

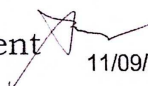


Republic of the Philippines  
**Department of Education**  
REGION XI  
**SCHOOLS DIVISION OF DIGOS CITY**


**Division Advisory No. 054 s. 2020**  
September 11, 2020

**INVITATION FROM ARCZONE PROFESSIONAL DEVELOPMENT INC.  
RE: VIRTUAL TRAINING ON MENTAL HEALTH**

1. DECS Order No. 28, s. 2001 authorizes this Department/Division to disseminate information on suggested competitive events, scholarship and training opportunities for our teacher, students and pupils. These are issued as ADVISORIES, purely for field information. Participation is on personal judgement, time and resources.
2. Attached is the letter invitation from ARCZONE Professional Development Inc. dated September 8, 2020 signed by Jermaine P. Ogking, Training Coordinator.
3. Teacher-participants should be on "Official Time" and no DepEd Funds be utilized for the said purpose.
4. Details of the said activity are found in the enclosure.
5. For information and dissemination.

**CRISTY C. EPE**  
Schools Division Superintendent  11/09/2020

**DepEd Schools Division of Digos City**  
**RECORDS SECTION**

**RELEASED** 20-61951  
DATE: 11 SEP 2020 TIME: 10:55  
BY: 



September 8, 2020

**DR. CRISTY C. EPE**

Schools Division Superintendent  
DepEd – Division of Digos City  
Digos City

Dear Dr. Epe:

The recent global pandemic has brought some negative implications to how we perceive as **“the new normal.”** This means that organizations are forced to come up with policies which promote safety and security of their employees without losing too much productivity. One of the most affected industry is the academe. Schools are forced to think of innovative and novel ways to help students continue their learning. Yet, as these are met with certain negative consequences, teachers do not have access to proper resources and are left in the dark. Students who cannot afford to purchase gadgets are forced to stop schooling. Parents are anxious on where to find the financial capacity to help support the education of their child or children.

All of the problems mentioned above is what makes mental health important in the present. Our understanding of what mental health is would be a protective factor as a proactive measure to help us navigate through these uncertain times. But, there is a problem, some professions (such as teachers) are not equipped with handling the mental health concerns of their students and even their own. The lack of awareness and skills is a key component that this seminar will tackle.

This virtual training will focus on prioritizing mental health during this COVID-19 pandemic. In this forum, participants will be re-oriented with the basics of mental health and will connect with how it has changed during this pandemic. This forum will also provide tips on how to help the participants prioritize their own mental health, their students, fellow teachers and relatives as well.

**Objectives:**

This seminar will be deemed a success if the following objectives are met:

1. Re-orientation of basic concepts of mental health
2. Apply concepts of mental health during the COVID-19 pandemic
3. Learn skills on how to do mental health check-ups with the self and others
4. Basic concepts of Psychological First Aid
5. Switching to the “New Normal”

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 region to avail the program.

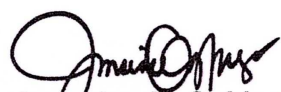


We also would like to emphasize that **ARCZONE Professional Development, Inc.** has been **authorized by the National Educators Academy of the Philippines (NEAP) as Learning Service Provider and accredited by the Professional Regulation Commission (PRC) as a Continuing Professional Development (CPD) Provider.** The CPD unit application for this program is currently on process in the office of the PRC.

Attached are the details of the online 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.

Very truly yours,



**Jermaine P. Ogking**  
*Training Coordinator*



# ARCZONE

PROFESSIONAL DEVELOPMENT INC.

## A 5-day National Seminar-Workshop on Addressing Mental Health Issues Amidst the COVID-19 Pandemic (Online)

### Training Details

Dates: **September 21-25, 2020**

Webinar platform: via **Zoom**

Post webinar platform: **Schoology** (Learning Management System)

Target participants: *School Administrator, Mid-level School Managers, Guidance Counsellors, Homeroom Advisers and Teachers*

Registration fee: **Php 2,500/pax**

Day	Time	Topic/Activity
Day 1	9:00am-12:00nn	Topic 1: <b>Re-orientation of mental health</b> Topic 2: <b>Learning Skills on Mental Health Check</b>
	Afternoon	<i>Asynchronous Workshop Reinforcement Activities</i>
Day 2	9:00am-12:00nn	Presentation of Outputs/Feedback Session
Day 3	9:00am-12:00nn	Topic 3: <b>Basic Concepts of Psychological First Aid</b> Topic 4: <b>Psychological First Aid in the context of COVID</b>
	Afternoon	<i>Asynchronous Workshop Reinforcement Activities</i>
Day 4	9:00am-12:00nn	Presentation of Outputs/Feedback Session
Day 5	9:00am-12:00nn	Topic 5: <b>Stress and its Effects on Mental Health</b> Topic 6: <b>Adjusting to the New Normal</b>
	Afternoon	<i>Post Webinar Activities Reflection</i>

### **Program of Activities**

*Guest lecturers/facilitators are registered psychologists, guidance counselors, psychometricians, certified mental health first aider from Philippine Normal University – Manila, De La Salle University – Taft, University of the Philippines – Diliman, University of Santo Tomas – España, etc.*





## Steps in Completing the Online Registration:

1. Before you log in for online registration, you must have settled the required payment. Payment may be done thru accredited banks (bank deposits, online banking).

Account Name	ARCZONE Professional Development Inc.
Accredited Banks	
BPI	0213-4112-76
DBP	0460-03821B-530
LandBank	0231-1676-33

### Payment Details

2. Once payment is settled, you can go online and log in to the link provided for online registration. Please make sure to have a copy of proof of payment upon registration.

Registration link <https://tinyurl.com/MHregform>

3. Wait for notification on successful registration and instructions on how to join the sessions which will be sent to your email.

Accredited by:

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

**Professional Regulation Commission (PRC)**  
as CPD Provider

Authorized by:

📍 2nd. Floor Overland Park Bldg., Banawe St. Brgy. Sto. Domingo, Quezon City

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# ARCZONE

**PROFESSIONAL DEVELOPMENT INC.**

National Educators Academy of the Philippines (NEAP)  
as a Learning Service Provider

📍 2nd. Floor Overland Park Bldg., Banawe St. Brgy. Sto. Domingo, Quezon City

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