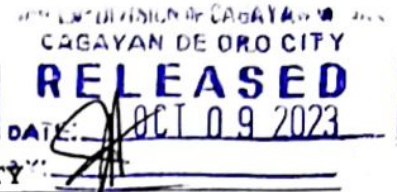




Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

6 October 2023

DIVISION MEMORANDUM

No. 517 s. 2023

NATIONAL MENTAL HEALTH WEEK CELEBRATION

TO: Jeane R. Joson
Lina G. Ludeña
Herlie B. Ontoy
Jacel Jane A. Cadusales
Elementary Public Schools Elected RGC/Designates Officers
Secondary Public Schools Elected RGC/Designates Officers
Select Secondary Public Schools RGC/Designates

1. In relation to the letter from the Local Government of Cagayan de Oro City and Philippine Mental Health Association, you are hereby directed to participate in the celebration of the National Mental Health Week with the theme: "Mental Health is a Universal Human Right" on October 9-10, 2023, at the Tourism Hall, City Hall Compound, Capsitrano St, Cagayan de Oro City.

2. Participants are the School Mental Health Coordinators, Elementary and Secondary Elected Officers of Public Schools RGC/Designates, and the select Fifteen (15) Secondary Public Schools. Please refer to the attached list.

3. The identified Junior High Schools will participate in the Photography contest. This activity will empower and engage the young individuals as advocates for mental health awareness, using the art of photography as a medium for creative expression and positive social change. For inquiries of this contest, kindly contact this number 0956-135-7635, or you may email pmha.cagayandero@pmha.org.ph. Attached is the Photography Contest Guidelines.

4. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment are accorded to all personnel regardless of disability, sexual orientation, gender, age, religion, and ethnicity.

5. For your information and strict compliance.


ROY ANGELO E. GAZO
Schools Division Superintendent



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Mobile No: +63 975 6403 226 (Globe) | +63 951 1710 902 (Smart)
Email Address: cagayandero.city@deped.gov.ph



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

Encl: As stated

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

MENTAL HEALTH

JJAC/DM – national mental health week celebration
October 6, 2023



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Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

No. ____ s. 2023

Attachment No. ____

List of Participants

Elementary Elected RGC/Designates Officers

Gemalyn K. Valmorla
Jan Irene P. Smith
Merla B. Ledesma
Maricy K. Alquizar
Jay-An U. Nize
Bellesa B. Damasing

Secondary Elected Officers RGC/Designates Officers

Juvy T. Importante
Jennifer T. Cabatingan
Imee Lou M. Bagabaldo
Christina Simbajon
Annalou E. Sobremisara
Rhea C. Dagondon

Select Secondary Public Schools (RGC/Designates; 1 Junior Highschool Contestant)

Agusan NHS
Bayabas NHS
Bulua NHS
Balulang NHS
Canitoan NHS
Carmen NHS
Camaman-an NHS
City National Highschool
East Gusa NHS
Gusa Regional Science Highschool
Iponan NHS
Lapasan NHS
Lumbia NHS

Tablon NHS
Mambuaya NHS



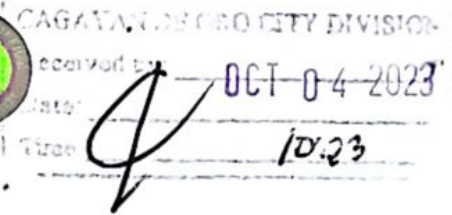
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PHILIPPINE MENTAL HEALTH ASSOCIATION, INC
Cagayan de Oro - Misamis Oriental Chapter

in partnership with the

LOCAL GOVERNMENT UNIT OF CAGAYAN DE ORO CITY



October 3, 2023

Dr. ROY ANGELO E. GAZO

Schools Division Superintendent
Department of Education
Cagayan de Oro, Misamis Oriental
9000, Philippines

Dear Dr. Gazo:

Greetings of peace and well-being!

We hope this letter finds you in good health and high spirits. It is with great pleasure and excitement that we extend to you our heartfelt invitation to the National Mental Health Week opening celebration with the theme: "Mental Health is a Universal Human Right" which will be on October 9 to 10, 2023. This event is brought to you by the Philippine Mental Health Association, Cagayan de Oro - Misamis Oriental Chapter in partnership with the Local Government Unit of Cagayan de Oro City, the City Social Welfare & Development - Psychosocial Unit, and the City Health Office.

Our goal for this event is to create a safe and inclusive space where individuals can openly discuss mental health, share their experiences, and learn about available resources. We believe that by breaking down the barriers surrounding mental health, we can make a positive impact on our community's well-being. This 2-day activity will highlight the role of mental health stakeholders, champions, advocates, and the general public in ensuring that mental health is included in the individual, community, and national response initiatives during this unprecedented health crisis. National speakers are to be flown in to Cagayan de Oro City to talk about relevant topics about Suicide like Adolescent Mental Health, Responsible Media Reporting, and Training on a program called RACE for Suicide, all of which can be greatly helpful to our teachers in establishing protective mental health programs for our schools.

