Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION
Region 02

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REGIONAL MEMORANDUM ORDER
No. 138, series of 2021

FOR : **ALL PRESIDENTS/HEADS OF CONCERNED PUBLIC AND PRIVATE HIGHER EDUCATION INSTITUTIONS (HEIs) IN REGION 02**

SUBJECT : **INVITATION TO THE VIRTUAL REGIONAL CONFERENCE FOR MENTAL HEALTH FOR COLLEGE STUDENT-LEADERS**

DATE : **MAY 12, 2021**

The Commission on Higher Education Regional Office 2 hereby disseminates the information in the attached communication from **Mr. Christian R. Guzman**, OIC, President, Medical Colleges of Northern Philippines and International School of Asia and the Pacific, Peñablanca, Cagayan regarding the invitation to the **Virtual Regional Conference for Mental Health for College Student-Leaders** with the theme **"Enriching Leadership Capability Through Stronger Wellness and Positive Student Collaboration"** on **May 18 - 19, 2021.**

Participants to this conference are the **student leaders** of HEIs in Region2. The interested participants may register at http://bit.ly/RCFMH21 to receive access link to the conference.

For inquiries, please contact **Mr. Reynaldo M. Adducul,** Executive Assistant to the President, Medical Colleges Northern Philippines at **C.P. No. 09750920817**.

For the **VOLUNTARY** participation of all concerned.

JULIETA M. PARAS, Ed.D., CESE
Director IV

Encl.: as stated

:rgdanga/05122021/TR No. 9505

Medical Colleges of Northern Philippines
International School of Asia and the Pacific
Alimannao Hills, Peñablanca, Cagayan
School Year 2020-2021
COUNCIL OF LEADERS

May 7, 2021

CHED NCR RECEIVED 9505 5-10-21

JULIETA M. PARAS, Ed.D., CESE
Director IV
Commission on Higher Education (CHED) R02
Carig, Tuguegarao City

Dear Ma'am:

Greetings in the in the name of the Lord!

We are glad to inform you that the Council of Leaders, the highest student body organization of MCNP and ISAP, will be hosting the **Virtual Regional Conference for Mental Health for College Student Leaders on May 18-19, 2021.** Participants will reflect on the theme:

"Enriching Leadership Capability through Stronger Wellness and Positive Student Collaboration"

For this reason, **may we request your good office to please endorse this FREE WEBINAR to all higher education institutions in the region.** Those who are interested to participate, can register to http://bit.ly/RCFMH21.

Thank you very much as we will continue to develop our student leaders to look for greater heights in their journey in transforming their ministry as mental health advocate especially this season of pandemic.

Attached is the concept paper of the Virtual Regional Conference for Mental Health.

Sincerely yours,

CHRISTIAN R. GUZMAN, MBA
OIC, President

Medical Colleges of Northern Philippines
International School of Asia and the Pacific
Alimannao Hills, Peñablanca, Cagayan
School Year 2020-2021
COUNCIL OF LEADERS

CONCEPT PAPER

I. GENERAL INFORMATION

TITLE OF THE ACTIVITY	VIRTUAL REGIONAL CONFERENCE ON MENTAL HEALTH AND THE COVID 19 PANDEMIC
THEME	**ENRICHING LEADERSHIP CAPABILITY THROUGH STRONGER WELLNESS AND POSITIVE STUDENT COLLABORATION**
DATE	May 18-19, 2021
VENUE	ZOOM APPLICATION
PARTICIPANTS	STUDENT LEADERS OF HEIs IN REGION 02

II. RATIONALE:

The COVID-19 pandemic brought fear, worry, and stress to many especially for young people. The isolation experience added significant changes to our daily lives as our movements are restricted in support to curb the spread of the virus. The reality that students stayed at home for schooling and lack of physical contact are important that we look not only the physical health but also the mental health.

The Council of Leaders, the highest student body organization of MCNP and ISAP, in collaboration with the Office of the Guidance Services and Student Services Office wants to address one of the most challenging that we need to face in our society – the Mental Health issue. This conference will not provide solutions but options in guiding the participants to look after their mental health and their fellow young people by providing programs and activities.

Programs and activities are to raise awareness among young people the know how to support everyone on this fear in the context of COVID-19 pandemic and beyond. This can also lead to the improvements of their social and behavioral adjustment, learning outcomes, and school performance. We need to increase the virtue of reliance among our young people in order for them to make greater contributions to our society as a whole.

