



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

**DIVISION MEMORANDUM**  
NO. 189, s. 2026

APR 30 2026

**DIVISION PSYCHOLOGICAL FIRST AID TRAINING:  
SUPPORTING MENTAL HEALTH IN DISASTERS**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary Principals  
All Others Concerned

1. This Office, through the School Governance & Operations Division (SGOD), shall conduct the **Division Psychological First Aid Training: Supporting Mental Health in Disasters** on May 6-8, 2026 at The Mansion Garden Hotel, Subic Bay Freeport Zone, Olongapo City.
2. This activity aims to:
  - a. Increase participants' awareness of psychosocial support interventions during and after disasters on learners;
  - b. Equip participants with knowledge and skills in the principles and core actions of Psychological First Aid.
  - c. Enhance competence in providing immediate psychosocial support to learners experiencing stress, fear, or trauma.
  - d. Strengthen referral mechanisms by training participants to identify cases requiring higher-level intervention and connect learners appropriate mental health professionals or services.
  - e. Promote resilience and well-being in schools by integrating PFA into school-based DRRM and learner support programs.
3. Travel and other incidental expenses shall be charged against their school MOOE, local funds, or other available funds, subject to usual accounting and auditing rules and regulations.
4. This Memorandum shall serve as the travel authority of the participants.



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

5. Please refer to **Enclosure A** for the list of participants, and **enclosure B** for the training matrix.
6. Immediate and wide dissemination of this Memorandum to all concerned is desired.

  
**CAROLINA S. VIOLETA, EdD, CESO V**  
Schools Division Superintendent

Encl. As Stated

To be included in the perpetual Index under the following subjects:

Disaster Response      DRRM      Mental Health  
Psychological First Aid      SAFETY

SO14/1GL  
April 30, 2026



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

**List of Participants**

No.	Name	Office / School
1	Carolina S. Violeta, EdD, CESO V	SDO Bataan
2	Jerry Dimla Cruz, DEM, CESO VI	SDO Bataan
3	Ramon C. Perez	SDO Bataan
4	Jessalyn Anne M. Linsangan	SDO Bataan
5	Gerald A. Lingad	SDO Bataan
6	Roy Vincent A. Malicdem	SDO Bataan
7	Jess C. Garcia	SDO Bataan
8	Joseph Sandy C. Santiago	SDO Bataan
9	Bernadeth D. Halili	SDO Bataan
10	Buensuceso, Julie H.	Abucay NHS
11	Matacot, Remyr Kimberly M.	Wawa ES
12	Guevarra, Joyce Anne R.	Tomas Pinpin MES
13	Irangan, Josephine S.	Salian ES
14	Labog, Erlinda, P	Bagac ES
15	Panganiban, Maybelle T.	Quinawan IS
16	Bianes, Rodessa, A.	Saysain ES
17	Dinglasan, Ethel T.	Bagac NHS - Parang
18	Berger, Editha B.	Pita ES
19	Lalic, Gemma Lyn D.	Layac IS
20	Ronquillo, Christina G	Dinalupihan ES
21	Beltran, Alely Grace M.	Sta. Lucia HS
22	Versosa, Romana P.	Tucop IS
23	De Guzman, Guilda, A.	Luakan NHS
24	Sawi, Elvira B.	San Ramon ES
25	Cabrera, Maria Cecilia R.	San Benito ES
26	Magsino, Susan, C	Pinulot ES
27	Celestino, Trixie	Magsaysay NHS
28	Hernando, Keil Francis, N.	Hermosa ES
29	Montemayor, Mabel C.	Tipo ES
30	Vales, Glenart Joy	Casupanan ES
31	Palaña, Raiven Kyle L.	Hermosa NHS - Annex
32	Obre, Stephanie Shane T.	Balsik NHS
33	Barbasan, Maricel F.	Lamao ES



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

34	Alarcon, Rizalina B.	Limay ES
35	Nery, Liberty, J.	Lamao NHS
36	Advincula, Clarissa E.	Limay NHS
37	Magtalas, Oliver T.	Limay NHS
38	Santos, Jonah	Mariveles NHS - SHS
39	Gumayagay, April A.	Baseco NHS
40	Ducay, May, D	Mt.View ES
41	Umang, Gerald O.	Mariveles NHS – (JHS) Alion
42	Ariento, Alliyah Zairavel L.	Mariveles SHS - Sitio Mabuhay
43	Geraldez, Janeth, D.	Nagbalayong NHS
44	Vigo, Procylyn F.	Morong ES
45	Frane, Elena, C.	Morong ES
46	Angeles, Rosemae P.	Minanga ES
47	Chingcuangco, Ma Rosario R.	Orani NHS
48	Indiana, Ma. Barbara D.	Orani North ES
49	Titular, Princess Almay E.	Orani NHS Parang - Parang
50	Pesa, Glenda B.	Paraiso ES
51	Malit, Melody E.	Pablo Roman ES
52	Gerio, Joanne C.	Bataan School of Fisheries
53	Gueva, Harold Jay, T	Bilolo ES
54	Navarro, Aira Marie D.	General Lim ES
55	Magsino, Charlene D.	Nagwaling ES
56	Licup, Lani G.	Sta. Rosa ES
57	Dela Torre, Jelyn	Dr. Victoria B. Roman MHS
58	Cullantes, Maria Socorro.	Pilar ES
59	Diesta, Fides, M.	Samal ES
60	Bonus, Catalina G.	Samal North ES
61	Hualda, Neldy M	Asuncion Consunji Mem. ES
62	Buan, Imelda E	Samal NHS - Annex
63	Ricardo Ednave	Resource Speaker
64	Erwin A. Castillejo	Resource Speaker



