



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.



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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



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Enclosure A:

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	Evangeline D. Gallardo	SDO Bataan
6	Gerald A. Lingad	SDO Bataan
7	Roy Vincent A. Malicdem	SDO Bataan
8	Mark Anthony Sobrevinas (ICT)	SDO Bataan
9	Joseph Sandy C. Santiago	SDO Bataan
10	Bernadeth D. Halili	SDO Bataan
11	Buensuceso, Julie H.	Abucay NHS
12	Matacot, Remyr Kimberly M.	Wawa ES
13	Guevarra, Joyce Anne R.	Tomas Pinpin MES
14	Irangan, Josephine S.	Salian ES
15	Labog, Erlinda, P	Bagac ES
16	Panganiban, Maybelle T.	Quinawan IS
17	Bianes, Rodessa, A.	Saysain ES
18	Dinglasan, Ethel T.	Bagac NHS - Parang
19	Berger, Editha B.	Pita ES
20	Lalic, Gemma Lyn D.	Layac IS
21	Ronquillo, Christina G	Dinalupihan ES
22	Beltran, Alely Grace M.	Sta. Lucia HS
23	Versoza, Romana P.	Tucop IS
24	De Guzman, Guilda, A.	Luakan NHS
25	Sawi, Elvira B.	San Ramon ES
26	Cabrera, Maria Cecilia R.	San Benito ES
27	Magsino, Susan, C	Pinulot ES
28	Celestino, Trixie	Magsaysay NHS
29	Hernando, Keil Francis, N.	Hermosa ES
30	Montemayor, Mabel C.	Tipo ES
31	Vales, Glenart Joy	Casupanan ES
32	Palaña, Raiven Kyle L.	Hermosa NHS - Annex
33	Obre, Stephanie Shane T.	Balsik NHS
34	Barbasan, Maricel F.	Lamao ES
35	Alarcon, Rizalina B.	Limay ES
36	Nery, Liberty, J.	Lamao NHS



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



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Enclosure B:

Training Matrix

Day 1		
Time	Topic	Resource Person
8:00 - 8:30	Registration Opening Remarks Statement of Purposes	AVP AVP Carolina S. Violeta, EdD, CESO V Schools Division Superintendent Ramon C. Perez SGOD-Chief
8:30 - 9:00	Expectation Setting	
9:00 - 10:00	Understanding Disasters & DRRM	Erwin A. Castillejo Division DRRM Coordinator SDO Olongapo City
10:00 - 10:15	Health Break	
10:15 - 11:30	Mental Health & Psychological Support (MHPSS)	Scherazade Alonzo
11:30 - 12:00	MHPSS Pyramid & Teacher Roles	Erwin A. Castillejo Division DRRM Coordinator SDO Olongapo City
12:00 - 1:00	Lunch Break	
1:00 - 2:30	Understanding Adolescents (12-17)	Marsha F. Mojica
2:30 - 2:45	Health Break	
2:45 - 4:00	Facilitation Skills (Active Listening, Empathy)	Scherazade Alonzo
4:00 - 5:00	Managing Group Dynamics	Czerr Odranoel Felaire
5:00 - 7:00	Dinner	
Day 2		
6:30 - 8:00	Breakfast	
8:00 - 8:15	Review of Day 1	
8:15 - 9:15	Introduction to PFA	Jane M. Patalan



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9:15 – 10:30	PFA Core Actions (LOOK, LISTEN, LINK)	Sherry S. Porcioncula
10:30 – 10:45	Health Break	
10:45 – 12:00	Module I: Validating Feelings	Jane M. Patalan
12:00 – 1:00	Lunch Break	
1:00 – 2:00	Module II: Calming Techniques	Czerr Odranoel Felaire
2:00 – 3:15	Module III: Identifying Needs	Czerr Odranoel Felaire
3:15 – 3:30	Health Break	
3:30 – 5:00	Module IV: Sources of Strength	Scherazade Alonzo
5:00 – 7:00	Dinner	
Day 3		
8:00 – 8:15	Review of Day 2	
8:15 – 9:15	Understanding Resilience	Sherry S. Porcioncula
9:15 – 10:30	Module V: Managing Physical Reactions	Scherazade Alonzo
10:30 – 10:45	Health Break	
10:45 – 12:00	Module VI: Thoughts & Emotions	Jane M. Patalan
12:00 – 1:00	Lunch Break	
1:00 -2:00	Module VII: Social Support	Liezel T. Meneses
2:00 – 3:00	Module VIII: Positive Activities	Erwin A. Castillejo
3:00 – 3:15	Health Break	
3:15 – 4:00	Module IX: Moving Forward	Ricardo Ednave
4:00 – 4:30	Grief & Referral System	Sherry S. Porcioncula
4:30 – 5:00	Self-Care & Closing	Czerr Odranoel Felaire