



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

01 Jul 2026

DIVISION MEMORANDUM

SGOD-2026-136

CONDUCT OF DISTRICT-BASED PSYCHOLOGICAL FIRST AID (PFA), MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS) FOR TEACHING AND NON-TEACHING PERSONNEL IN MALUNGON 1 DISTRICT

To: Assistant Schools Division Superintendent
Chief- School Governance and Operations Division
Public Elementary and Secondary School Heads
Teachers and Non-Teaching Personnel
All Others Concerned

1. In reference to Regional Memorandum ESSD-2026-136 re: Post-Earthquake School Health Response and Division Memorandum No. 070, s. 2026 entitled "Dissemination of Regional Memorandum ESSD-2026-136 re: Post-Earthquake School Health Response," this Office announces the conduct of District-Based Psychological First Aid (PFA), Mental Health and Psychosocial Support Services (MHPSS) for Teaching and Non-Teaching Personnel in schools within Malungon 1 District.
2. The activity aims to provide psychosocial support and emotional assistance to learners, teaching personnel, and non-teaching personnel affected by the recent earthquake. Specifically, it seeks to:
 - a. Promote a sense of safety, calmness, and connectedness among school stakeholders.
 - b. Identify individuals who may require further psychosocial intervention and support; and c. Strengthen resilience and coping mechanisms during the post-disaster recovery period.
3. The PFA-trained personnel from Malungon 1 District, together with the District Nurse of Malungon 1, shall serve as facilitators and resource persons during the conduct of the said activity.
4. Pursuant to the completion of the Psychological First Aid (PFA) and Mental Health and Psychosocial Support Services (MHPSS) sessions in several schools within Malungon 1 District, the following schools are identified for the remaining sessions of the activity:





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DATE	PARTICIPATING SCHOOL/S	VENUE	TIME
June 29, 2026	1. Tamban Central Elementary School 2. Tamban National Highschool 3. Kanyugan Elementary School 4. Lamlangil Elementary School 5. Kalbangan Elementary School 6. Pikong Elementary School 7. Lamlinol Elementary School	Barangay Tamban Gym	8:00AM
June 30, 2026	Session 1 1. Lutay Integrated School 2. Laginan Integrated School 3. Langkuas Integrated School Session 2 4. Dakok Tamulon Integrated School 5. Dalamuan Integrated School 6. Danao Integrated School 7. Malinis Elementary	Lutay IS mini gym Dakok Tamulon IS Gym	8:00AM 1:00PM





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	School		
	8. Balitangan Elementary School		

5. All concerned personnel of the above-mentioned school are hereby encouraged to participate in the said activity.

6. Meals and other incidental expenses relative to the conduct of the activity shall be charged against available school or local funds, subject to existing government accounting and auditing rules and regulations.

7. For inquiries, contact Victor Rey V. Gella, Malungon 1 District Nurse at 09923121998.

8. Immediate dissemination of and compliance with this Memorandum are desired.

9. For information and guidance.

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: As stated

Reference: As stated

To be indicated in the Perpetual Index
under the following subjects:

PROGRAMS

Adriano A. Daligdig/SGOD/MLA – conduct of district-based psychological first aid (pfa), mental health and psychosocial support services (mhpss) for teaching and non-teaching personnel in malungon 1 district

0446/July 1, 2026





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Enclosure 1:

LIST OF PFA-TRAINED PERSONNEL/PROVIDER/FACILITATOR

Name	Position
1. Victor Rey V. Gella	District Nurse
2. Jesiel A. Mutya	P1
3. Mary Rose E. Balawag	T3/TIC
4. Jerjel D. Altajeros	TIC
5. Melbert A. Entero	T3/TIC
6. Albert White Jr.	T2/TIC
7. Ruben Jay Baguio	HT1
8. Charlie M. Baisac	P1
9. Harjolan S. Salutan	HT3
10. Machael A. Mendoza	HT2
11. Elmer F. Calcaben	P1
12. Warren M. Gabutero	HT1
13. Romnick P. Cantonao	HT2
14. Annie M. Bañas	T3/TIC
15. Jerwin Altarejos	
16. Marinel Mohamad	T1
17. Jovelovely Sacare	
18. Roselyn Guilley	T3
19. Elizabeth Chaves	T1
20. Juliet L. Zubiaga	
21. Christine D.Coloma	T3
22. Hezyl Mae T. Quines	T1
23. Rowena M. Masocol	
24. Maricel T. Balboa	T1
25. Vener Robert Abatayo	

Address: Capitol Compound, Brgy. Maribulan, Alabel, Sarangani Province

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26.	Levie T. Leocario	T1
27.	Ladylyn B. Eggat	
28.	Sherlyn O. Coloma	T2
29.		
30.		





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Enclosure 2: ACTIVITY MATRIX

CONDUCT OF DISTRICT-BASED PSYCHOLOGICAL FIRST AID (PFA), MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS) FOR TEACHING AND NON-TEACHING PERSONNEL IN MALUNGON 1 DISTRICT

DAY 1		
Time	Activity	Persons Involved
8:00 AM – 8:30 AM	Opening Program • Invocation • National Anthem	AVP
8:31 AM – 8:40 AM	Welcome Remarks Statement of Purpose	School Head Facilitator
8:41 AM – 9:00 AM	Mindfulness Activity (play)	Facilitator
9:01 AM – 9:30 AM	Deep Breathing and Grounding Exercises	Facilitator
9:31 AM – 10:00 AM	“Kumustahan”	Facilitator
10:01 AM – 11:00 AM	Psycho Education	Facilitator
11:01 AM – 11:30 AM	Activity (application)	Facilitator
11:31 AM – 12:00 PM	Closing Program • Closing Message • Closing Prayer	Facilitator Participant

DAY 2- AM		
Time	Activity	Persons Involved
8:00 AM – 8:30 AM	Opening Program • Invocation • National Anthem	AVP
8:31 AM – 8:40 AM	Welcome Remarks Statement of Purpose	School Head Facilitator
8:41 AM – 9:00 AM	Mindfulness Activity (play)	Facilitator
9:01 AM – 9:30 AM	Deep Breathing and Grounding Exercises	Facilitator
9:31 AM – 10:00 AM	“Kumustahan”	Facilitator
10:01 AM – 11:00 AM	Psycho Education	Facilitator
11:01 AM – 11:30 AM	Activity (application)	Facilitator
11:31 AM – 12:00 PM	Closing Program	

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	• Closing Message • Closing Prayer	Facilitator Participant
DAY 2-PM		
Time	Activity	Persons Involved
1:00 AM – 1:30 AM	Opening Program • Invocation • National Anthem	AVP
1:31 AM – 1:40 AM	Welcome Remarks Statement of Purpose	School Head Facilitator
1:41 AM – 2:00 AM	Mindfulness Activity (play)	Facilitator
2:01 AM – 2:30 AM	Deep Breathing and Grounding Exercises	Facilitator
2:31 AM – 3:00 AM	“Kumustahan”	Facilitator
3:01 AM – 4:00 AM	Psycho Education	Facilitator
4:01 AM – 4:30 AM	Activity (application)	Facilitator
4:31 AM – 5:00 PM	Closing Program • Closing Message • Closing Prayer	Facilitator Participant

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