

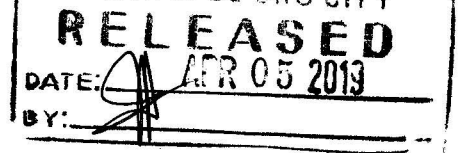
Republic of the Philippines
Department of Education
Region X
DIVISION OF CAGAYAN DE ORO



Fr. Masterson Avenue, Upper Balulang, Carmen, Cagayan de Oro City

DIVISION MEMORANDUM
No. 272, s. 2019

April 3, 2019
DEP ED-DIVISION OF CAGAYAN DE ORO
CAGAYAN DE ORO CITY




TO: **Lina G. Ludeña**
Jacel A. Cadusales
School LINK CLUB Coordinators
School Principals of the ff Public Secondary Schools:
Angeles Sisters NHS
P.N. Roa NHS
Carmen NHS
Lapasan NHS
Bugo NHS

This Division

**CONDUCT OF ANNUAL LEADERSHIP TRAINING PROGRAM OF LUSOG ISIP NG KABATAAN
(LINK) CLUB LEADERS**

1. The Philippine Mental Health Association of Cagayan de Oro- Misamis Oriental Chapter will conduct an Annual Leadership Training Program to the LINK Club Leaders on April 26, 2019 at YMCA Building, Julio Pacana St. CDOC.
2. The five School Principals should allow 10 LINK club student members from their respective schools to join the training and to be accompanied by their school LINK coordinators. There is no registration fee.
3. Further, nurses in charge of the Mental Health Program should join the activity.
4. For widest dissemination and compliance.


JONATHAN S. DELA PEÑA, Ph.D., CESO V
Schools Division Superintendent



Philippine Mental Health Association

CAGAYAN DE ORO – MISAMIS ORIENTAL CHAPTER

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PROJECT PROPOSAL

YOUTH LEADERSHIP TRAINING PROGRAM

I. THEME: “MH Movers: Shaping Young Leaders as Advocates for Mental Health”

II. OBJECTIVES:

1. To hone the leadership potential of the LINK Club members
2. To build camaraderie and teamwork among the LINK Club members
3. To teach the students effective communication and enhance their skill in public speaking
4. To give awareness on Adolescents’ Reproductive Health and Addiction
5. To instill in the students the value of having good mental health and become advocates of mental health themselves in their school community

III. RATIONALE

Today's youth the Gen Z are born where advanced technology is readily available and continues to progress which is the reason why they are called the most technologically savvy to the older generations. The Generation Z is characterized as independent, able to multi-task, optimistic, creative, tolerant, entrepreneurial, self-learners and quick to adapt (Eriacher, 2018). However, they also characterize as having short attention span, they can at times be more cynical, favor realistic views over idealism and can hardly be in tuned to the generations prior to social media (Wynhorst, 2017). Among generations, the youth will always be the hope of tomorrow. They are the future leaders and key players who will bring the nation to the next level of progress and development. For them to become responsible future leaders they need the older generation to guide them and nurture them to become the persons who will make the most of their talents and strengths, help them minimize their weaknesses, and have faith in them in what they can do for the good and betterment of the society.

Involving oneself in the society means dwelling with societal issues, and the youth are not exempted to these. As young as they are, they are already combating with major issues that may try to steal their individuality and their future. Issues brought about teenage pregnancy, suicide and depression, addiction, and the growth of HIV/AIDS cases in the society are some of those. Such issues put at risk one's mental health. According to the World Health Organization, "Mental Health is a balance of all aspect of life – physical, emotional, social and spiritual. It is a state of well-being in which the individual realizes his/her own potential can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community". Mental health is very important for without it there would be no health at all (WHO). Issues such as these put at risk the youth's mental health and may lead them to develop mental health conditions such as anxiety and depression or worst, to take one's life (suicide). Because of these, it has to be addressed through programs and services given by government and private institutions equipping the youth with awareness and knowledge on how to fight these societal concerns.

In line with our Youth Life Enrichment Program, the Lusog Isip Ng Kabataan Club (LINK Club) of the Philippine Mental Health Association Cagayan de Oro – Misamis Oriental Chapter will be conducting a 1-day leadership training among the LINK Club members of the five schools in the city namely: the Angeles Sisters National High School, Bugo National High School, Carmen National High School, Lapasan National High School and Pedro 'Oloy' Roa National High School. The goal of this leadership training is to equip self-aware and socially aware young advocates with the skills needed in effective communication and public speaking and with a firm commitment on the promotion of mental health to their respective school communities.

Target Participants:

- Angeles Sisters National High School LINK Club Members
- Bugo National High School LINK Club Members
- Carmen National High School LINK Club Members
- Lapasan National High School LINK Club Members
- Pedro 'Oloy' Roa National High School LINK Club Members

Target Number of Participants: 50 (10 each school)

Target Date: April 26, 2019

Venue: CFC Mission Center

Methodology:

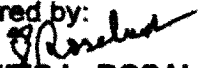
- Lecture
- Group processing
- Workshop
- Team building

IV. PROGRAM OUTLINE

ACTIVITY	TIME	OBJECTIVES	FACILITATORS
I. Arrival & Registration	8:00 – 8:30 AM	To get the complete list and number of actual participants	PMHA Staff
II. Opening Ceremony Doxology, Singing of National Anthem, Welcome Message	8:30 - 8:45 AM	To set a welcoming atmosphere to the student leaders and guests	PMHA Chair
III. GTKY Activity	8:45 – 9:00 AM	To acquaint the participants with each other – get to know their peer's names, interests, experiences	Ms. Cychris L. Rosalada, RPm
IV. Expectation Setting	9:00 – 9:15 AM	To prepare the participants on what they are to expect for the training	Ms. Cychris L. Rosalada, RPm
V. Orientation on PMHA (Working Snacks)	9:15– 9:25 AM	To orient the participants about the PMHA – its Vision, Mission, Goals, Programs and Activities	Ms. Cychris L. Rosalada, RPm
VI. Caring for Your Mental Health (Self-Awareness, Handling Negative Emotion)	9:25 – 10:30 AM	To equip the leaders on how they would take care of their mental health	Ms. Fretzie Rose T. Dante, RPm (Speaker 1)
VII. Leadership	10:30 – 11:30 PM	To hone the leadership potential of the participants	Speaker 2
VIII. Team Building	11:30 – 12:10 PM	To build camaraderie and teamwork among the LINK Club Leaders	PMHA Staff
IX. Lunch and Socialization	12:10 – 1:00 PM		
X. Adolescents' Reproductive Health	1:00 – 2:30 PM	To give awareness on this topic – including teenage pregnancy and risk to early initiation to sex	Speaker 3
XI. Addiction	2:30 – 3:30	To give awareness on the prevailing issue of Addiction	Speaker 4
XII. Effective Communication	3:30 – 4:30	To equip the participants with good communication skills	Speaker 5

XIII. Awarding Ceremony	4:30 – 5:00 PM	To give acknowledgement to the participants and LINK Club coordinators for their active participation in the training	PMHA Staff
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Prepared by:


CYCHRIS L. ROSALADA
Program Officer

Verified by:


FRETZIE ROSE T. DANTE
Chapter Executive Manager

Noted by:


DR. CESAR Z. GAMBA
Chair, BOM