

PHILIPPINE MENTAL HEALTH CHANGES UNDER COVID-19

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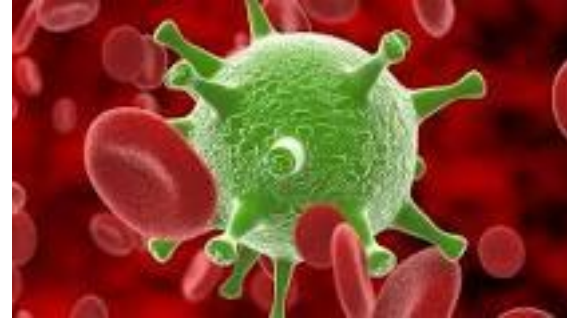
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TALK OUTLINE

- ◆ WHAT IS THE IMPACT OF COVID-19 VIRUS IN THE PHILIPPINES?
- ◆ HOW HAVE THESE CHANGES AFFECTED THE STATUS OF MENTAL HEALTH IN THE COUNTRY?
 - ◆ Epidemiology of Symptoms
 - ◆ Profile of Vulnerable and Protected Individuals
 - ◆ How has the pandemic frontliners?
 - ◆ How has the pandemic affected families?
- ◆ WHAT HAS THE NATION BEEN DOING TO ADDRESS THESE ISSUES?
- ◆ WHAT LOCAL EFFORTS HAS CAGAYAN DE ORO CITY BEEN EMPLOYING TO ADDRESS THESE CONCERNS?
- ◆ WHAT CAN WE DO MORE MOVING FORWARD?
- ◆ HOW DO WE AS FILIPINOS CHOOSE TO TELL OUR STORY MENTAL HEALTH CHANGES IN COVID19 IN THE LONG RUN





- The coronavirus disease (COVID-19) is an infectious disease caused by a new strain of coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.



HOW DID CORONAVIRUS AFFECT THE PHILIPPINES?

- January
 - 23 – Manila International Airport takes action ensuring precautionary measures are put in place and Bureau of Quarantine is mobilized
 - 26- suspension of visa upon arrival from Hubei Province, China
 - 29 – Philippine Secretary of Health Duque was questioned by House of Representatives; Philippines announces its capacity to test for novel coronavirus
 - 30 -the Philippine Department of Health reported the first case of COVID-19 in the country with a 38-year-old female Chinese national who died
 - 31 – President Rodrigo Duterte imposes a travel ban on Chinese citizens coming from Hubei province and other parts of China
- February - ***novel coronavirus begins to plague the Philippines***
 - 2- first death of COVID Positive patient, a 44-year old Chinese male companion of the 38-year-old female
 - beginning of travel bans, Repatriation of Filipinos from overseas,
 - 5 – third case of COVID 19 patient, a 60 year old woman from Wuhan Province
 - 9 – 30 Filipinos repatriated from Hubei Province
 - 10- first recovery from novel coronavirus recorded in Philippines
 - 11 – World Health Organization names novel coronavirus as COVID 19
- March -***Redirection of funds to focus on battle against COVID 19***
 - 7- first local transmission of COVID-19 was confirmed
 - 9- declaration of a State of Public Health Emergency by President Rodrigo Duterte
 - 12 – announcement of lockdown in Metro Manila to be imposed on March 15
 - 16 – announcement of Enhanced Community Quarantine
- April - ***aid extension to middle class, simultaneous lockdowns all over the nation***
 - 13 – Philippines tops number of coronavirus cases in Southeast Asia

For the complete timeline , visit <https://www.rappler.com/newsbreak/iq/timeline-novel-coronavirus-epidemic>



HOW DID CORONAVIRUS AFFECT THE PHILIPPINES?

- May - *Economists pronouncing shrinking of economy, Juggling of typhoon season and rising COVID19 positive cases, Beginning of mass testing in the Philippines, announcement of classes to be resumed on August 24*
 - 1- all of Philippines under Enhanced Community Quarantine or General Community Quarantine
 - 5- announcement of experts that "Philippine curve has begun to flatten"
 - 11- announcement of rising cases in Cebu City
 - 15 – Metro Manila placed in Modified General Community Quarantine, beginning of testing in Northern Mindanao
 - 19- announcement of second wave in the Philippines
- June - *problems in transportation are highlighted, unemployment rates spike, significant rise in mental health cases observed, postponement of resumption of classes, suspension of "Balik Probinsya" project, surging number of cases plus announcement of lack of manpower and facilities in health sector*
 - 28 – Philippines leading in Western Pacific
- July - *medical frontliners become increasingly overwhelmed by rising number of cases*
 - 6 – ICUs begin to reach capacity
- August - *medical frontliners begin to rally and report exhaustion against government, controversies on corruption in government health insurance arise, reopening of classes further postponed for public schools, private schools begin to reopen and adopt online learning schemes*
- September - *new leader placed in national government health insurance, nation's capital announces curve is flattening, transmission rate less than 1, announcement of opening of classes in October 14 for public schools, stricter measures on transport systems imposed*
 - 23 – Philippines ranked 66th among the 91 countries in virus suppression worldwide
- October
 - 5 – announcement of opening of classes confirmed, government ranks 91% in trust survey
 - 8- Philippines enters Phase 3 in pandemic response allowing more businesses to run

For the complete timeline, visit <https://www.rappler.com/newsbreak/iq/timeline-novel-coronavirus-epidemic>



What are the
national health
statistics so
far?

Situation Summary

- **Out of total 309,303 confirmed cases reported in the Philippines until today, 55% are male, with the most affected age group 20-29 years (26%) followed by 30-39 years (24%).**
- 53% of cases reported from National Capital Region (NCR), followed by CALABARZON (17%), Central Visayas (7%), and Central Luzon (5%). Largest increase in new cases from NCR.
- **Out of 5,448 confirmed deaths, 61% are male, with the most affected age group aged 60-69 years (33%) followed by over 70 (28%)**
- 49% of deaths reported from NCR, followed by Central Visayas (23%), CALABARZON (10.6%), and Western Visayas (4%). Largest increase in new deaths from NCR.
- **Department of Health (DOH) and WHO emphasizing the need for compliance to, and proper implementation of, national guidelines at LGU level**
- 100% of health facilities daily reporting to DOH's DataCollectApp showing 42.1 % occupancy rate of ward, ICU and isolation beds for COVID-19 patients nationally. In NCR, out of 180 health facilities, 53.5% of dedicated COVID-19 beds are occupied. In CALABARZON, 263 health facilities report 50.4% occupancy rate of dedicated COVID-19 beds.
- **Currently 104 laboratories using RT-PCR are accredited for COVID-19 testing, as well as 32 laboratories using GeneXpert. 97 applications still in various stages of accreditation.**

PHILIPPINES SITUATION IN NUMBERS



Source: <https://www.who.int/philippines/internal-publications-detail/covid-19-in-the-philippines-situation-report-55>



How did
COVID-19
affect the
population?



Who was more prone to manifest psychological impact in this pandemic?

- Methodology:
 - Meta-analysis of 1879 online surveys were gathered from March 28-April 12, 2020.
 - Collected data included socio-demographics, health status, contact history, COVID-19 knowledge and concerns, precautionary measures, information needs, the Depression, Anxiety and Stress Scales (DASS-21) and the Impact of Events Scale-Revised (IES-R) ratings.

Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K. J. G., Reyes, P. W. C., Kuruchittam, V., Hog, R. C. (2020). Psychological impact of COVID-19 pandemic in the Philippines. <https://doi.org/10.1016/j.jad.2020.08.043>



Who were more prone to develop psychiatric symptoms?

- Who were more prone to manifest psychiatric symptoms?
 - Female gender
 - youth age
 - single status
 - Students
 - Specific symptoms
 - recent imposed quarantine
 - prolonged home-stay
 - reports of poor health status, unnecessary worry, concerns for family members, and discrimination
- ***They were significantly associated with greater psychological impact of the pandemic and higher levels of stress, anxiety and depression ($p < 0.05$).***
- The young age group of 12-21.4 years, single people and those who had no children had significantly high stress, anxiety, depression and IES-R scores.

Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K. J. G., Reyes, P. W. C., Kuruchittam, V., Hog, R. C. (2020). Psychological impact of COVID-19 pandemic in the Philippines. <https://doi.org/10.1016/j.jad.2020.08.043>



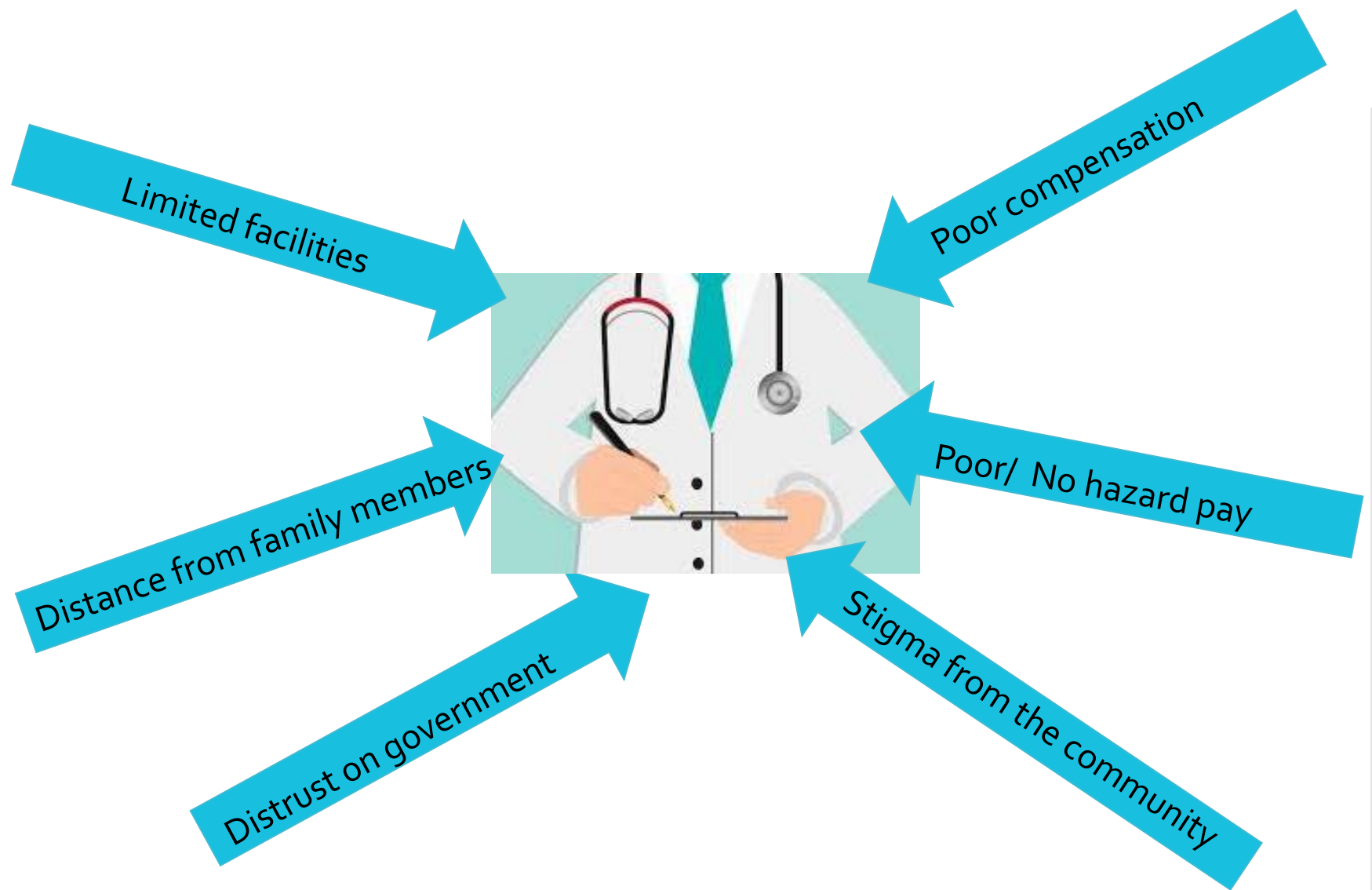
Who were more likely to be protected from psychiatric symptoms?

- Who were most likely to be protected from psychological impact?
 - Adequate health information
 - having grown-up children
 - perception of good health status
 - confidence in doctors' abilities
- *They were significantly associated with lesser psychological impact of the pandemic and lower levels of stress, anxiety and depression ($p < 0.05$).*

Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K. J. G., Reyes, P. W. C., Kuruchittam, V., Hog, R. C. (2020). Psychological impact of COVID-19 pandemic in the Philippines. <https://doi.org/10.1016/j.jad.2020.08.043>



How is COVID19 attacking our frontliners?



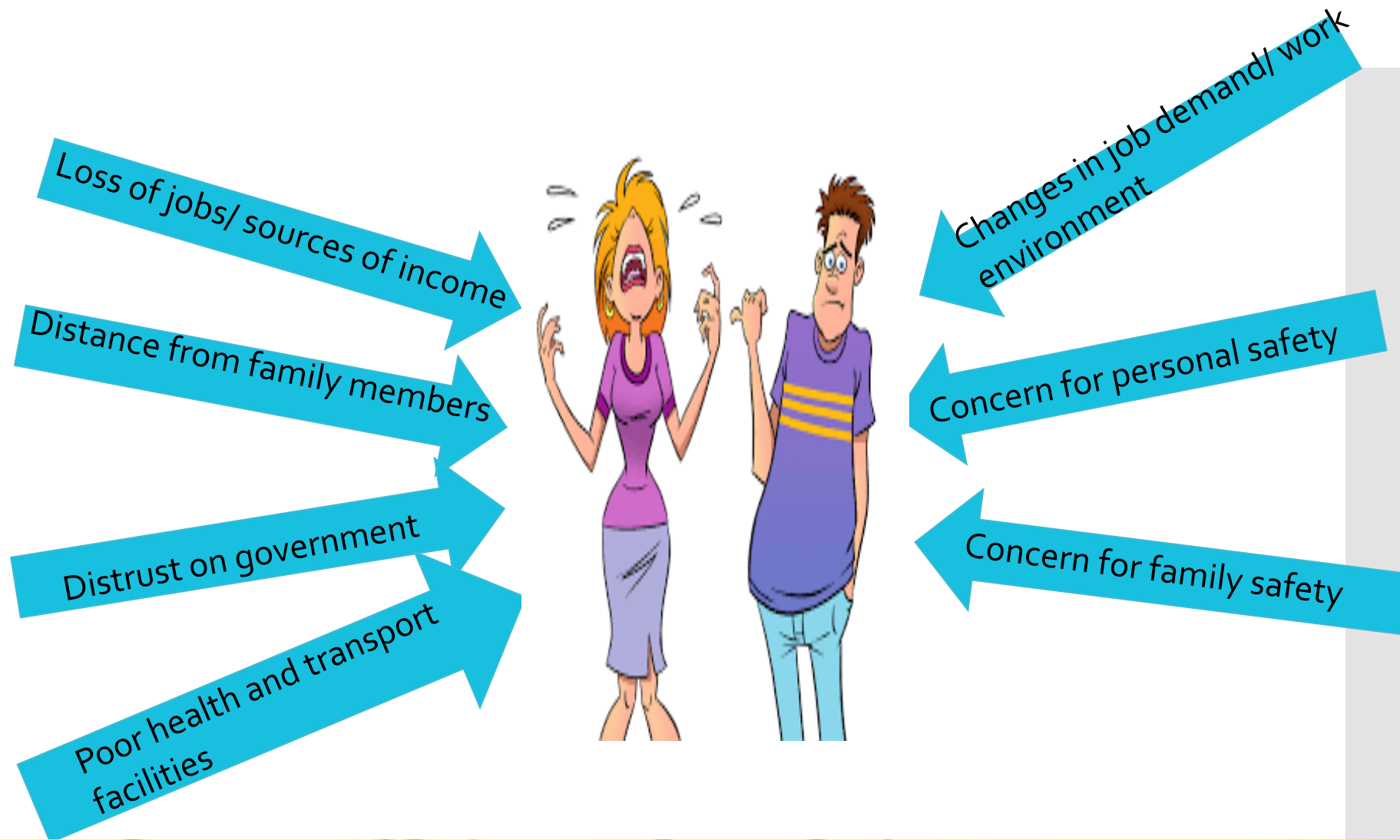
How did COVID-19 affect the our homes?