III. OBJECTIVES:

The Virtual Regional Conference on Mental Health and the COVID19 aims to:

- Encourage interactions, mutual support among participants about mental health issues;
- Strengthen and enhance collaboration on advocacy to facilitate reduction of stigma and discrimination on mental health;
- Develop plans and strategies to support the students on their concerns on mental health beyond the pandemic;
- Establish and maintain programs for student leaders to issues on higher level of awareness about mental health.

IV. GUIDELINES:

1. The Virtual Regional Conference on Mental Health and the COVID-19 pandemic is a two-day webinar-workshop for college student leaders in the region.
2. The zoom link app will be used for this activity.
3. **Individual registration is required.** Once the participant registered to http://bit.ly/RCFMH21 , he/ she will receive an email that contains the zoom link and the rationale and objectives of the program.
4. Ten (10) slots will be reserved per school.
5. Registration will be until May 16, 2021 (5:00PM).
6. Participants will be given e-certificate after the conference.

V. PROGRAM:

DAY 1 (May 18, 2021)

8:30-8:40	Prayer	**Ms. Desiree Julian** *Committee Head on New Normal Education, COL*
	Philippine National Anthem	
	Rationale of the Activity	**ARISTOTLE M. GONZALES, MAEd** *Dean, OSS*
8:40-9:00	Acknowledgement of Participants	
	House Rules	
9: 00-9:15	Opening Message	**CHRISTIAN R. GUZMAN, MBA** *OIC, President*
9:15-9:30	Keynote Speaker	**JULIETA N. PARAS, Ed.D., CESE** *CHED, Regional Director*
9:30-9:40	Presentation of the First Resource Speaker	**Mr. Justine Mark Pandongan** *Committee Head on Sports, COL*
9:40-11:00	First Speaker	**MA. THERESA MAGUIGAD-CHUI, Ph. D.** *Executive Director, Psychology Association of the Phil.*

TOPIC: ANXIETY IN THE NEW NORMAL EDUCATION

11:00-11:30	Open Forum	***Mr. James Vidad*** *Chairman, COL*
11:30	Lunch Break	
1:30-2:00	Presentation of Guidelines for the Break Out Sessions	

Guidelines:

- *10 rooms for the break out session will be created with 20 to 25 members per room*
- *The organizers (Council of Leaders) will be divided into 10 rooms to be facilitator and asst. facilitator as they will moderate the break-out sessions.*
- *The sharing method will be done to elicit the best practices of student leaders in their respective schools in handling new normal students in terms of activities to include mental health issues.*
- *House rule on confidentiality (if sensitive issues will be brought out) will be observed.*
- *We will give each room of two (2) hours for the break-out sessions.*

2:00-4:00	Break Out Sessions	
4:00-4:30	Reminders	
	Prayer	**Ms. Ariane Simangan** *Business Manager, ISAP COL*

DAY 2 (May 19, 2021)

8:30-8:45	Morning Devotion	**Ms. Grachelle Anne Laguindo** *Business Manager, MCNP COL*
	Recap	Erica Drapeza *Secretary, ISAP COL*
	Games	
8:45-9:00	Opening Message	**WINNIE CANCEJO, RRT, MPH** *OIC, VP for Academic Affairs*
9:00-9:05	Presentation of the Second Resource	Ms. Hannie Joy Sacramento *Secretary, MCNP COL*

Speaker

9:05-10:05 Second Speaker **BABYLINE BAUTISTA, Ph. D.**
Guidance Head, University of St. Louis Tuguegarao
TOPIC: ANXIETY VS DEPRESSION: THE MISMATCHED THEORIES AND HEARSAYS

10:05-10:30 Workshop
Guidelines:

- *This workshop will enable the student leaders to create programs and activities that will promote the mental health advocacy of their club/ organization.*
- *Student leaders need to consider their capacity and resources in facing the online strategies.*
- *Participants will be given 30 minutes to write down these program and activities using the simple format below:*

Activity/ Program	*Objective*	*Target Date*	*Participant*	*Platform to use (FB, ZOOM, etc)*

- *After doing the activity, a volunteer/s will be asked to present their output in the big group. They will just share and suggestions is open to the group.*
- *The output of their workshop must be submitted to their adviser and must be included in their action plan for the next school year.*

10:30-11:00 Presentation of Output (volunteer/s)
11:00-11:30 Closing Program
Prayer **Mr. Maverick Batang**
Auditor, MCNP COL
Philippine National Anthem
Closing Remarks **ATTY. CRISTINA G. NATIVIDAD**
VP for Innovations and External Initiatives
Response from the participants
Awarding of E certificates
Acknowledgement **Mr. James Vidad**
Chairman, COL
Closing Prayer **Ms. Faith Raful**
Treasurer, ISAP COL

Ria Elrica Dayag and Sergie Castillo
Masters of Ceremony