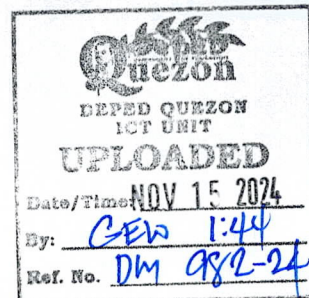




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



14 November 2024

**DIVISION MEMORANDUM**

DM No. 982, s. 2024

**EMPOWERING YOUTH LEADER: PSYCHOLOGICAL FIRST AID (PFA) CUM MENTAL HEALTH WELL-BEING AND SUPPORT**

To: Assistant Schools Division Superintendents  
Division Chiefs  
Public Schools District Supervisors  
Public Secondary School Heads  
District School Heads In-Charge of Learner Formation  
All Others Concerned

1. In reference to **Republic Act 11036**, this Office shall conduct Empowering Youth Leader: Psychological First Aid Cum Mental Health Well-Being and Support on **November 28 to 30, 2024**. The venue of the activity will be announced in a separate issuance.
2. The activity aims to provide access to prevention programs, early identification of mental health challenges, and treatment options for referral and assessment purposes.
3. Participants in this activity are the Division Officers of the following learners' organizations: QFSSLG, QueDAPA, QSFYES-O, QFSRCYC, and QSFYECS, and 1 Guidance Advocate per school. (Enclosure 1)
4. Please see the attached list of identified participants for reference. All participants must pre-register until November 21, 2024, through this link:



<https://tinyurl.com/PFACUMMHW2024>

5. Participants shall submit signed parental consent (see Enclosure 2 ).

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6. All guidance counselors/designated guidance advocates and non-teaching personnel who will attend this activity shall be entitled to compensatory time-off (CTO) shall be granted in accordance with **CSC and DBM Joint Circular No. 2, s. 2004.**
7. Conduct of psychological first aid cum mental health-related activities for learners shall follow community health and safety protocols.
8. All expenses incurred in the conduct of the said activity shall be charged against division MOOE while travel and other incidental expenses of school personnel and learners shall be charged to school MOOE/local funds subject to the usual accounting and auditing rules and procedures.
9. For further information or any concerns, please contact **Hazel Ann S. Camo**, Project Development Officer I, Learner Formation Section of SGOD, through email at **hazelann.camo@deped.gov.ph.**
10. Immediate dissemination of and compliance with this Memorandum is desired.

**ROMMEL C. BAUTISTA, CESO V**  
Schools Division Superintendent

sgod/hsc/11/14/2024

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Enclosure 2 to DM No. 982, s. 2024

**Parent Consent Form**

This form confirms that as parent/guardian, I agree to allow the participation of my son/daughter in the Empowering Youth Leader: Psychological First Aid (PFA) Cum Mental Health Well-Being and Support.

This is to confirm that I give full permission for any activity that may be done during the conduct of this election and the use of some or all of their images/contributions/performances in any publication (including electronic publications such as film or website) created by or for the DepEd Quezon Learner Formation and to release this material on DepEd official platforms.

I hereby confirm that I agree and understand the commitment of my son/daughter to these learner formation programs. I also understand and will support my son's/daughter's endeavor to comply with the guidelines of the activity, meet the expectations as participant, and fulfill the responsibilities as an elected division officer.

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**Name and Signature of the Learner**

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**Name and Signature of the Parent/Guardian**

---

**Date**

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Enclosure 1 to DM No. 982, s. 2024

**OFFICIAL LIST OF LEARNER-PARTICIPANTS**

**Quezon Federation of Supreme Secondary Learner Government (QFSSLG)**

Position	Name	School	District
President	Ma. Clarise Angela L. Juarez	Quezon Science HS	Sariaya East
Vice President	Denver L. Matcha	Malinao Ilaya INHS	Atimonan 2
Secretary	Franzine A. Diinla	Marcial B. Villanueva NHS	San Francisco 1
Treasurer	Mary Joeliana Joebelle F. Abal	Polillo NHS	Polillo
Auditor	Mark Rhenniel Q. Abelita	BPAHS	Mulanay 1
Public Information Officer	Aldrin R. Ibarrola	PSLIS	Lucban
Protocol Officer	Khen Loyd G. Sevilla	Sto. Niño Ilaya NHS	Lopez East

**Quezon Secondary Federation of YES-O (QSFYES-O)**

Position	Name	School	District
President	Kenji L. Aureada	GMTISAT	San Narciso 1
Vice President	Angielyn G. Bautista	Dagatan NHS	Dolores
Secretary	Jovelyn G. Febrer	Talipan NHS	Pagbilao 1
Treasurer	Gerald Andrei F. Combalicer	Bonifacio NHS	Burdeos
Auditor	Janell P. Alarcon	Sta. Cruz NHS	Guinayang North
Public Information Officer	Vinson Jun E. Labunos	Malinao Ilaya INHS	Atimonan 2
Protocol Officer	Jonash Gabriel A. Mercado	BPAHS	Mulanay 1