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How is COVID19 attacking our parents?



How is COVID19 attacking our children?



CHAIN OF DISTRESS

How does this affect home dynamics?



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What about
the vulnerable
population?



Factors Intensifying Impact of COVID-19 on Elderly

- High Population Density
 - 100 million population concentrated in major cities facilitating easy virus spreading and leading to higher rates of infection and death
- Demographics and social welfare
 - Elderlies have comorbidities and tend to have higher risk of developing disease
 - Only 30% receive social pension
 - The high mortality rate of 40% from COVID-19 disproportionately affects the older Filipinos. As of April 15, 2020, there are 5453 confirmed COVID-19 cases and 349 deaths, of which 50.7% are aged 65 years and older (Department of Health, [2020](#))
- Cultural Habits
 - Regular church-going
 - Multigenerational households
- Health Systems Capacity
 - Health services delivered via public and private healthcare providers with limited budget sourcing

Buenaventura, R. D., Ho, J. B., & Lapid, M. I. (2020). COVID-19 and mental health of older adults in the Philippines: a perspective from a developing country. 2020 Apr 30. doi: [10.1017/S1041610220000757](https://doi.org/10.1017/S1041610220000757)



How is COVID-19 affecting our elderly?

- Depression and Anxiety
- Unmet Spiritual Needs
- Poor social well-being
- Decline in physical well-being – sedentary lifestyle
- Dying alone

Buenaventura, R. D., Ho, J. B., & Lapid, M. I. (2020). COVID-19 and mental health of older adults in the Philippines: a perspective from a developing country. 2020 Apr 30. doi: [10.1017/S1041610220000757](https://doi.org/10.1017/S1041610220000757)



WHAT DID COVID-19 REALLY DO TO OUR MENTAL HEALTH?



PHYSICALLY AND EMOTIONALLY DISTANT



AWAKENED OUR FEARS



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COVID 19 DID
NOT JUST
ATTACK OUR
BODIES



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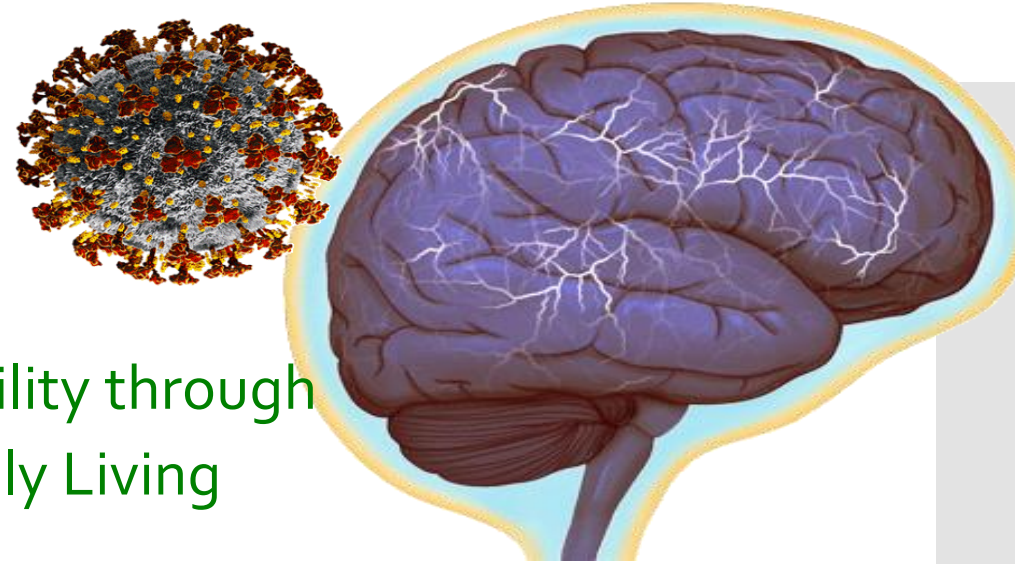
COVID-19 ATTACKS YOUR MIND

ANXIETY

Threatens your Stability through
your Activities of Daily Living

Manifests in:

- Constant worry
- Problems in sleeping
- Hyperarousal
- Decreased focus
- Difficulty in decision-making



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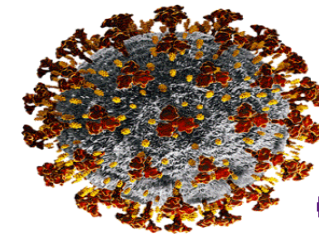
COVID-19 ATTACKS YOUR SPIRIT

Depression

Brings about helplessness amidst the multiple simultaneous changes in the environment

Manifests in:

- Loss of appetite / Increased appetite
- Problems in sleeping
- Decreased focus
- Prolonged/ daily fatigue
- Withdrawal / Isolation
- Demotivation
- Helplessness / Hopelessness
- Thoughts / Actions of Self-harm



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How did the nation try to address this?

- National Mental Help Hotlines
 - Philippine Red Cross
 - Natasha Goulborne Foundation / Hopeline
- Media Campaigns
- Policy Adjustments
 - Bayanihan Act
 - Redirection of Funds to address emergent needs
 - President calling for Mental Health prioritization



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What is Cagayan de Oro City doing to address Mental Health concerns?



Psychosocial Division CSWD CDO




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The Psychosocial Division of Cagayan de Oro City is now a call away

You may now contact our
MENTAL HEALTH HOTLINE

 **TM: 0975-840-3585**
SMART: 0947-643-8507

*ON MONDAYS TO FRIDAYS
8:00 AM TO 5PM*

**TO KNOW MORE ABOUT OUR PROGRAMS
VISIT US:**

 **CSWD CDO PSYCHOSOCIAL**



<http://cdomentalhelpline.cagayandeorogov.ph:8080>



cswdpsychosocial@gmail.com



Akong Kaugalingon, Pamilya, ug Komunidad, Akong Responsibilidad

My Self, Family, and Community, My Responsibility

Psychoeducation for Community Empowerment

**AKONG KAUGALINGON, PAMILYA
UG KOMUNIDAD, AKONG RESPONSIBILIDAD**
NING PANAHON SA Pagsulay, ikaw, ang imong pamilya ug ang tibook komunidad atong dayongan kini nga responsibilidad. Ania ang mga paagi aron kita ma-proteksyonan.

KAUGALINGON

- Insakto ug kanunay nga pagpanghugas sa kamot
- Kanunay pagpraktis sa insakto nga pag-atiman sa lawas
- Kalmahan ang kaugalingon pinaagi sa Stop. Take a breath. Observe. Proceed (STOP) Method aron maminusan ang kahago kon stress
- Pagkaon sa himsog nga mga pagkaon
- Batasanon ang pagkatulog og labing gamay unom ka oras
- Likayan ang pagbasa sa dili insakto nga tinubdan sa impormasyon ug mensahe
- Kon mahimo, magpuyo ug magpabilin sa balay

PAMILYA

- Pagpakita sa mga ginikanan sa ilang anak sa insaktong pagpanghugas sa kamot
- Pag-observa og mga ritwal sa pamilya sama sa paghilum sulod sa usa ka minuto sa dili pa magsugod og ampo alang sa pagkaon ug kanunay nga 'gratitud prayers'
- Kanunay nga pagpanglimpyo sa balay gamit kini nga ratio: 10 ml chlorine sa usa ka litro nga tubig