In view of the foregoing, we are respectfully requesting your kind assistance in **inviting all public high schools with existing teen centers and select private high schools (please see attached list of schools)** to participate during the said event by sending one **(1) mental health focal** (preferably the Guidance Counsellor for their Teen Centers for the public high schools) from each selected school on **October 9-10, 2023 at the Tourism Hall, City Hall Compound, Capistrano St, Cagayan de Oro City**. The event will begin on October 9, 2023 at 10:00AM right after the Monday Flag Ceremony. All interested participants are also required to **pre-register at <https://tinyurl.com/wmhd2023cdo> on or before October 6, 2023**.

Also, as an active partner and advocate of our Mental Health Programs especially within this city, **it would also be an honor to have you speak as one of our Mental Health Champions** during the said program on **October 9, 2023 at 10:00 AM**. Please prepare a brief **2-5 minute speech** on your active efforts in championing mental health, especially in our school setting.

We believe that your presence and that of our teachers in this Mental Health Week Celebration would greatly enhance the impact of this important event. For inquiries, kindly contact us at 09264534393, or email us at cswdpsychosocial@gmail.com.

We have attached the program of activities on this letter for your perusal. We can achieve things as individual organizations, but we can achieve more with collaboration and partnerships. Looking forward to your positive response, we express our gratitude.

Most sincerely yours,



Fretzie Rose T. Dante, RPh
PMHA - Chapter Executive Manager



Dr. Rachel Dilla, MD
City Health Office



Anecia C. Tongson, RSW
CDO CSWD Officer

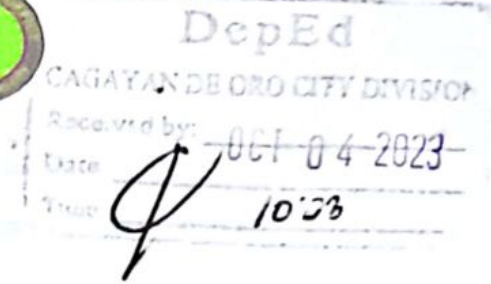
ATTACHMENT - PROGRAM FLOW

Date and Time	Event	Target Participants
October 9, 2023 10:00AM-12:00NN	National Mental Health Week Opening Ceremony - Registration - Ribbon-cutting - Interfaith Prayer Service - National Anthem - Opening Remarks: Mayor Rolando "Klarex" Uy - Opening Message: Dr. Rachel Dilla - Opening Message: Ms. Anecia C. Tongson, RSW - Messages from Mental Health Champions (All PMHA Chapters) - Video Presentation of 2023 Initiatives and Partnerships of PMHA, CSWD Psychosocial Division, and City Health Office - Short Talk on the MH Ordinance in CDO Speaker: Ms. Jaymee Q. Leonen-Pagaspas - Special Performance (CDO Culture) - Closing Remarks Interactive Booth Set ups of Mental Health Organizations and Service Providers	- Mental Health Service Providers - Partners and Stakeholders - General Public
October 9, 2023 1:00-5:00PM	[Day 1] "Out of the Darkness: Suicide Prevention, Intervention, and Postvention" Lecture Topics: - Mental Health for All: Investing in our Well-being by Ms. Emichelle Noscail, RPsy - Adolescent Mental Health and Suicide by Dr. Cornelio Banaag, MD, Father of Child Psychiatry in the Philippines - Responsible and Ethical Media Reporting of Suicide Cases by Dr. Carolina Uno-Rayco, RPsy	- Psychologists/ Psychometricians - Guidance Counselors - Social Workers - Teachers - Nurses - LGU Personnel - Media Personnel - General Public
October 10, 2023 8:00AM-3:00PM 3:00-4:00PM	[Day 2] "Out of the Darkness: Suicide Prevention, Intervention and Postvention" Lecture Topic: - RACE Against Suicide: A Gatekeeper Training for Suicide by Philippine Guidance & Counseling Association - X - Announcement of Contest for Most Outstanding Mental Health Program in Schools - Psychosocial Unit, CSWD	
October 10, 2023 8:00 AM - 5:00PM	Interactive Booth set ups of Different Mental Health Organizations and Service Providers Photography Contest on the NMHW Theme	
October 10, 2023 6:45PM - 8:00PM	#LightUpBlueforMentalHealth Campaign - Year 4 - To encourage schools/buildings/infrastructures to light up their building blue at 7:00 - 8:00 PM in support of the mental health advocacy and to push for scaling up assistance and accessibility for mental health services - Encourage mental health advocates to light anything blue or wear something blue - At 6:45 PM, a countdown will be livestreamed on Facebook (including other PMHA Chapters and interested stakeholders)	



PHILIPPINE MENTAL HEALTH ASSOCIATION, INC
Cagayan de Oro - Misamis Oriental Chapter

In partnership with the
LOCAL GOVERNMENT UNIT OF CAGAYAN DE ORO CITY



October 3, 2023

Dr. ROY ANGELO E. GAZO
Schools Division Superintendent
Department of Education
Cagayan de Oro, Misamis Oriental
9000, Philippines

Dear Dr. Gazo:

Greetings of peace and well-being!

