



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF EL SALVADOR CITY

**Office of the Schools
Division Superintendent**

DIVISION ADVISORY
No. 012, s. 2020
September 21, 2020

*In compliance with DepEd Order No. 8, s. 2013,
This Advisory is issued not for endorsement as per DO No. 28, 2001
but for the information of DepEd Officials, Personnel Staff and the concerned public
(visit <https://depedelsalvadorcity.net>)*

**A 5-DAY NATIONAL SEMINAR-WORKSHOP ON ADDRESSING MENTAL HEALTH
ISSUES AMIDST THE COVID-19 PANDEMIC**

The ARCZONE Professional Development, Inc. will conduct the **Seminar-Workshop** on Addressing Mental Health Issues Amidst the COVID-19 Pandemic via Zoom on September 21-25, 2020. The target participants are Teachers, School Administrators, Guidance Counsellors, and Homeroom Advisers.

Participation shall be subject to the *no-disruption-of-classes policy* stipulated in DepEd Order No. 09, s. 2005 entitled *Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith*. Attached is the letter from the ARCZONE Professional Development, Inc. for your reference.

For information and guidance.

OLGA C. ALONSABE, PhD, CESE
Assistant Schools Division Superintendent
OIC, Office of the Schools Division Superintendent

To be indicated in the Perpetual Index
under the following subjects:

TRAINING PROGRAMS

SGOD/HRD/MPM





September 14, 2020

OLGA ALONSABE Ph.D, CESE

Schools Division Superintendent
DEPED – Division of El Salvador City
Zone 3, Poblacion,
El Salvador City, Misamis Oriental

Dear Dr. Alonsabe:

The recent global pandemic has brought some negative implications to how we perceive as “**the new normal.**” This means that organizations are forced to come up with policies which promote safety and security of their employees without losing too much productivity. One of the most affected industry is the academe. Schools are forced to think of innovative and novel ways to help students continue their learning. Yet, as these are met with certain negative consequences, teachers do not have access to proper resources and are left in the dark. Students who cannot afford to purchase gadgets are forced to stop schooling. Parents are anxious on where to find the financial capacity to help support the education of their child or children.

All of the problems mentioned above is what makes mental health important in the present. Our understanding of what mental health is would be a protective factor as a proactive measure to help us navigate through these uncertain times. But, there is a problem, some professions (such as teachers) are not equipped with handling the mental health concerns of their students and even their own. The lack of awareness and skills is a key component that this seminar will tackle.

This virtual training will focus on prioritizing mental health during this COVID-19 pandemic. In this forum, participants will be re-oriented with the basics of mental health and will connect with how it has changed during this pandemic. This forum will also provide tips on how to help the participants prioritize their own mental health, their students, fellow teachers and relatives as well.

Objectives:

This seminar will be deemed a success if the following objectives are met:

1. Re-orientation of basic concepts of mental health
2. Apply concepts of mental health during the COVID-19 pandemic
3. Learn skills on how to do mental health check-ups with the self and others
4. Basic concepts of Psychological First Aid
5. Switching to the “New Normal”

Committed in raising awareness of and promoting mental health at all levels of education, ARCZONE would like to request for your support to this seminar-workshop. We hope that you will help us motivate the participants from your region to avail the program.

📍 2nd. Floor Overland Park Bldg., Banawe St. Brgy. Sto. Domingo, Quezon City

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ARCZONE

PROFESSIONAL DEVELOPMENT INC.

We also would like to emphasize that **ARCZONE Professional Development, Inc.** has been authorized by the **National Educators Academy of the Philippines (NEAP)** as **Learning Service Provider** and accredited by the **Professional Regulation Commission (PRC)** as a **Continuing Professional Development (CPD) Provider**. The CPD unit application for this program is currently on process in the office of the PRC.

Attached are the details of the online seminar-workshop. We look forward to working with you in providing high quality professional development to our educators, counselors, and staff.

Thank you very much.

Very truly yours,

Jermaine P. Ogking
Training Coordinator

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A 5-day National Seminar-Workshop on Addressing Mental Health Issues Amidst the COVID-19 Pandemic (Online)

Training Details

Dates: **September 21-25, 2020**

Webinar platform: via **Zoom**

Post webinar platform: **Schoology** (Learning Management System)

Target participants: *School Administrator, Mid-level School Managers, Guidance Counsellors, Homeroom Advisers and Teachers*

Registration fee: **Php 2,500/pax**

Day	Time	Topic/Activity
Day 1	9:00am-12:00nn	Topic 1: Re-orientation of mental health Topic 2: Learning Skills on Mental Health Check
	Afternoon	<i>Asynchronous Workshop Reinforcement Activities</i>
Day 2	9:00am-12:00nn	Presentation of Outputs/Feedback Session
Day 3	9:00am-12:00nn	Topic 3: Basic Concepts of Psychological First Aid Topic 4: Psychological First Aid in the context of COVID
	Afternoon	<i>Asynchronous Workshop Reinforcement Activities</i>
Day 4	9:00am-12:00nn	Presentation of Outputs/Feedback Session
Day 5	9:00am-12:00nn	Topic 5: Stress and its Effects on Mental Health Topic 6: Adjusting to the New Normal
	Afternoon	<i>Post Webinar Activities Reflection</i>

Program of Activities

Guest lecturers/facilitators are registered psychologists, guidance counselors, psychometricians, certified mental health first aider from Philippine Normal University – Manila, De La Salle University – Taft, University of the Philippines – Diliman, University of Santo Tomas – España, etc.

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Steps in Completing the Online Registration:

1. Before you log in for online registration, you must have settled the required payment. Payment may be done thru accredited banks (bank deposits, online banking).

Account Name	ARCZONE Professional Development Inc.
Accredited Banks	
BPI	0213-4112-76
DBP	0460-03821B-530
LandBank	0231-1676-33

Payment Details

2. Once payment is settled, you can go online and log in to the link provided for online registration. Please make sure to have a copy of proof of payment upon registration.

Registration link <https://tinyurl.com/MHregform>

3. Wait for notification on successful registration and instructions on how to join the sessions which will be sent to your email.

Accredited by:

Civil Service Commission (CSC)
as a Learning and Development Institution

Professional Regulation Commission (PRC)
as CPD Provider

Authorized by:

National Educators Academy of the Philippines (NEAP)
as a Learning Service Provider

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