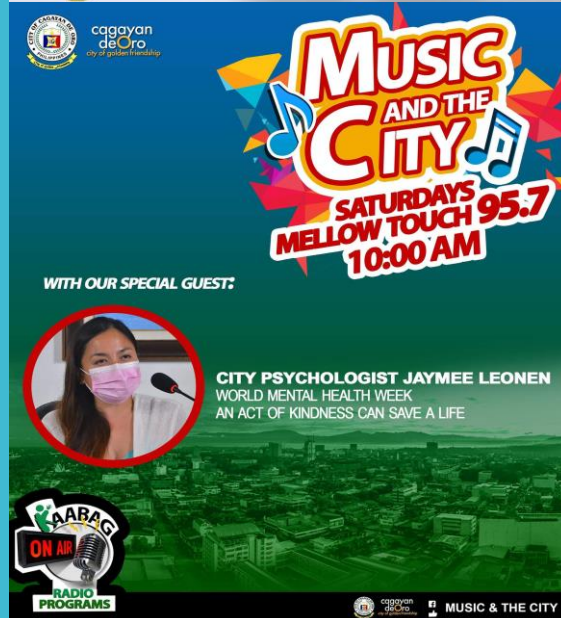
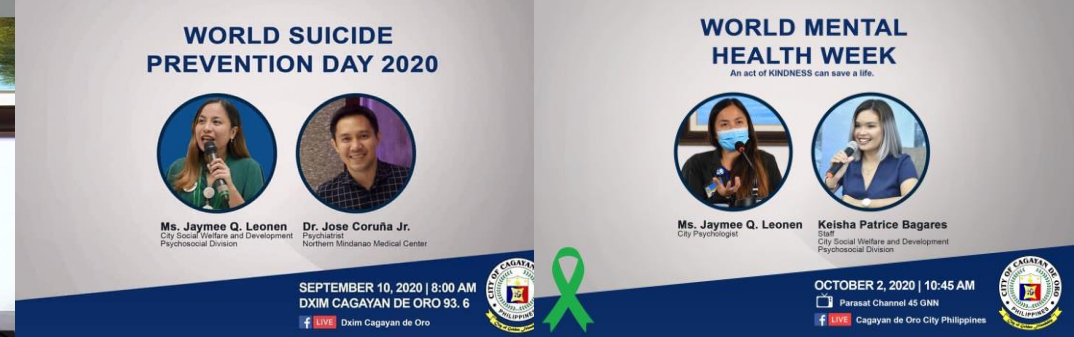
KOMUNIDAD

- Ipatuman ang one-meter Social Distancing
- Ipadayag lamang ang insakto nga impormasyon
- Magpakisayud sa mga latest updates kalabot sa COVID-19 pinaagi sa paglike sa FB page: **CDO COVID 19 Response**
- Ipahibalo sa BHERT kon kamo adunay kaila nga posibleng Person Under Investigation (PUI) ug Person Under Monitoring (PUM)
- Kooperar ug sunod sa mga pahimangno sa gobyerno





Harnessing the Power of Media to Increase Population Reach



Modifying Programs to extend age of viewership

ONLINE
TAMBAIAN
HIGALAAY PANAHO SA COVID-19

WEBINAR SERIES

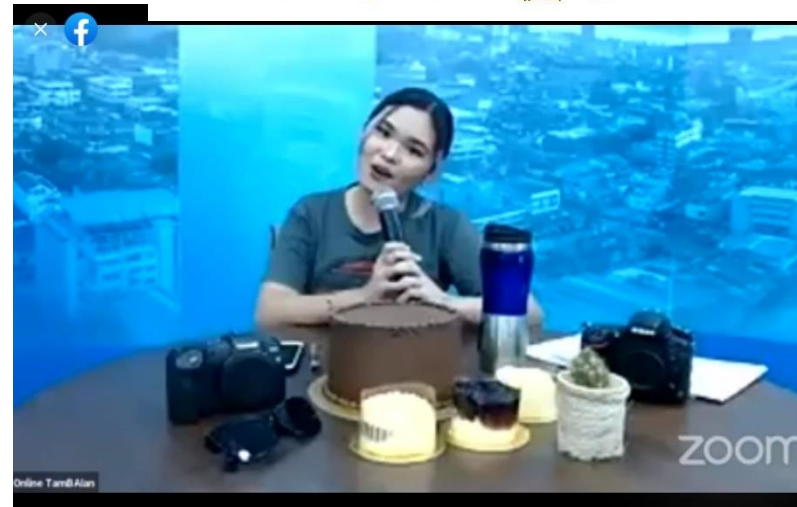
SANA ALL, IN LOVE!
AUGUST 7, 2020 | 3:00 TO 5:00 PM
LIVE Cagayan de Oro City Philippines

RIO ROSAL BALILING
STAFF
CSWD-PSYCHOSOCIAL DIVISION

JALEN THEUS PIMENTEL
STAFF
CSWD-PSYCHOSOCIAL DIVISION

NADINE ABELLERA
ASSISTANT INSTRUCTOR
XU-PSYCHOLOGY DEPARTMENT

city information OFFICE



ONLINE
TAMBAIAN
HIGALAAY PANAHO SA COVID-19

DAGHANG SALAMAT
BAI

ONLINE
TAMBAIAN
HIGALAAY PANAHO SA COVID-19

“You cannot give what you do not have, so, start to take care of yourself first so that you’ll have the capacity to take care of other people, too.”

Jaymee Leonen
City Psychologist

Simplifying information for easy public comprehension



Malamboong Nga Relasyon sa Ginikanan Ug Anak Pinaagi sa Pagkuha sa Pagsalig Ug Kumpiyansa Sa Anak Ngadto Sa Ginikanan

#AkongKaugalingonPamilyaUgKomunidadAkongResponsibilidad

Enhancing Parent-Child Relationship

MGA PAMAAGI KUNG UNSAON OG PAKIPAGSTURYA SA MGA BATA (EDAD 0-7) MAHITUNGOD SA COVID19

Mga pamaagi para matabangan ang atong mga bata (edad 3-4 y.o.) sa bag-ong sistema sa skwelahan

Kini ang mga lakang nga pwede nato mabuhay isip ginikanan arun makatabang sa mga bata nga ga eskwela karong panahon

**PAKIPAGSTORYA SA
MGA BATA (EDAD 7-12)
MAHITUNGOD SA
COVID19**

**PAKIPAGSTORYA SA
ATONG KABATAN-ONAN
(EDAD 13-17)
MAHITUNGOD SA COVID19**

TABANGAN NATO ANG ATONG KABATAN-ONAN NA MASABTAN ANG COVID19 OG TUDLUAN SILA UNSAON PARA MALIKAYAN KINI.

**COVID 19: Mga angay
mahibalan matud sa
atong Mental Health**

**MAGPABILIN KITA SA
SULOD SA ATONG BALAY**

Kung dili kita kinahanglan mulakaw

**Ug adunay pangutana bahin
sa ayuda:**

Texti kini na mga numero
CSWD CDO 1: 0926-877-3970
CSWD CDO 2: 0926-877-3981

pwede pud ninyo tawagan ang inyong barangay para sa uban pa nga mga pangutana

**Ug gusto mo ug kaistoriya
bahin sa imong gibati :**

Tawagi kini na mga numero
CSWD CDO 1: 0926-877-3970
CSWD CDO 2: 0926-877-3981

**Epekto sa Pisikal na Pinaagi sa Maayong
Panglawas ug Panghunahuna!**

EFFECTS OF PHYSICAL ACTIVITY ON WELLBEING AND MENTAL HEALTH

EPEKTO SA GIBATI

Nahibaw-an sa mga researcher na mas contento, mas alerto ug mas kalma ang mga tao pagkahuman mag ehersisyo kung ikompara sa panahon na walay pisikal na aktibidad na gibuhay.

Kini na epekto mas mabantayan kung lain na daan ang atung gibati.

EPEKTO SA STRESS

Ang pisikal na ehersisyo kay epektibo na pamaagi sa pag wala sa stress. Nakita sa research labot sa mga empleyado na ang mga tao na aktibo kaayo maoy kasagaran naay ubos nga stress kung ikompara sa mga tao na dili kaayo ga ehersisyo.

EPEKTO SA SELF-ESTEEM

Ang ehersisyo dili lang makahatag ug positibong epekto sa atung pisikal na panglawas, apil sab kini maka taas sa self-esteem sa usa ka tawo.

Ang self-esteem kay ang kaugalingong pagsabot sa tao sa iyahang gibati ug paghatag ug importansya sa kaugalingon.

