



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
Region VII, Central Visayas  
**SCHOOLS DIVISION OF NEGROS ORIENTAL**  
www.depednegor.net

June 14, 2018

**DIVISION MEMORANDUM**

No. 348 s. 2018

**TO :** Chiefs, SGOD and CID  
Division Education Program Supervisors  
Public Schools District Supervisors/ Districts-In-Charge  
Public Secondary School Heads  
Public Elementary School Heads  
Public Elementary Teachers  
Public Secondary Teachers  
All Others Concerned

**SUBJECT :** Psychological First Aid in Schools Seminar for Teachers

1. All Public Elementary and Secondary School Teachers are invited to attend a two-day live out seminar on Part 1: Responding to Students in Need (Psychological First Aid in Schools and Part 2 : Responding to the Psychological Needs of Students/ Addressing Self Harm in Schools. This will be held on June 23-24,2018, 8am-5pm, at Residencia Maximo (fronting Siera Hotel), Dumaguete City.
2. Participants will be given Certificates with 14.5 CPD points after completion of the activity.
3. A registration of 2000 pesos per participant will be collected to cover for 2 meals, 4 snacks.
4. All expenses incurred are charged to personal funds only.
5. This serves as your travel order.
6. For your information.

  
**WILFREDA D. BUNGALOS, Ph. D., CESO V**  
Schools Division Superintendent 

14 JUN 2018

May 27, 2018

**WILFREDA D. BONGALOS**, PhD. CESO V  
School Division Superintendent  
Negros Oriental

RECEIVED  
4-1016  
DATE: 29 MAY 2018  
TIME:  
BY:  
RECORD SECTION

Dear Dr. Bongalos:

Greetings!

Recent Philippine studies show that 1 in 5 Filipino adults are suffering from mental disorders. This plus the 10 to 15% of children aged 5 to 15 believed affected by mental health problems as well. According to a 2014 report of the World Health Organization, there were 2,558 cases of suicide due to mental health problems in the Philippines in the year 2012 alone. These statistics tell the sad story about the mental health situation in the Philippines.

As a public concern, mental illness hits the most vulnerable sectors of society- the young and the poor. And while it is long overdue, schools should put importance in this aspect of Philippine healthcare. Conversations should start within families and most importantly the schools, where help is within reach. The shadow of stigma and discrimination should begin in the basic units of society.

In this connection, **MARIA LUZ CPD CONSULTANCY TRAINING**, a licensed CPD Provider for Professional Teachers is conducting a two-day live out seminar on **Part 1: Responding to Students in Need (Psychological First Aid in Schools)**. This 2 day live out seminar will discuss with our educators the sense of urgency, educate and equip them to deal with the different mental issues they may encounter in their respective classrooms. The schedule is 8 a.m. – 5 p.m. Saturday – Sunday, June 23 – 24, 2018 at the **Residencia Maximo (fronting Siera Hotel, Dumaguete City)**. A registration fee of 2000 pesos per participant will be collected to cover for 2 meals, 4 snacks.

The undersigned would like to request your office to encourage your teachers to attend this "life saving" seminar. Certificates with the corresponding CPD points will be given.

## **MARIA LUZ CPD CONSULTANCY TRAINING**



**LICENSED CPD PROVIDER  
FOR PROFESSIONAL  
TEACHERS**

**PRC ACCREDITATION  
NO: 2018-139**

*Who dares teach must never cease  
to learn (John C. Dana)*

Maria Luz Calumpang – Fuentes, PhD  
Phone: 035- 522-1822  
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Licensed Teacher since 1997  
Email Address:  
[merlo.calumpang@yahoo.com.ph](mailto:merlo.calumpang@yahoo.com.ph)  
[merloclinpsych@gmail.com](mailto:merloclinpsych@gmail.com)

### **MISSION**

To provide convenient opportunities to teachers in the **NEGROS ISLAND REGION** and neighboring regions to meet the required continuing education in various skills sets.

### **VISION**

A society with access to quality education for all guided by competent, morally upright and dedicated educators/trainers.

### **CORE VALUES**

Professionalism,  
Innovation (new, up-to-date, cutting edge),  
Relevance (useful, practical, applicable methods)

Part 1 of the seminar will cover the following topics:

1. Overview of Mental Issues
2. Mood Disorders, Bipolar Disorders, Depression and Suicides (Suicide Ideation)
3. Anxiety and Panic
4. Asperger's Syndrome

Please confirm the attendance of your schoolteachers to this very important workshop. Text message full name to 09176585767.

God bless you.

Thank you.

Respectfully yours,

Maria Luz Calumpang – Fuentes, PhD  
Clinical Psychology

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**SOUND** the

**S.O.S.**

**SUICIDE AND  
SELF HARM IN OUR  
SCHOOLS**

May 27, 2018

**WILFREDA D. BONGALION, PhD., CESO V**  
Schools Division Superintendent  
Negros Oriental

**Dear Dr. Bongalion:**

Greetings!