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

65	Scherazade Alonzo	Resource Speaker
66	Czerr Odranoel Felaire	Resource Speaker
67	Jane M. Palatan	Resource Speaker
68	Sherry S. Porcioncula	Resource Speaker
69	Marsha F. Mojica	Resource Speaker
70	Leizel T. Meneses	Resource Speaker



Republic of the Philippines  
**Department of Education**  
 REGION III  
 SCHOOLS DIVISION OFFICE OF BATAAN

**Training Matrix**  
 Live-in Training

<b>Day 1 (May 6, 2026)</b>		
<b>Time</b>	<b>Topic</b>	<b>Resource Person</b>
8:30 – 8:45	Registration	AVP AVP
8:45 – 9:00	Opening Remarks Statement of Purpose	<b>Carolina S. Violeta, EdD, CESO V</b> Schools Division Superintendent <b>Ramon C. Perez</b> SGOD-Chief
9:00 – 9:15	Expectation Setting	Overview of Training
9:15 – 10:00	Understanding Disasters & DRRM	<b>Erwin A. Castillejo</b> Division DRRM Coordinator SDO Olongapo City
10:00 – 10:15	Health Break	
10:15 – 11:30	Mental Health & Psychological Support (MHPSS)	<b>Scherazade S. Alonzo, RN</b> Nurse II SDO Olongapo City
11:30 – 12:00	MHPSS Pyramid & Teacher Roles	<b>Ricardo E. Ednave</b> Chief-SGOD
12:00 – 1:00	Lunch Break	
1:00 – 2:30	Understanding Adolescents (12-17)	<b>Czerr Odranoel Felaire, RGC</b> Guidance Counselor II
2:30 – 2:45	Health Break	
2:45 – 4:00	Facilitation Skills (Active Listening, Empathy)	<b>Scherazade S. Alonzo, RN</b> Nurse II SDO Olongapo City
4:00 – 5:00	Managing Group Dynamics	<b>Marsha F. Mojica, RGC</b> Guidance Counselor II
5:00 – 7:00	Dinner	
<b>Day 2 (May 7, 2026)</b>		
6:30 – 8:00	Breakfast	
8:00 – 8:15	Review of Day 1	



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

8:15 – 9:15	Introduction to PFA	<b>Jane M. Palatan, RGC</b> Guidance Counselor III
9:15 – 10:30	PFA Core Actions (LOOK, LISTEN, LINK)	<b>Sherry S. Porcioncula</b> Officer-in-Charge Guidance Coordinator III
10:30 – 10:45	Health Break	
10:45 – 12:00	Module I: Validating Feelings	<b>Jane M. Palatan, RGC</b> Guidance Counselor III
12:00 – 1:00	Lunch Break	
1:00 – 2:00	Module II: Calming Techniques	<b>Czerr Odranoel Felaire, RGC</b> Guidance Counselor II
2:00 – 3:15	Module III: Identifying Needs	<b>Czerr Odranoel Felaire, RGC</b> Guidance Counselor II
3:15 – 3:30	Health Break	
3:30 – 5:00	Module IV: Sources of Strength	<b>Scherazade S. Alonzo, RN</b> Nurse II SDO Olongapo City
5:00 – 7:00	Dinner	
<b>Day 3 (May 8, 2026)</b>		
8:00 – 8:15	Review of Day 2	
8:15 – 9:15	Understanding Resilience	<b>Sherry S. Porcioncula</b> Officer-in-Charge Guidance Coordinator III
9:15 – 10:30	Module V: Managing Physical Reactions	<b>Scherazade S. Alonzo, RN</b> Nurse II SDO Olongapo City
10:30 – 10:45	Health Break	
10:45 – 12:00	Module VI: Thoughts & Emotions	<b>Jane M. Palatan, RGC</b> Guidance Counselor III
12:00 – 1:00	Lunch Break	
1:00 -2:00	Module VII: Social Support	<b>Liezel T. Meneses, RGC</b> Guidance Counselor II
2:00 – 3:00	Module VIII: Positive Activities	<b>Erwin A. Castillejo</b> Division DRRM Coordinator SDO Olongapo City



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

3:00 – 3:15	Health Break	
3:15 – 4:00	Module IX: Moving Forward Grief & Referral System	<b>Sherry S. Porcioncula</b> Officer-in-Charge Guidance Coordinator III
4:00 – 4:30	Self-Care	<b>Czerr Odranoel Felaire, RGC</b> Guidance Counselor II
4:30 – 4:45	Key Takeaways	<b>Gerald A. Lingad</b> Division DRRM Coordinator SDO Bataan
4:45 – 5:00	Closing Program	<b>Jessalyn Anne M. Linsangan</b> SEPS – SocMobNet

**GERALD O. UMANG**  
Teacher III – MNHS Alion  
Master of Ceremony