Usa kini ka tamailhan sa kahimsog sa pangisip ug abilidad na makaya ang kalisod sa kinabuhi.

**DEMENTIA UG PAGHINAY SA
PROSESO SA PAGHUNAHUNA SA
MGA TIGULANG**

Pisikal na ehersisyo ang usa sa nahibaw-an sa mga pagtuon na gapanalipod sa mga peligro sa Dementia.

Para sa mga tao na anaa nay Dementia, makatabang na mapugngan ang pagsamot sa sakit sa pamaagi sa pisikal na aktibidades.

**EPEKTO SA DEPRESSION UG
ANXIETY**

Ang pag ehersisyo uban sa kombinasyon sa pag-inom ug gi-resita na tambal ug therapy kay makatabang sa maulian ta sa depression.

Ang pisikal na aktibidades kay makapaubos usab sa anxiety sa mga taong anaaay dili kaayong bug-at na sintomas.

Ang pisikal na aktibidades kay dili kinahanglan mag gasto ug usa ka pinaagi na mahatagan ug gahon sa pagdumala sa kaugalingon.

ATUNG HINUMDOMON:
AKONG KAUGALINGON, PAMILYA OG KOMUNIDAD, AKONG RESPONSIBILIDAD.
CDO COVID19 RESPONSE | CSWD PSYCHOSOCIAL
CONTENT CREDITED TO THE MENTAL HEALTH FOUNDATION

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**MGA PAMAAGI
SA PAGPROTEKTA SA MENTAL
HEALTH SA ATONG MGA BATA**

**Naa ba kay namatikdang pag-bago sa lihoc,
pamatasan, ug pag-istorya sa inyong bata?**

- SAMA SA:**
1. Paglisud o pagpalabi nga pagkatulog
 2. Kawad-an ug gana sa pagkaon o pagpalabi sa pagkaon
 3. Pag-iya-iya o pagpalayo sa mga kapamilya, amigo, og kadula
 4. Balik-balik nga pagstorya bahin sa kawad-an sa gana sa kinabuhi og kawad-an sa paglaum
 5. Paghisgot bahin sa pagpanakit sa kaugalingon og pagputol sa kinabuhi

Unsa akong mabuhay para sa akong mga bata?

- SAMA SA:**
1. Atong lingkuron ug kamustahan ang atong mga bata
 2. Pangutan-on sila kung unsa ilang gibati
 3. Ipasalig ang inyong kanunay nga suporta pinaagi sa pagpangutana ug pagbuhay sa mga butang nga posible makatabang kanila
 4. Paghatag ug panahon na makigdula nila
 5. Ipasabot kanila ng dili lamang lawas ang magkasakit kundi apil utok og kasing-kasing

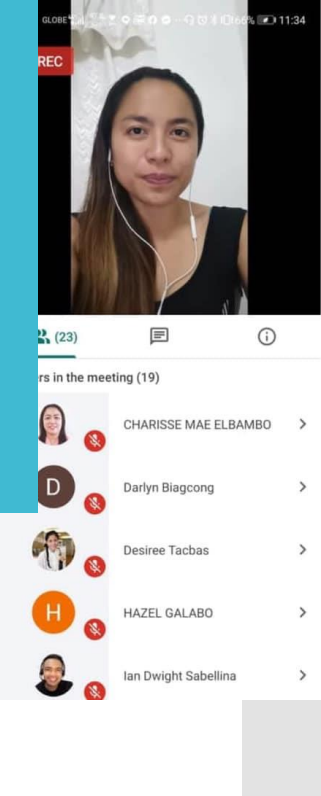
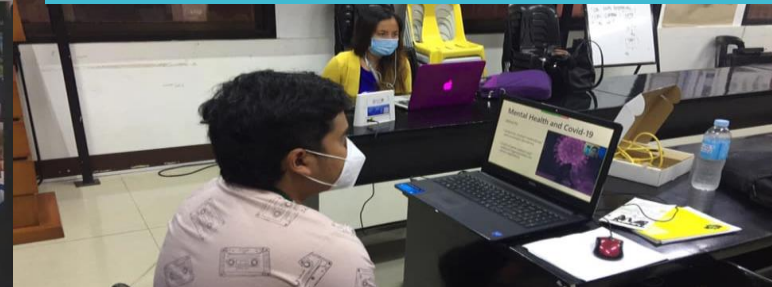
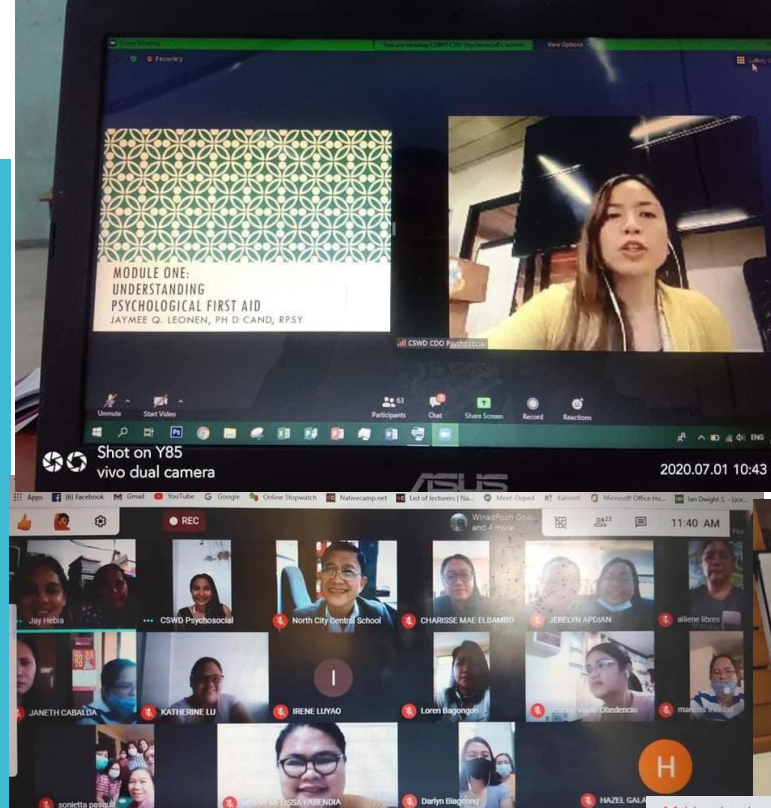
Pwede usab ta mangutana sa atong lokal na Mental Helpline (09758403585) og muduol sa Barangay VAW Desk Officer o BCPC.

ATONG HINUMDOMON:
AKONG KAUGALINGON, PAMILYA, OG KOMUNIDAD, AKONG RESPONSIBILIDAD.


#CSWDCDOPsychosocial #CDOCOVID19Response

Extending
partnerships and
creating
Mental
Health
Advocates
across
different
institutions


Church
Schools
Government
Partners
Private
Institutions



Continuing Public Service Amidst the Pandemic



"HUMAN SA KALAMIDAD, TABANG PSYCHOSOCIAL ANG KAABAG"




Sa mga Ginikanan ug Maestra: Pagkahuman sa kalamidad, inyong mga ANAK ug ESTUDYANTE

- Galisod ba sila matulog sa gabii? Ga damgo ba sila ug kadlok?
- Dili sila ganahan mo adto sa ngit-ngit na lugar?
- Dali ba sila makurat sa mga kalit-kalit nga lihok?
- Permi ba siya gunit o permi ga sunod-sunod sa imo? Dili ba sila gabulag maski sa pagkatulog, pagkaligo o maski sa paglibang o pag-panghi?
- Gakahadlok ba siya basta naay aso o kalayo?
- Nagbalik ba sila sa batasan sa gamay pa? Gapanghi sa katre? Gasupsop sa tudlo? Permi ga hilaka?
- Wala ba silay gana mo kaon? Dili ba sila gaka himutang?
- Dili ba sila ganahan mo sulod sa eskwelahan o makigdula sa uban bata?


