



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

April 11, 2019

**DIVISION MEMORANDUM**  
No. 237 s. 2019

**ONE-DAY LIVE OUT SEMINAR ON RESPONDING TO STUDENTS IN NEED  
(PSYCHOLOGICAL FIRST AID IN SCHOOLS)**

TD : Assistant Schools Division Superintendents  
Chiefs, CID & SGOD  
DEPSs/EPSS/Division Coordinators  
District Supervisors/District In-Charge  
Public Elementary and Secondary School Heads  
All Others Concerned

1. Attached is a communication from Dr. Maria Luz Calumpang-Fuentes, Clinical Psychologist, inviting participants to a One-Day live out seminar on Responding to Students in Need (Psychological First Aid in Schools), on April 27, 2019 at the COSCA Multi-Media Center, Dumaguete City.
2. For details, see attached communication.
3. Attendance to the said activity is voluntary, and all expenses incurred by the participants shall be personal.
4. For the information and guidance of all concerned.

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

2 APR 2019

Tel. Nos: (035)225-2838 / 225-0687/422-7644 (Division Supt's Office); (035) 225-1622 (CID); (035) 225-1623 (Legal Section);  
(035)225-8180 (SGOD); (035) 422-7843 (Cash Section); (035) 422-6511 (Planning Section); (035) 225-6987 (Records Section);  
(035) 422-5283 (Admin. Section); (035) 422-0267 (Personnel Section); (035) 225-2378 (Guard/Medical/Dental Sections);  
(035) 225-3019 (Food Services Section); (035) 225-1640-1, 1625-125-1610 (Food District Sections); (035) 422-6094 (Security Section)

April 10, 2019

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

10 APR 2019

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 one-day live out seminar on ***Responding to Students in Need (Psychological First Aid in Schools)***. This one 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, April 27, 2019 at the COSCA Multi Media Center. A registration fee of 500 pesos per participant will be collected to cover for program seminar and certificate. No snacks and lunch.


The undersigned would like to request your office to encourage your teachers to attend this "life saving" seminar. Certificates with the corresponding 7 CPD points will be given.

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.

Thank you.

Respectfully yours,

  
Maria Luz Calumpang - Fuentes, PhD  
Clinical Psychology

## **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  
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Licensed Teacher since 1997

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### **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)