



Department of Education
Region VI – Western Visayas
SCHOOLS DIVISION OF CAPIZ
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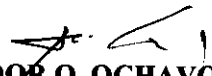



Division Memorandum
No. 226, S. 2019

PSYCHOSOCIAL FIRST AID TRAINING FOR DRRM COORDINATORS

TO: Acting Assistant Schools Division Superintendent
Chief Education Supervisor, SGOD
Public Schools District Supervisors
Elementary, Secondary and Integrated School Heads
DRRM District Coordinators
Selected Elementary and Secondary School Focal Persons

1. To ensure resilience education, a Psychosocial First Aid Training for DRRM Coordinators on **October 28-30, 2019**. Venue of the said activity will be announced later subject to the bidding rules and procedures.
2. Participants to the aforementioned training will be the following, to wit:
 - a. 54 Secondary DRRM Coordinators
 - b. 18 District Coordinators
 - c. 18 Elementary School DRRM Coordinators
 - d. 2 Welfare officers
3. Matrix and List of Trainers are herein attached as Enclosure 1 & 2 respectively.
4. Expenses relative to the conduct of this activity such as but not limited to board and lodging are chargeable against DRRMS downloaded funds while the travel expenses relative thereof will be chargeable against School MOOE subject to the usual accounting and auditing rules and regulations.
5. Immediate dissemination of this memorandum is desired.


SALVADOR O. OCHAVO, JR., EdD, CESO V
Schools Division Superintendent 



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Program: **Psychological First Aid (PFA) Training for SDRRM Coordinators***

Day 1	
Time	Activity
8:00 – 8:30 AM	<ul style="list-style-type: none"> • Preliminaries: <ul style="list-style-type: none"> - National Anthem - Prayer - Welcome and Opening Remarks - Expectation Setting and Heart Contract and Flow of Activities - Introduction of Facilitators/Training Team and Participants
8:30 – 9:45	<ul style="list-style-type: none"> • Mental Health and Psychosocial Support Services • What is Psychological First Aid?
9:45 – 10:00	Health Break
10:00 – 12:00	<ul style="list-style-type: none"> • What is Psychological First Aid? (Continuation)
12:00 – 1:00 PM	Lunch
1:00 – 1:15	Grounding Exercise
1:15 – 1:30	<ul style="list-style-type: none"> • Warming-up and Unfreezing Activities <ul style="list-style-type: none"> - E.g. Magsama-sama • Groupings, Group Name and Cheer
1:30 – 3:00	<ul style="list-style-type: none"> • Module 1: Validating and Normalizing Feelings <ul style="list-style-type: none"> - Tableau - Mirroring - Music Art
3:00-3:15	Health Break
3:15 – 5:00	<ul style="list-style-type: none"> • Continuation of Module 1 <ul style="list-style-type: none"> - Group Sharing - Summary of Module 1
5:00 – 5:10	Community Singing
6:30 – 8:00	Dinner
Day 2	
Time	Activity
8:00 – 8:30 AM	<ul style="list-style-type: none"> • Stretching and Breathing Exercises • Recap • Unfreezing Activities
8:30 – 10:15	Module 2: Calming Down and Controlling One's Emotions <ul style="list-style-type: none"> - What I Usually Do? - Every Breath You Take
10:00 – 10:15	Health Break
10:15 – 11:00	Module 2: Calming Down and Controlling One's Emotions <ul style="list-style-type: none"> - My Playlist - Summary of Module 2
11:00 – 12:00	Module 3: Linking: Identifying and Addressing Needs
12:00 – 1:00PM	Lunch
1:00 – 1:15	<ul style="list-style-type: none"> • Warming-up/ unfreezing activities: <ul style="list-style-type: none"> - Song-Dance-Advertisement



Attachment 2.1. PFA Training Program of Activities

	- Summary of Module 4
3:00 – 3:15	Health Break
3:15 – 4:00	- Reframing Activity
4:00 – 5:00	- Planning for Simulation
6:30 – 8:00	Dinner
Day 3	
Time	Activity
8:00 – 8:40 AM	<ul style="list-style-type: none"> • Stretching and Breathing Exercises • Recap Unfreezing Activities
8:40 – 12:00	PFA Simulation <ul style="list-style-type: none"> - Group Simulation - Feedbacking
12:00 – 1:00 PM	Lunch
1:00 – 1:30	<ul style="list-style-type: none"> • Warming-up/ unfreezing activities
1:30 – 2:30	<ul style="list-style-type: none"> • PFA Synthesis
2:30 – 4:00	Ritual
4:00 – 5:00	Closing Program
6:00 – 8:00	Dinner

*This is only an indicative program for the Psychological First Aid (PFA) Training, DRRM Coordinators may opt to device new activities, as long as appropriate and in line with the four Modules on PFA of the SEES Manual, and or change the schedule depending on the arrangement of the training.

