – ₱4,000 per pax + VAT

Regular Rate – ₱5,000 + VAT

****Discount will be given for registrations of 5 people or more.***

[Register Now](#)

Resource Speakers



Dr. Homer Yabut, RPsy - A registered psychologist who is also active in various community and organizational mental health issues. He has a Ph.D. in Counseling Psychology and MS Psychology major in Industrial Counseling from De La Salle University.

Upcoming Training:



Basic Data Analytics and Visualization on August 10-12, 2021

This training course will teach participants how to implement descriptive and basic predictive analytics tools.



Data Privacy Compliance: Masterclass Edition on August 17, 19, 24, and 26, 2021

This is the fastest implementation approach to complying with the requirement of the Data Privacy Act (DPA) of 2012. For the past 3 years, we have sourced and found the most efficient and effective approach to implementing DPA2012 compliance: quickly and with minimal reliance on expert complexity.



Conducting Peer Supporting in the Workplace: A Mental Health Skills Building on Aug 31-Sept 2, 2021

Peer Supporting is an approach wherein practical assistance, encouragement, and emotional support is given by a "peer" that has similar lived experiences or can establish common ground in order to foster resilience in and facilitate recovery by his peer/s. This workshop aims to establish and enhance social connection

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