We hope this letter finds you in good health and high spirits. In line with our previous invitation for the National Mental Health Week opening celebration with the theme: **"Mental Health is a Universal Human Right"** which will be on October 9 to 10, 2023, we would like to introduce a **Photography contest for the Junior High School students** and seek for your kind assistance in **inviting Junior High Schools** from the Division of Cagayan de Oro City to participate in this activity.

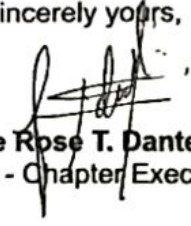
Our goal for this activity is to involve the youth in taking an action in response to the rising cases of suicide & mental health related concerns in the community. This event will empower and engage young individuals as advocates for mental health awareness, using the art of photography as a medium for creative expression and positive social change. There will be prizes for the said contest which follows:

- First Place - Php 3,000.00
- Second Place - Php 2,000.00
- Third Place - Php 1,000.00
- 5 Consolation Prizes - Php 500.00 each

We believe that recognizing the creativity, passion, and advocacy potential of young individuals will advance the cause of mental health awareness, fostering a more compassionate, informed, and inclusive society that recognizes mental health as a universal human right. For inquiries of this contest, kindly contact us at 0956-135-7635, or email us at pmha.cagayandeoro@pmha.org.ph

We have attached the **Photography Contest Guidelines** on this letter for your perusal. We can achieve things as individual organizations, but we can achieve more with collaboration and partnerships. Looking forward to your positive response, we express our gratitude.

Most sincerely yours,


Fretzie Rose T. Dante, Rpm
PMHA - Chapter Executive Manager


Anecia C. Tongson, RSW
CDO CSWD Officer


Dr. Rachel Dilla, MD
City Health Office



PHOTOGRAPHY CONTEST GUIDELINES

I. Eligibility

- The contest is open to all Junior High School students (Grades 7-10) from the Division of Cagayan de Oro City
- There must be only one (1) entry per school
- The school will have the jurisdiction to decide whom to send as a participant for the contest

II. Theme

- All submitted photographs must relate to the theme: **"Mental Health is a Universal Human Right"**

III. Photograph Requirements

- Photos can be from any medium - film/ digital/ polaroid/ smartphone or from any image-capturing device.
- Photograph should be in **color or black and white**
- The photograph should be taken by the student, and no professional assistance is allowed
- Manipulation of photographs (e.g. cropping, brightness adjustments) is allowed but should not distort the original content
- Watermarked or digitally altered photographs will be disqualified
- Images should be submitted in .jpg and/or .png format

IV. Submission Deadline

- The submission of entry will start on October 4, 2023 and it will end on October 7, 2023. The photo entry must be submitted on or before 11:59 pm on October 7, 2023 via email at pmha.cagayandeoro@pmha.org.ph with the subject: **NMHW 2023 Photography Contest - Name of School**

V. Image information

- Each submission must be accompanied by the following information:
 - Title of the photograph
 - A short description (maximum of 3 sentences) of the photograph
 - Student's name, grade, and contact information (email and mobile number)
 - Name of the school and teacher's name (if applicable)

VI. Judging Criteria

Relevance to the theme	30%
Message Clarity & Depth	20%
Creativity & Originality	20%
Technical Excellence	15%
Visual Impact	15%
TOTAL	100%



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VII. Prizes

- First Place - Php 3,000.00
- Second Place - Php 2,000.00
- Third Place - Php 1,000.00
- 5 Consolation Prizes - Php 500.00 each

VIII. Winners Announcement

- Winners will be announced on October 10, 2023 at the City Tourism Hall and the Facebook Page of the Philippine Mental Health Association CDO-MISOR Chapter

IX. Exhibition

- All of the entries will be posted on PMHA's Facebook Page to promote the celebration of the National Mental Health Week. The engagements of the post (likes, comments, and shares) **will not affect or have an impact on the judging criteria** of the photographs.
- Selected photographs will be featured in a physical or virtual exhibition to further promote the importance of mental health

X. Contact Information

- For inquiries and submissions, please contact us via [0956-135-7635](tel:0956-135-7635) or email us at pmha.cagayandeoro@pmha.org.ph / julieannresma@pmha.org.ph

XI. Code of Conduct

- Participants are expected to respect the dignity and privacy of individuals when addressing mental health issues in their photographs. Inappropriate or offensive content will result in disqualification.
- Failure to follow the implemented guidelines for the Photography Contest will result in disqualification.

We encourage junior high school students to participate in this meaningful activity and use their creativity to shed light on the importance of mental health as a universal human right. Your photographs can make a difference! Good luck!