



September 30, 2019

**Dr. Jorge M. Reinante**  
 Schools Division Superintendent  
 DepEd-Division of Ilocos Sur  
 Quirino Blvd. Zone, Bantay, Ilocos Sur

Dear Dr. Reinante:

Republic Act No. 11036 otherwise known as **Mental Health Law** (June 20, 2018) stipulates in Sec. 2 that the state affirms basic right of all Filipinos to mental health as well as the fundamental rights of people who require mental health services. In this regard, Sec. 23 promotes the integration of mental health into the educational system such that the state shall ensure the integration of mental health into the educational system -age- appropriate content pertaining to mental health shall be integrated into the curriculum at all educational levels.

Further, Sec. 24 states that educational institutions such as schools, colleges, universities and technical schools shall develop policies and programs for students, educators and other employees designed to: raise awareness on mental health issues, identify and provide support and services for individuals at risk, and facilitate access, including referral mechanisms of individuals with mental health conditions to treatment and psychosocial support. All public and private institutions shall be required to have a complement of mental health professionals.

In this regard, the proposed seminar-workshop will allow teachers, counselors and school staff to be aware of their inherent responsibilities in promoting mental health as the primary carers of the holistic development of the students. Given the increasing number of mental health concerns of students nowadays, teachers, counsellors, homeroom advisers and school staff are being tapped in assisting the students in addressing their mental health concerns nonetheless of the insufficient number of trained professionals as well as limited capacities of handling these concerns. The topics shall discuss the context of mental health in schools, roles of teachers in the promotion and the latest trends in handling students' mental health issues in the local and foreign settings.

Committed in raising awareness of and promoting mental health at all levels of education, ARCZONE would like to request for your support to this seminar-workshop. We hope that you will help us motivate the participants from your division to avail the program.

We also would like to emphasize that **ARCZONE Professional Development, Inc.** has been accredited by the **Professional Regulations Commission (PRC)** as a **Continuing Professional Development (CPD) Provider**. This training has corresponding 12 CPD Units.

Attached are the details of the seminar-workshop. We look forward to working with you in providing high quality professional development to our educators, counselors, and staff.

Thank you very much.

Sincerely yours,

*[Signature]*  
**Ms. Jesusa F. Flores**  
 Training Coordinator

To: **Public Elementary & Secondary School Heads**  
 For Information.

*[Signature]*  
**JORGE M. REINANTE, CSEE, CEO VI, CESO V**  
 Schools Division Superintendent

DOCUMENT CODE: SDG-ELS-OSDS-SDS-QP-003

REVISION: 00

EFFECTIVITY DATE: 09-10-2018

(02) 414 7589 | 781 68

Quirino Boulevard, Zone V, Bantay, 2727 Ilocos Sur

Tel. No.: (077) 722-2055

Fax No. (077) 722-7400

www.depedilocosur.xyz

www.facebook.com/ST

"SMILE AND SERVE WITH A HAPPY HEART"





**A 3-day National Seminar-Workshop on  
Addressing Mental Health Issues in the School Setting  
(Live-out seminar)**

**Details of Training**

**Dates:** To be suggested/provided by the division

**Venue:** To be suggested/provided by the division

**Target participants:** Medical/Health Personnel, Medical Officer, School Nurses, Mid-level School Managers, School Administrators, Principals, Guidance Counselors, and Teachers

**Registration fee:** Php 1,000 (to cover costs of travel, meals, accommodation and professional fees of staff and speakers, and seminar kits, handouts and certificates of participants.)

**\*\*\*minimum of 200 participants**

**Program of Activities**

Time	Day 1	Day 2	Day 3
07:30 – 08:30	Registration		
08:30 – 09:00	Opening Program		
09:00 – 10:00	Introduction to Mental Health	Mental Health in Context: Stress and Anxiety	Navigation through Mental Health Problems
10:00 – 10:15		<b>BREAK</b>	
10:15 – 12:00	Mental Health First Aid	Mental Health in Context: Depression	Why should well-being taught on schools?
12:00 – 01:00		<b>LUNCH</b>	
01:00 – 02:30	Basic Counselling Skills	Mental Health in Context: Suicidality / Psychological Assessment of Mental Health	Increasing well-being through Positive Psychology
02:30 – 02:45		<b>BREAK</b>	
02:45 – 04:30	...Continuation	...Continuation	...Continuation
04:30 – 05:00			Closing Program / Awarding of Certificates

Accredited by:



Civil Service Commission (CSC) as a  
Learning and Development Institution



Professional Regulation Commission (PRC)  
as CPD Provider

**DON'T MISS THE CHANCE!**

TAKE ADVANTAGE OF THE EXPERTISE OF OUR SPEAKERS:

**Carlo Magno, Ph.D.**  
Member, Psychological Association of the Philippines  
Former Consultant, Asian Psychological Services and Associates (APSA)

**Theresa Amila R. Dela Cruz, MA, RGC**  
Training Officer, Asian Psychological Services and Associates (APSA)

**Gabriel Sebastian N. Llanos, RPsy, MScW**  
Certified Mental Health First Aider  
Special Clinical Practitioner for the (Year of Psychological Education and Research Service (KOPERS))

**Hector M. Perez, Ph.D. RPsy, RPh**  
Board Member, Psychological Association of the Philippines  
Member, Philippine Mental Health Association

**Adelaide C. Gines, Ph.D., RGC, RPsy**  
President, Philippine Guidance & Counseling Association Inc.

**John Christopher D. Castillo, RSW, MSSW**  
Secretary-Manila Chapter, Philippine Association of Social Workers Incorporated

**REPLY SLIP**

(Reservation is REQUIRED. Please send this slip or contact the secretariat for reservation. You may use a separate sheet.)

Name of Participant (s)

Contact Numbers

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Company Name and Contact Number (s): \_\_\_\_\_



(02) 414 7589 | 781 6895



0921 576 1676 | 0905 447 3534



arczone\_eduphil@yahoo.com