



DepEd – DIVISION OF QUEZON

Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline # (042) 784-0366, (042) 784-0164, (042) 784-0391, (042) 784-0321
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"Creating Possibilities, Inspiring Innovations"



Registration Number:
QAC/R63/0216

UNNUMBERED MEMORANDUM

To: Assistant Schools Division Superintendents, CID and SGOD Chiefs, Unit/Section Heads, Education Program Supervisors, Division Personnel and All Others Concerned

FROM: CATHERINE P. TALAVERA, CESO V
Schools Division Superintendent

SUBJECT: Webinar on Taking Care of our Psychological Health and Developing Resilience Amidst COVID - 19 Pandemic

DATE: May 25, 2020

In reference to DOH AO 0015 s. 2020 entitled "Guidelines on the Risk-Based Public Health Standards for COVID-19 Mitigation, Annex A. Required public health standards across all setting under Increase Physical and Mental Resilience in the Offices / Workplaces states that "Employers must provide mental and psychosocial support such as but not limited to providing mindfulness activities / sessions, in-house counseling sessions, online counseling, and support groups to its employees and Memorandum Circular 10 s. 2020 of the Civil Service Commission known as Revised Interim Guidelines for Alternative Work Arrangements and Support Mechanisms for Workers in the Government During the Period of State of National Emergency due to COVID-19 Pandemic under section 4 of Support Mechanisms which states that "All workers should afforded with health/ psychosocial interventions like stress debriefing".


Relevant to this, DepEd Quezon through the SGOD-School Health Section will host a webinar entitled " Taking Care of our Psychological Health and Developing Resilience Amidst Covid 19 Pandemic" to all SDO personnel. This activity aims to support personnel to cope better with their challenges and provides basic information on how to take care their emotional well being while they continue to fulfill their tasks as public servants in this new normal setting.

The webinar will be conducted on June 2, 2020 at 8:30 am- 11:30 am. For registration please visit *the link to be provided by the ICT Officer in the chat room of SDO personnel* . To access the webinar, you will be notified 15-30 minutes before the session start.

Immediate dissemination of this Memorandum is desired.

shsmtma/05/25/2020

DEPEDQUEZON-TM-SDS-04-009-002



DEPED - QUEZON
ICT UNIT
U P L O A D E D

Date/Time: MAY 26, 2020
By: Cristell 2:20 P.M.
Ref. No.: UM 108, s. 2020

Email address: quezon@deped.gov.ph

Comments: Txt HELEN – 09178902327 (Smart/Sun/TalknTxt) 2327 (Globe and TM)





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TAKING CARE OF OUR PSYCHOLOGICAL HEALTH AND DEVELOPING RESILIENCE AMIDST COVID 19 PANDEMIC

Program of Activities

Time	Topics	Facilitator/Speaker
8:30 am – 8:35am	Opening Prayer	AVP
8:35 am - 8:40 am	Roll Call of Participants	Zandy M. Del Moro, RN
8:40 am- 8:50 am	Inspirational Message	Catherine P. Talavera, CESO V Schools Division Superintendent
8:50 am – 8:55 am	Guidelines on the Webinar session	Marian M. Lina, RN Nurse In-Charge
8:55 am- 9:00 am	Program Objectives	Zandy M. Del Moro, RN
9:00 am – 10:00 am	*Understanding Feelings and Emotions during Covid 19 Pandemic *Psychological Health Tips During Health Crisis	May Ann Gail C. Candelaria, RN Mental Health Program Co-Coordinator
10:00 am – 10:55am	Mental Health and Psychosocial Support/ Remote Psychological First Aid	Alfrem A. Geneblazo, RN Covid19 Response- Focal Person
10:55am-11:15am	Q & A	Zandy M. Del Moro, RN
11:15 am- 11:30 am	Closing Remarks	Elizabeth M. De Villa SGOD Chief
Moderator/Facilitator		Zandy M. Del Moro, RN

Committee	Activities
Person In-Charge	
Lea Alea Capistrano, RN, MSN Mental Health Program Focal Person	Preparatory documents, Proposals, coordination with the resource speakers and coordinators Documenter
Ma. Teresita M. Abella, RN OIC-SHS	Planning and Coordination Memorandum Google Forms- Registration/Evaluation Editing

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Wilbert Porteza ICT Officer	TA on Webinar, Link for Google forms
Dr. Jose Macario Ernie Patino Dentist In-Charge	Technical Assistant in the operation of Webinar
Katrina Thea C. Reyes, RN Felirose Uy, RN	Monitoring of Attendance/participants/pictorials Online Registration

FROM: CATHERINE P. TALAYERA, CESO IV

Schools Division Superintendent

SUBJECT: Webinar on Taking Care of our Psychological Health and Developing Resilience Against COVID-19 Pandemic

Date: May 26, 2020

In reference to DO # 0113 s. 2020 under the Department Order on the Risk-Based Public Health Standards for GOVT-19-2020, Annex A. Required public health supports such as being well across Physical and Mental Resilience in the Offices / Workplace, states that: "Employees have provide mental and professional support such as but not limited to providing immediate response / actions, ongoing counseling sessions, stress counseling, and support group to its employees." Memorandum Circular No. 4 s. 2020 of the Civil Service Commission known as Revised Memorandum Circular for Alternative Work Arrangements and Support Mechanisms for Workers in the Government During the Period of State of National Emergency due to COVID-19 Pandemic, under section 4 of Department Memorandum which states that: "All workers should conduct with regular psychological interventions for stress debriefing."

Relevant to this, DepEd Quezon through the Schools Division Office - Quezon, will conduct a webinar on "Taking Care of our Psychological Health and Developing Resilience Against Covid-19 Pandemic" to all SDO personnel. This activity aims to support personnel to cope better with the challenges and provides basic information on how to take care their emotional well-being while they continue to fulfil their tasks as public servants in this new normal setting.

The webinar will be conducted on June 2, 2020 at 8:30 am- 11:30 am. For registration please visit the link made provided by the ICT Officer in the chat room of SDO personnel. To ensure the webinar, you will be notified 15-30 minutes before the session start.

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