**Quezon Drug Abuse Prevention Advocates (QueDAPA)**

Position	Name	School	District
President	Charisma H. Ruizo	Burdeos NHS	Burdeos
Vice President	Elron Kyle M. Severa	Lamon Bay SOF	Gumaca East
Secretary	Klarence N. Morallo	San Roque Ilaya NHS	Calauag East
Treasurer	Samantha G. Miguel	Liwayway NHS	Mauban North
Auditor	Klive Owen K. Guevarra	Lalig NHS	Tiaong 1
Public Information Officer	Emerald D. Padolina	Marcial B. Villanueva NHS	San Francisco 1
Protocol Officer	Ma. Alhea Sofia R. Olveda	San Isidro NHS	General Luna

**Quezon Federation of Senior RCYC (QFSRCYC)**

Position	Name	School	District
President	Bien Zaren M. Mendoza	Perez NHS	Perez
Vice President	Jiro Angelo C. Flores	San Antonio NHS	San Antonio
Secretary	Emmanuelle Chariz Cueto	Magallanes NHS	Lopez East
Treasurer	Fatima Fe D. Andales	Adela S. Torres NHS	Sampaloc

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<i>Auditor</i>	Hommer R. Villarito	San Isidro NHS	Catanauan 2
<i>Public Information Officer</i>	Lyca O. Dañez	Marcial B. Villanueva NHS	San Francisco 1
<i>Protocol Officer</i>	Allianah M. Suaverdez	Sabang NHS	Polillo

**Quezon Secondary Federation of YECS (QSFYECS)**

<b>Position</b>	<b>Name</b>	<b>School</b>	<b>District</b>
<i>President</i>	Gerald Victor A. Nocon	Quezon Science HS	Sariaya East
<i>Vice President</i>	Rommel P. Quizana	San Isidro NHS	General Luna
<i>Secretary</i>	Nikki Marie T. Clete	Batangan NHS	General Nakar 1
<i>Treasurer</i>	Mark S. Casquejo	Pagbilao Grande Island NHS	Pagbilao 2
<i>Auditor</i>	Ma. Encarnacion S. Bandria	Lopez NCHS	Lopez West
<i>Public Information Officer</i>	Janica A. Manila	Gumaca IS	Gumaca West
<i>Protocol Officer</i>	Regine D. Moniño	Hagonghong IHS	Buнавista 2

-nothing follows-

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10:00 a.m.- 11:00 a.m.	Module 1: Validating and Normalizing Feelings	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates
12:00 n.n.- 1:00 p.m	Lunch	
1:15 p.m.- 2:15 p.m.	Module 2: Calming Down and Controlling One's Emotion	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates
	Module 3: Linking, Addressing and Identifying	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates
2:16 p.m.- 2:30 p.m.	Health Break	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates
2:31 p.m. – 4:30 p.m.	Module 4: Sources of Strength (internal and external)	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates

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Enclosure 3 to DM No. 982, s. 2024

**Program of Activities**

<b>Day 1 ( November 28, 2024)</b>		
7:00 a.m. – 11:00 a.m.	<i>Arrival, Registration, and Meeting with the Technical Working Committee</i>	Participants and Members of the Technical Working
11:01 a.m.-12:00 n.n	Lunch	
12:01 n.n – 1:00 p.m.	<b>Opening Program</b> <i>National Anthem Prayer CALABARZON March Quezon Hymn</i>	Audio Visual Presentation
	<i>Opening Remarks</i>	<b>Venus T. Balmedina, EdD</b> OIC - Assistant Schools Division Superintendent
	<i>Messages</i>	<b>Rommel C. Baustista CESO V</b> Schools Division Superintendent
1:15 p.m. – 2:15 p.m.	<i>Mental Health Awareness for Adolescent</i>	<b>Leah C. Barrameda, R.N</b>
2:30 p.m.- 3:30 p.m.	Self Care	<b>Mary Ann Gail Candelaria, R.N</b>
3:31 p.m- 3:41 p.m.	Health Break	
3:42 p.m.- 5:00 p.m.	Action Planning	<b>Hazel Ann S. Camo</b> Project Development Officer I-LFS
6:00 p.m.- 6:30 p.m.	<i>Dinner</i>	
7:00 p.m.- 10:00 p.m.	<i>Welcome Night</i>	
<b>Day 2 ( November 29, 2024 )</b>		
8:00 a.m.- 8:30 a.m.	<i>Preliminaries and MOL</i>	
8:31 a.m.- 9:00 a.m.	Psychological First Aid Overview	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation

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4:31 p.m. - 5:30 p.m.	PSA Simulation and Synthesis	<b>Mary Joyce S. Montaña</b> EPS II Monitoring and Evaluation Resource Speaker for learners  <b>Evalyn Gamos Arroyo</b> Principal I Resource Speaker for Guidance Advocates
<b>Day 3 (November 30, 2024)</b>		
8:15 a.m. - 8:45 a.m.	<i>Preliminaries and MOL</i>	
8:46 a.m. - 10:00 a.m.	<i>Presentation of Action Plan</i>	
10:01 a.m. - 11:00 a.m.	<i>Mindfulness Activity</i>	<b>Michelle L. Cabangon</b> Guidance Counselor III Quezon National High School
11:01 a.m. - 11:45 a.m.	<i>Closing Program Awarding of Certificates Response from the Participants</i>	
12:00 n.n. - 1:00 p.m.	<i>Lunch</i>	
1:00 p.m. - onwards	<i>Travel time</i>	

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