Kung ang tubag nimo sa mga pangutana kai OO, ayaw kabalaka. Ang mga lihok ug mga kabatian kay kasagara gakahitabo sa mga bata nga nakasinati ug grabi nga kalamidad o kalisod. Paningkamuti na sa sulod sa duha ka semana makakita ka ug maayo ug dagkong kabag-ohan sa ilang ginabati ug ginabuhat. Kung galisod gihapon sila, maayo na mangayo ug tabang sa sakto na awtoridad.

UNSA KAHAY MGA PAMAAGI NA MATABANGAN SILA?

1. Tipokon ang tibook pamilya.
2. Ayaw biyae ang inyong anak sa mga delikado nga lugar.
3. Aghata sila nga muistorya sa ilang mga gibati.
4. Paminawa ang ilang mga storya.
5. Pakigdula sa ila.
6. Kung gaka badlungon sila, gasupsop ug tudlo o gapanghi sa katre, ayaw sila dirtso kasab-e. Giyahi ug panahon arun mangutana unsay ilang gibati ug gihuna-huna.
7. Taasi imung pasinsya sa pag-alalay sa ila ug pagsulti sa ila sa sakto nga buhaton.
8. Paningkamoti nga mabalik ang imong anak sa normal nga makipagdula sa mga uban bata.
9. Tagaig pansin ug tan-awa ang mga kailanganun sa mga bata nga naay kapansanan.




GIYA SA MGA BULUHATON PARA SA MGA BATA



Katuyoan: Mapagawas ang bug-at nga gibati ug kaagi sa pinaagi sa pag drawing kung asa mapagawas niya ang iyang mga nakita, nadumduman ug nabatian sa panahon sa sunog (krisis) arun matagaan ug pagtagad ang ilahang kalig-un.

Mga giya nga mga pangutana:


1. Kamusta imong gibati karun na adlaw? Kamusta man ka sa mga panghitabo karun?
2. Kinsa man ang mga tao na madoulan nimo kung naa kay kailangan? Kinsa imong duolan kung makabati ka ug kahadlok?
3. Unsa man ang mga maayo nimo na buhaton arun matabangan ka sa imong gibati?
4. Unsa ang mga nahitabo na mahimo gihapon kang mapasalamaton?



Para sa mga batan-on

Mas dakog posibilidad ang mga buluhatong mapeligro sa mga batan-on o mga dalaga (ex. paginom ug alkohol, pag gamit ug mga ginadili nga droga, ug uban pa). Mahimong magbuhat pa ug uban pang mamugnaong pamaagi sa pagpagawas sa kaagi. Sama sa:

- Pag drawing
- Pag kanta-kanta
- Pagtapok sa mga kabatan-onan arun magbuhat ug aktibidades na makama-ayo sa ila



"hinay-hinay basta makalahutay"

From victims to survivors: Psychosocial Intervention in Disaster Management
Lourdes Ladrido-Ignacio, M.D., M.P.H.
Documentation for Psychosocial Services in Rizal, Iloilo @ Southern Leyte ni Lilya Verzosa

Pero kung ang imong bata o estudyante kay grabi ka apektado pa gihapon sa naagihan nga kalisod mahuman ang isa ka bulan, pangayag tabang sa:

CS CITY HALL COMPOUND, CAGAYAN DE ORO
TAWAG SA 0975-840-3585 (tnt/globe)
0947-643-8507 (smart/tnt/sun)
PSYCHOSOCIAL DIVISION
FB Page: CSWD CDO Psychosocial
<http://cdmentalthelpine.cagayandero.gov.ph/8080/>

PSYCHOLOGICAL FIRST AIDS CONDUCTED



LAPASAN – MARCH 24



CARMEN – JUNE 25



LAPASAN – JULY 29

FIRE INCIDENTS



GUSA – AUGUST 13

MENTAL HEALTH AMIDST COVID-19




CAMAMAN-AN –
OCTOBER 6



BALULANG – OCTOBER 7



CAMAMAN-AN – SEPTEMBER 25



PAGLIKAY SA STRESS NA DALA SA COVID-19

(WAYS TO COPE WITH STRESS FROM COVID-19)



PAGLIKAY SA PAGTAN-AW SA COVID-19 NA BALITA

Balik-balik na pagtan-aw sa balita bahin sa COVID-19 kay makadala ug balaka.



HATAGAN UG ATIMAN ANG KAUGALINGON

Pagginhawa, mag meditate ug magkaon ug pagkaon na makahimsog apil na sa kanunay na pag-exercise ug pagkuha sa kalidad na tulog.



MAGLAIN PARA SA IMONG PAMILYA

Pagsulay ug aktibidad na makalipay sa imo.




PAGSAMPIT SA HIGALA

Makigsulti sa mga tawo na imong gisaligan labot sa imong mga kabalaka ug sa imong ginabati.




PAGTABANG SA MGA BATA NA MAKASUGAKOD SA COVID-19


Helping Children Cope with Covid-19




Pakig-storya sa imohang mga anak ug tubaga ang iyahang mga pangutana bahin sa COVID-19 sa pamaagi na dali nila masabtan.




Ipahibalo sa imong anak na sila luwas sa peligro. Ipahibalo sab sa ila na normal na mabalaka sa mga bag-ong sitwasyon na gidala sa pandemic sa atung kinabuhi. Bahini sila sa mga pamaagi kung unsa nimo gina-atiman ang imong stress sa maayong pinaagi ug unsaon nila makatuon sa imo.



Limitahan ang pagbutyag sa imong pamilya sa balita matud sa pandemic, apil na sa social media. Basin



Paningkamut na mahimo ka na maayong ehemplo sa imong mga anak. Ayaw kalimti na magpahulay, matulog sa sakto na oras, pag-ehersisyo ug pagkaon ug tarong.




Pakig-uban sa imong anak sa mga makahuluganon na pinaagi, sa pagdungan na pagbasa ug libro, pag-ehersisyo o pagdula ug mga board games.

ATUNG HINUMDUMON:
AKONG KAUGALINGON, PAMILYA UG KOMUNIDAD, AKONG RESPONSIBILIDAD.
CDO COVID19 RESPONSE | CSWD PSYCHOSOCIAL

CONTENT CREDITED TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION

capayan de oro city of golden friendship




FRONTLINER SELF-CARE TECHNIQUES

LIMIT WORKING HOURS TO NO LONGER THAN 12-HOUR SHIFTS

WORK IN TEAMS AND LIMIT AMOUNT OF TIME WORKING ALONE

WRITE IN A JOURNAL

TALK TO FAMILY, FRIENDS &



MGA REGALO SA Mindfulness

Paglikay sa Pagbalik-balik og Huna-huna sa Problema

Pagmenos sa Negatibong Pagtumpang sa Sitwasyon

Pagpamubo sa Stress

Pag-abri sa Panghuna-huna

ART THERAPY

get up a little earlier than the people you live with

move

get some positive input

plan your day

eat right

ATUNG HINUMDUMON:
AKONG KAUGALINGON, PAMILYA, OG KOMUNIDAD, AKONG RESPONSIBILIDAD!
#CDOCVID19RESPONSE #CSWDCDOPSYCHOSOCIAL

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

capayan de oro city of golden friendship

Teaching the general public to help themselves



**cagayan
de Oro**
city of golden friendship



Mga lakang na makatabang sa atong pag-focus sa online classes

xxxxxxxxxxxxxx

Apil ni sa mga pamaagi aron masulit imo pag-attend sa inyo mga online na klase



Paglingkod sa usa ka posisyon na andam imong lawas mukabat ug bagong pagtulun-an

Pagsulat ug notes aron mas paspas nimo madumduman ang importanteng impormasyon sa klase



PSYCHOSOCIAL MENTAL HELPLINE

**KUMUSTA KA
HIGALA?**
Storya ta? Ta!

TM: 0975-840-3685
SMART: 0947-643-8750
CSWD CDO PSYCHOSOCIAL
cswdpsychosocial@gmail.com



IT'S FREE. IT'S CONFIDENTIAL.
BE A MENTAL HEALTH ADVOCATE

STOP Method

Stop



Take a step back, freeze in space and stop engaging with whatever you are doing.

Take a breath



Inhale for three seconds, pause for a while and exhale for five seconds. Focus only on breathing.