Suicide is the third leading cause of death for 15- to 24 years old and through the passing of years, they get younger and younger. Suicide does not just happen. Studies show that at least 90% of teens who kill themselves have some type of mental health problem, such as depression, anxiety, drug or alcohol abuse or a behavior problem (Teen Suicide Statistics). They may also have problems at school or with friends or family, or a combination of all these things. Some teens may have been victims of sexual or physical abuse. Others may be struggling with issues related to sexual identity. Usually they have had problems for some time.

Teachers, guidance counselors and co-students play a **BIG** role in the decline in teen suicide by its early detection, evaluation and effective treatment by professionals.

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The recent 3<sup>rd</sup> Teen Congress, "*Working Together to Address Suicide and Self-Harm in Our Schools*" discussed these issues. I would like to share the experience through an echo-seminar entitled

**SOUND** the **S.O.S.**


**SUICIDE AND SELF HARM IN OUR SCHOOLS**

as Part 2 of the Seminar Workshop: RESPONDING TO THE PSYCHOLOGICAL NEEDS OF STUDENTS/ADDRESSING SELF HARM IN SCHOOLS 8am – 5pm, Saturday - Sunday, June 23-24, 2018. Please refer to enclosed flyer.

Eligible for CPD Points.

Thank you.

Sincerely,



**MARIA LUZ CALUMPANG-FUENTES, PhD**  
Clinical Psychology

**MARIA LUZ CPD  
CONSULTANCY TRAINING**



Accreditation No. 2018-139  
Expiration Date: 2/11/21  
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**SUICIDE AND  
SELF HARM IN OUR  
SCHOOLS**

**S.O.S.**

**Part 2: Working Together to Address  
Suicide and Self-harm in our Schools  
(Understanding Adolescence)**

A Forum for  
School Counselors & Educators

**Calling all educators and school counselors. Let us come  
together to talk about how to address suicide, depression,  
and self-harm in our schools.**

**Let us Sound the SOS on Suicide and Non-Suicidal Self-  
Harm Injury (NSSI).**

*Eligible for CPD Points.*

**For registration & inquiries please call:  
MARIA LUZ CALUMPANG-FUENTES, PhD  
0917-6585767**

**MARIA LUZ CPD  
CONSULTANCY TRAINING**



**SUICIDE AND  
SELF HARM IN OUR  
SCHOOLS**



**Part 2: Sound the S.O.S: Suicide and Self Harm in Our Schools**  
**Time & Date: 8 am to 5 pm. Saturday-Sunday, June 23-24, 2018**  
**Venue: Residencia Maximo (Fronting Sierra Hotel) Dumaguete City**

TIME	ACTIVITIES
<b>Sunday June 24</b>	
8:00 – 9:00 am	Discussions about personal reflections
SESSION 4 Asperger's Syndrome 9:00 – 12:00 pm	Asperger's Syndrome What can you do?
Lunch 12:00 – 1:00 pm	Lunch
SESSION 5 Addressing Suicide & Self Harm in Schools 1:00 – 4:00 pm	Characteristics of the Millennials Suicide & Self-Harm in Schools What can you do?
INTEGRATION 4:00 - 5:00 pm	Identify new learnings. Assist in transferring learnings to back to school/life situations

Registration Fee: PhP2000 pesos (with 2 lunches, 4 snacks) 8 CPD POINTS (Allied courses under the Self Directed Learning.)  
 Pre registration is required.

***Part 1: Responding to the Psychological Needs of Students: Mood Disorders, Depression, Anxiety, Panic Attacks & Asperger's Syndrome***

**Time & Date: 8 am to 5 pm. Saturday-Sunday, June 23-24, 2018**  
**Venue: Residencia Maximo (Fronting Sierra Hotel) Dumaguete City**

<b>TIME</b>	<b>ACTIVITIES</b>
Saturday June 23	
Registration 8:00 – 9:00 am	Registration
SESSION 1 Mental Health 9:00 – 12:00 pm	Mental Health <ul style="list-style-type: none"> <li>• Risk Factors</li> <li>• Causes</li> <li>• Myths about people at risks</li> <li>• Warning signs of potential problems</li> <li>• Common mental health</li> </ul> How to recognize common mental health problems What can you do?
12:00 – 1:00pm	<i>Working Lunch</i>
SESSION 2 Mood Disorders, Bipolar, Conduct Issues & Depression 1:00 - 3:00 pm	Mood Disorders, Bipolar, Conduct Issues & Depression <ul style="list-style-type: none"> <li>• Family &amp; Environmental Risks</li> <li>• Personality Risks</li> <li>• Life Stressors</li> </ul> What can you do?
SESSION 3 Anxiety & Panic Attacks 3:00 – 5:00 pm	Difference between personal worry & anxiety Panic Attacks What can you do?