



Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

No. 681, s.2025

**MENTAL HEALTH TRAINING FOR STUDENT LEADERS
"VOICES OF WELLNESS: LEADING CHANGE FOR MENTAL HEALTH"**

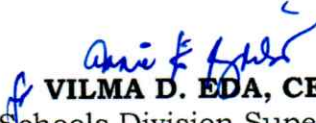
To: Assistant Schools Division Superintendent
Chief Education Supervisor (SGOD & CID)
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to Department of Education's Memorandum No. 003, s. 2021 or the "Mental Health and Psychosocial Support Services (MHPSS) Framework," which mandates the integration of mental health education in schools, the Schools Division of Vigan City will conduct Mental Health Training for Student Leaders with the theme "Voices of Wellness: Leading Change for Mental Health" at Max's Vigan City on October 8-9, 2025.
2. The training program is aimed at helping participants to:
 - a) define Mental Health and explain the different perspectives in Mental Health to the participants;
 - b) capacitate the participants in the national and international laws governing mental health;
 - c) imbibe the three thrusts of mental health: Promote, Prevent, Preserve;
 - d) dispel misconceptions about Mental Health and identify factors affecting mental health and explore ways of improving one's mental health;
 - e) capacitate the participants in identifying common mental health disorders and causes for the participants to develop effective ways of protecting oneself from developing serious mental health problems;
 - f) develop skills in conducting basic psychological first aid and facilitating individuals with indicators or living with mental health problems; and
 - g) help participants gain self-awareness, confront personal issues and concerns, develop personal development plan and develop skills in self-help and helping others
3. Enclosed are the program matrix, the composition of the program management teams, and the list of identified participants.
4. Furthermore, schools of identified student leaders are requested to submit name of participating teacher-adviser (1 per school) to be submitted to this office not later than **September 19, 2025**.



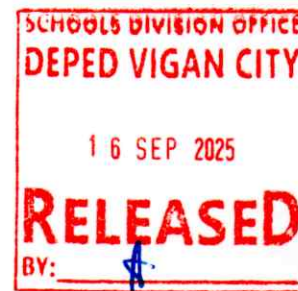
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5. This memorandum serves as a locator slip for all identified participants while learner participants must secure their parents' permit prior to participation to the said activity.
6. Widest dissemination of this memorandum is desired.


VILMA D. EDA, CESO V
Schools Division Superintendent

Encls.: As stated
Reference: DM 003, s. 2021
To be indicated in the Perpetual Index
Under the following subjects:

MENTAL HEALTH TRAINING
SGOD/YFD/SDF





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TRAINING MATRIX:
SDO VIGAN CITY MENTAL TRAINING FOR STUDENT LEADERS
"Voices of Wellness: Leading Change for Mental Health"

Day 1: October 8, 2025

Time	Activity	Person Involved
7:30 AM -8:00 AM	Registration	PMT
8:00 AM – 8:30 AM	Opening Program (AVP)	PMT
	Opening Remarks	Annie D. Pagdilao, EdD, CESO VI
	Message	Vilma D. Eda, CESO V
	Introduction of Speaker	Alimar Ablog
8:30 AM- 9:45 AM	Session 1: Introduction to Mental Health	Dr. Nhorly Urbiztondo Domenden
9:45 AM- 10:00 AM	Health Break	
10:00 AM- 12:00 NN	Session 2: Legal Bases of Mental Health Programs	Dr. Nhorly Urbiztondo Domenden
12:00 NN-1:00 PM	Lunch Break	
1:00 PM- 3:30 PM	Session 3: Promoting Mental Health Awareness	Dr. Nhorly Urbiztondo Domenden
3:30 PM -3:45 PM	Health Break	
3:45 PM- 4:00 PM	Continuation of Session 3	Dr. Nhorly Urbiztondo Domenden
4:30 PM-5:00 PM	End of the day evaluation / Other reminders	

Day 2: October 9, 2025

Time	Activity	Facilitator
8:00 AM-9:45 AM	Session 4: Preventing Mental Health Disorders	Dr. Nhorly Urbiztondo Domenden
9:45 AM- 10:00 AM	Health Break	
10:00 AM - 12:00 AM	Session 5: Preserving People's Wellness and Integrity despite Mental Health Problems	Dr. Nhorly Urbiztondo Domenden
12:00 NN-1:00 PM	Lunch Break	
1:00- 2:30 PM	Session 6: Workshop on Psychological First Aid	Dr. Nhorly Urbiztondo Domenden
2:30 PM -2:45 PM	Health Break	
2:45 PM – 3:30 PM	Commitment	



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3:45 PM - 4:00 PM	Awarding of Certificate and Token to the Resource Speaker Distribution of Certificates	PMT PMT
4:30 PM - 5:00 PM	Closing Program Closing Remarks:	PMT Rodrigo Q. Reyes Jr.