Observe



Pay attention to your emotions and surroundings.

Proceed



Proceed with purpose. Decide for the best joint interest and commit to it.

CSWD CDO Psychosocial



Self-Care Bingo

Take care of your mental health.
A sound mental health is important in keeping our immune system up to fight the COVID-19.

Here are some ideas to take care of your mental health as you stay in the safety of your homes.



WEAR YOUR FAVORITE DRESS OR SHIRT	SLEEP 8 HOURS STRAIGHT	COOK A HEALTHY MEAL	MEDITATE FOR 5 MINUTES AS YOU WAKE UP	LEARN A ORIGAMI OF A HEART
SING YOUR FAVORITE SONG	PLAY ANY GAME WITH YOUR SIBLINGS	LISTEN TO AN INSPIRATIONAL SONG	POST A TIKTOK WITH YOUR FAMILY	EAT YOUR TOP TWO FAVORITE FRUITS
PLANK FOR TWO DREADFUL MINUTES	WAVE TO YOUR CRUSH ON MESSENGER	<i>Free Day so You Decide</i>	PRAY AND POST A BIBLE VERSE	SAY I LOVE YOU TO YOUR PARENTS
CLEAN YOUR ROOM	LEARN A NEW RECIPE	POST A GGSS SELFIE	DO ZUMBA	TAKE YOUR VITAMINS
MEDITATE WITH YOUR PET	POST A WACKY FAMILY PICTURE WITH A FUNNY CAPTION	DO GARDENING ACTIVITIES LIKE WATERING THE PLANTS	READ SOMETHING INSPIRATIONAL	POST AND MEMORIZE A MOTIVATIONAL QUOTE

template by CSWD CDO PSYCHOSOCIAL

INVITING
EVERYONE TO
CELEBRATE THE
IMPORTANCE OF
MENTAL HEALTH

WORLD MENTAL
HEALTH WEEK
CELEBRATION
2020

“AN ACT OF
KINDNESS CAN
SAVE A LIFE”

Hatagi og bili ang matag kinabuhi.

#HAWID;

para sa atong mga kaigsoonan nga nanginahanglan og #AyawgBuhi


H inumdumi nga makatabang ang pagpangutana sa usa ka tao nga adunay plano nga pasakitan iyang kaugalingon. Matud sa research, nga makapaubos kini sa posibilidad nga ila kining dayunon.

A mpingi sila pinaagi sa pagpaminaw kon unsa ilang gihuna-huna ug gibati.

W ala-a o hiposa ang mga gamit nga pwede nila gamiton para pasakitan nila ilang kaugalingon o kaha sa ilang pagpakamatay.

I pahibalo sila nga adunay mga ahensya ug propesyonal nga makatabang sa ila. Hatagi sila sa mental helpline (TM: 0975 840 3585 SMART: 0947 643 8750) o ipa fill-up sa online counseling appointment form nga makita sa **CSWD CDO Psychosocial FB page**.

D uoli ang mga tao nga namatikdan ninyo nga nagbag-o ang pamatasan labi na karon sa panahon sa pandemya kay basin nanginahanglan na sila sa inyong tabang.



In celebration of
World Suicide Prevention Day 2020,
this message is brought to you by
LGU-CDO's CSWD Psychosocial Division

For more information, visit
CSWD CDO Psychosocial

World Mental Health Week Celebration: Day 2

CSWD CDO PSYCHOSOCIAL OCTOBER 6, 2020

RESOURCE SPEAKERS	GUESTS	HOSTS
 Dr. Annah Rebecca V. Doraja	 Ms. Jaymee Q. Leonen, RPsy	 Ms. Muriel Lomadilla
		 Ms. Keisha Bagares

THANK YOU!

World Mental Health Week Celebration: Day 3

CSWD CDO PSYCHOSOCIAL OCTOBER 7, 2020

RESOURCE SPEAKERS	GUESTS	HOSTS
 Dr. Lester R. Lintao, RN, PsyD	 Ms. Greta Quina, RPh	 Ms. Shania Ducay, RPh
		 Ms. Kaye Quiblat
		 Ms. Jamela dela Cruz, RPh
		 Glenn Palacio

THANK YOU!

World Mental Health Week Celebration: Day 4

CDO CSWD PSYCHOSOCIAL OCTOBER 8, 2020
Importance of Brain Health and Kindness in Times of Pandemic

RESOURCE SPEAKERS	GUESTS	HOSTS
 Mr. Ricky Goyeneche	 Dr. Tristan Jediah Labitad	 Mr. Jojet Mondares, RPsy RPh
		 Ms. Carlette Baculio, RPh
		 Mr. Samuel Macagba III
		 Mr. Kurt C. Balbon, RPh

THANK YOU!

World Mental Health Week Celebration: Day 5

Open Forum on Mental Health

MENTAL HEALTH PROFESSIONALS		
 Jaymee Q. Leonen, RPsy	 Doris Inihao, MD	 Jose Coruna Jr., MD
		 Keisha B. Bagares
		 Irish May Lariosa

THANK YOU!

TAKING CARE OF OUR FRONTLINERS



Mobilizing Professionals to raise standards on Mental Health: Cagayan de Oro City Mental Health Board



Hon. Ma. Lourdes Gaane
Chair, Committee of Health

Mr. Teodoro A. Sabuga-a, Jr.
City Administrator Officer

Dr. Annah Rebecca Doroja
Developmental Pediatrician, CUMC

Dr. Doris Anne Inihao
Psychiatrist, NMMC

Dr. Ma. Dolores Mercado
Mental Health Coordinator, DOH X

Dr. Ramon Moreno
Medical Professional, NMMC

Ms. Jaymee Q. Leonen, RPsy
City Psychologist, CSWD

Mr. Michael Christopher Fabello
Executive Overseer, CSWD

Mr. Ariel C. Hernandez
Balay Mindanaw Foundation, Inc.



Hon. Ma. Lourdes Gaane
Chair, Committee on Health

Hon. Joyleen "Girly" Balaba
Chair, Committee on Social Services

Dr. Jose Coruña, Jr.
Psychiatrist, NMMC

Dr. Doris Anne Inihao
Psychiatrist, NMMC

Dr. Cherry Mae Limbaco
City Schools Division Superintendent

Mr. Michael Christopher Fabello
Executive Overseer, CSWD

Dr. Arturo Surdilla
Neurologist, NMMC

Sr. Nally Espiritu
Administrator, HOH

Ms. Julie Maisog
Head Nurse, HOH

Dr. Oona Aguilar
Mental Health Coordinator, JRB



Mental Health is a holistic approach: Government's Role in Promoting Mental Health



Listening to the wisdom of the child: How are our children during the quarantine?



SURVEY RESULT

Method



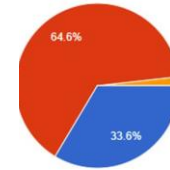
628
Respondents



6 Profiles
10 Questions



4 days
4/11/2020



● Male
● Female
● Other

N = 628 (100%)

Male = 406 (64.6%)

Female = 211 (33.6%)

Other = 11 (1.8%)

AGE GROUP	FREQUENCY	PERCENTAGE
Child Youth	44	7.0
Core Youth	495	78.8
Adult Youth	89	14.2

- Top three activities done at home include household chores (53.7%), watch movies, TV, or Netflix (29.1%) and very close to each other at 3rd place are browsing the net /social media (16.2%) and resting / sleeping/ relaxing (16.0%)
- Although minors reported leaving the house since the beginning of quarantine, number of times was mostly 1 (37.3%) with the primary reason being going to the grocery (58.6%)
- 87.4% of the respondents perceive the Community Quarantine as very important, and 43.9% rated it as highly effective.

How can the government help you?


- How can the government help you?
 - Expedite relief distribution
 - Be stricter in implementing rules
 - Effective and strategic communication of cases and updates
 - Provide seeds for gardening
 - Provide job opportunities
 - Sanitize our areas more
 - Protect our frontliners
 - Gave suggestion on public mobilization: improving transport systems , involve more partners in the community



LGU CDO COVID-19 RESPONSE UPDATE

Posted by Cagayan de Oro City Philippines


Unfollow



71 DAYS BEFORE CHRISTMAS

181st COVID-19 PRESS BRIEFING

DAZHANG SALAMAT SA INYONG SUPORTA



DEL MONTE PHILS., INC.