PROGRAM MANAGEMENT TEAM

Consultants:	Vilma D. Eda, CESO V Schools Division Superintendent Annie D. Pagdilao, EdD, CESO VI Assistant Schools Division Superintendent
Program Managers:	Rodrigo Q. Reyes Jr., CES-SGOD Sherwin D. Fabre, PDO I-YFD Dr. Arlyn D. Batulan, Medical Officer III
Trainer	Dr. Nhorly Urbiztondo Domenden Founder, Director, CEO Wundt Psychological Institute
Monitoring and Evaluation:	Grace F. Castaneda, SP2, QAME
Welfare Officer	Maria Korynne P. Taborda, Nurse 2
Secretariat/ Documenter:	Aurelyn F. Fieldad, EPS II-HRD/Research Aphrodite Hope Martinez, Project Development Officer II Mark Linn Ricotoso, PDO I
Moderator:	Alimar Ablog, EPS II-SocMob



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PARTICIPANTS TO THE TRAINING

DIVISION FEDERATED SUPREME ELEMENTARY LEARNER GOVERNMENT		
POSITION	NAME	SCHOOL
President	1.Charles Gabriel Balanay	RES
Vice President	2. Ohnaa Anankali Napuli	TES
Secretary	3.Julianne Heart Arizala	MES
Treasurer	4. Tiffany Deane C. Arrojo	BPES
Auditor	5. Avi D. Paa	BMSW
Public Information Officer	6. Eldrich Solero	SPBES
Protocol Officer	7.Ruviel Joenette A. Sudaria	SJES
Board of Director	8.Jhake Aldrich G. Apelin	CCES
Board of Director	9.Ian Jhun L. Balauro	CAMES
Board of Director	10.Mariel C. Rosario	BMSE
Board of Director	11.Velinda Alexej R. Rosario	VCS
Board of Director	12.Quirsten Ethan Gabriel Petate	STA
Board of Director	13.Ed Raenique Allagadan Follante	NES
Board of Director	14. Leeanne Drew Almaguera	UCCP
Board of Director	15.John Chourdic A. Barcellano	APES
Board of Director	16.Asia D. Alonzo	Vigan Nan Chong School
Board of Director	17.Arieanne Kate G. Raguindin	JSES
Board of Director	18.Kenna Mae R. Tabuniar	PIS
Board of Director	19.Erine Nicollete Altares	GESIIMS
Board of Director	20.Krystal Gayle Gaan	CAPES
Board of Director	21. Maerence Fiona P. Quiday	RPES



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DIVISION FEDERATED SUPREME SECONDARY LEARNER GOVERNMENT		
POSITION	NAME	SCHOOL
President	22.Ericson P. Alambat	VNHSE
Vice President	23.Xyrelle Darwin A. Rutab	VNHSW
Secretary	24.Tannie Sy	DWCV
Treasurer	25.Cristel Alcantara	VNHSE
Auditor	26.Maylene A. Latag	VNHSW
Public Information Officer	27.Cassandra P. Ordonio	ISNHS
Protocol Officer	28.Marc Noriel Ragon	DWCV
Board of Director	29.Sariah Claire M. Siriban	ISNHS
Board of Director	30.Adrian Jhay Tabunar	PIS
Board of Director	31.Russel John Arquello	PIS
Board of Director	32.Christine Jingle P. Galla	VNHSW
Board of Director	33.Kiella Brizel A. Frando	ISNHS
Board of Director	34.Edzelle Jana Andres	VNHSE
Board of Director	35.Lei Shaine R. Paguila	DWCV
Board of Director	36.Nicko D. Alarca	PIS

DIVISION FEDERATED BARKADA KONTRA BISYO		
POSITION	NAME	SCHOOL
President	37.Nyzel Paulino Adriatico	VNHSE
Vice President	38.Jonalyn Aican	VNHSW
Secretary	39.Riza Mae Q. Tano	ISNHS
Treasurer	40.Ma. Germaine Sharapova V. Racho	ISNHS
Auditor	41.Zedrick James Torio	VNHSE
Public Information Officer	42.Crissa Jane Rayray	VNHSW
Protocol Officer	43.Wrenn Kurt Petallo	VNHSE
Board of Directors	44.Joanna Marie Kate Cardema	VNHSW
Board of Director	45.Maja Francheska C. Badiola	ISNHS

DIVISION FEDERATED YOUTH FOR ENVIRONMENT IN SCHOOLS (ELEMENTARY)		
POSITION	NAME	SCHOOL
President	46.Danica Kate Aguimbag	MES
Vice President	47.Maria Andrea Alviar	VCS
Secretary	48.Janella Jade S. Rapacon	JSES
Treasurer	49.Sabrina Alecza Martinez	TES
Auditor	50.Brielle Reylee Garcia	SJES
Public Information Officer	51.Princess Eunice P. Rabino	BPES
Protocol Officer	52.Natalie Jean Pablico	APES



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Board of Directors	53.Kieth Xandre S. Grageda	RPES
Board of Director	54.Atheena Aliecia Basuego	CAPES
Board of Director	55.Ruth Elirah R. Quario	NES
Board of Director	56.Samuel Jake Agapinan	GESIIMS
Board of Director	57.Prince Jhondie Fermato	CCES
Board of Director	58.Prince Edzel Ataup	SPBES
Board of Director	59.Jobelle Ann L. Alimboyoguen	RES
Board of Director	60.Irish Cecille Frial	CAMES
Board of Director	61.Murgan Emrates Azada	BMSE
Board of Director	62.Julian Giron	BMSW

DIVISION FEDERATED YOUTH FOR ENVIRONMENT IN SCHOOLS (SECONDARY)		
POSITION	NAME	SCHOOL
President	63.Jane G. Prades	ISNHS
Vice President	64.Joshua R. Magno	VNHSW
Secretary	65.Alysa Jane F. Bulawin	VNHSE
Treasurer	66.Juliah Andrea M. Arcano	ISNHS
Auditor	67.Ashley Ann Astronomo	VNHSW
Public Information Officer	68.Arth Joshua Acena	VNHSE
Protocol Officer	69.Axl Jan Figuerres	VNHSE
Board of Directors	70.Princess Ayisha Juno B. Dy	VNHSW
Board of Director	71.Izabel De Peralta	ISNHS