BOXES OF PINEAPPLE CHUNKS AND CASES OF ASSORTED CANNED JUICE FOR OUR FRONTLINERS

71 DAYS BEFORE CHRISTMAS

181st COVID-19 PRESS BRIEFING

LIVE 168



Dr. LORRAINE NERY, RN, MD, MHA

OIC, City Health Office

E-mail: jrbgh.infosys@gmail.com

71 DAYS BEFORE CHRISTMAS

181st COVID-19 PRESS BRIEFING

OCTOBER 14, 2020

AREAS UNDER FOCUSED CONTAINMENT

PORTIONS OF ZONES/SITIO/PUROK SA SPECIFIC BARANGAYS IN CAGAYAN DE ORO

AS OF OCTOBER 12, 2020

AREA	START	END (TENTATIVE)
1. Portion of Zone 3, Pinkitan, Brgy Camaman-an	October 3, 2020	October 17, 2020
2. Portions of Purok 1 and Purok 3 Brgy Puerto	October 5, 2020	October 19, 2020
3. Portion of Sitio Sambag Zone 8, Brgy Bugo	October 5, 2020	October 19, 2020
4. Portion of Zone 1, Brgy 22	October 6, 2020	October 20, 2020
5. Portions of Zone 1 and Zone 4 Brgy Bonbon	October 8, 2020	October 22, 2020
6. Portion of Kalye Pogi Zone 2, Brgy Cugman	October 8, 2020	October 22, 2020

NOTE: COVID-19 POSITIVE PATIENTS ARE ISOLATED AT THE TEMPORARY TREATMENT & MONITORING FACILITY

RATIO OF LOCAL CASES VS ROF/LSI as of Oct 13,2020

local cases

ROF/LSI

Region X	63.94	36.06
Iligan City	86.59	13.41
Cagayan de Oro City	69.42	30.58
Misamis Oriental	61.19	38.81
Misamis Occidental	39.87	60.13
Lanao del Norte	40.98	59.02
Camiguin	11.54	88.46
Bukidnon	58.75	41.25

71 DAYS BEFORE CHRISTMAS

181st COVID-19 PRESS BRIEFING



71 DAYS BEFORE CHRISTMAS

181st COVID-19 PRESS BRIEFING

Expedite relief distribution



CAGAYAN DE ORO CITY PHILIPPINES

NEWS BULLETIN



UNCONDITIONAL CASH TRANSFER PAYOUT.

The Department of Social Welfare and Development- X continues to give financial assistance amid COVID-19 pandemic through starting its pay-out for the Unconditional Cash Transfer (UCT) beneficiaries of Barangays 1-40 in Cagayan de Oro City.

The payout covers the year 2019 for 12,000 UCT beneficiaries of all barangays in Cagayan de Oro City.

The process entails verification by DSWD along with City Social Welfare and Development conducted at the 2nd flr, city hall bridge, and then followed by the release of P3,600 worth of cash aid at Landbank Velez.

Text and Photo by Nica Borja



<http://cagayandeoro.gov.ph/>



Cagayan de Oro City Philippines



@cdoinfonet



Be stricter in implementing rules



Protect our frontliners



CAGAYAN DE ORO CITY PHILIPPINES

NEWS BULLETIN



City Government Disinfection Team

conducted sanitation and disinfection activities at the following areas:

As of April 24, 2020

- > Pinikitan, Camaman-an
- > Barangay Cugman

As of April 25, 2020

- > East City Central School
- > West City Central School
- > City Hall Premises



<http://cagayandeoro.gov.ph/>



Cagayan de Oro City Philippines



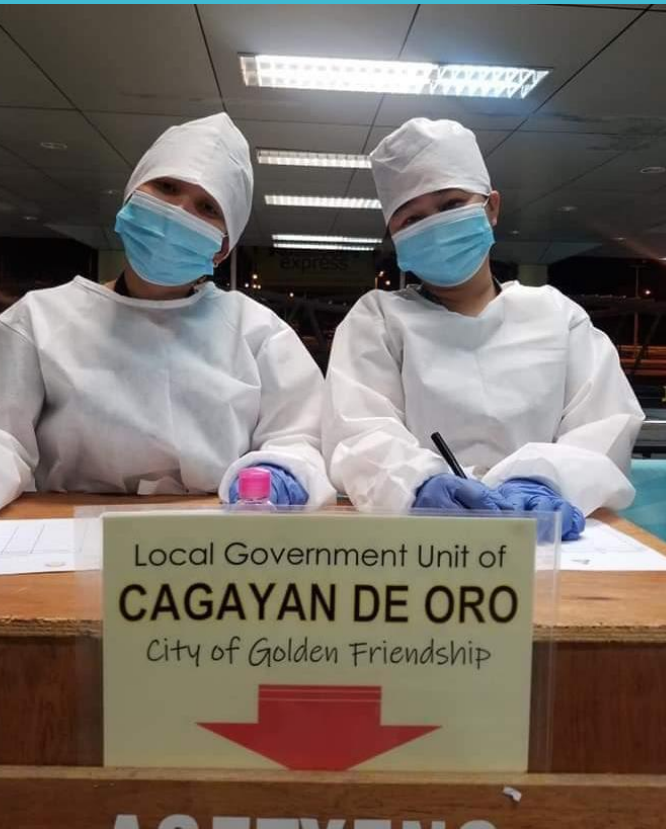
@cdoinfonet





Sanitize our City



Bring our Family Members Back Home



 CAGAYAN DE ORO CITY PHILIPPINES
NEWS BULLETIN



30 ka OFWs nga miabot sa syudad anaa na sa City Isolation Unit

MIPAILAWOM na sa 14-day quarantine ang 30 ka mga returning OFWs kinsa miabot niadtong Abril 29 sa gabii dinhi sa dakbayan pinaagi sa 'Balik Probinsya Program' sa gobyerno nasyonal. Pinaagi sa hugot nga pagtinabangay sa MARINA, Philippine Coast Guard (PCG), Philippine Ports Authority (PPA), Overseas Workers Welfare Administration (OWWA), Bureau of Quarantine (BOQ), Department of Interior and Local Government (DILG), Cagayan de Oro Police Office (COCPO) ug lokal nga kagamhanan pinaagi sa Humanitarian Assistance, Logistics ug Health Clusters, nahimong posible ang pagdawat sa maong grupo sa OFWs. Gisiguro sa mga otoridad nga adunay 'certificate of quarantine' (CQ) ang mga returning OFWs. Ang mga returning OFWs nga miabot sa dakbayan pinaagi sa 'Balik Probinsya Program' sa gobyerno nasyonal. Pinaagi sa hugot nga pagtinabangay sa MARINA, Philippine Coast Guard (PCG), Philippine Ports Authority (PPA), Overseas Workers Welfare Administration (OWWA), Bureau of Quarantine (BOQ), Department of Interior and Local Government (DILG), Cagayan de Oro Police Office (COCPO) ug lokal nga kagamhanan pinaagi sa Humanitarian Assistance, Logistics ug Health Clusters, nahimong posible ang pagdawat sa maong grupo sa OFWs. Gisiguro sa mga otoridad nga adunay 'certificate of quarantine' (CQ) ang mga returning OFWs.



While keeping our City safe from the virus



 **cagayan de oro**
city of golden friendship

THE Higala APP

STEP 1
Register at ["higala.cagayandeoro.gov.ph"](http://higala.cagayandeoro.gov.ph)

STEP 2
Verify your registered account and change password

STEP 3
Log-in and scan QR code

CONGRATULATIONS, YOU ARE NOW REGISTERED!
YOU ARE NOW READY TO SCAN THE QR CODE.
KEEP SAFE, HIGALA!



<http://higala.cagayandeoro.gov.ph/>

Protect our Persons Deprived of Liberty



Provide
alternative
sources of
income



If the government listens to its people, the people will work with their government.



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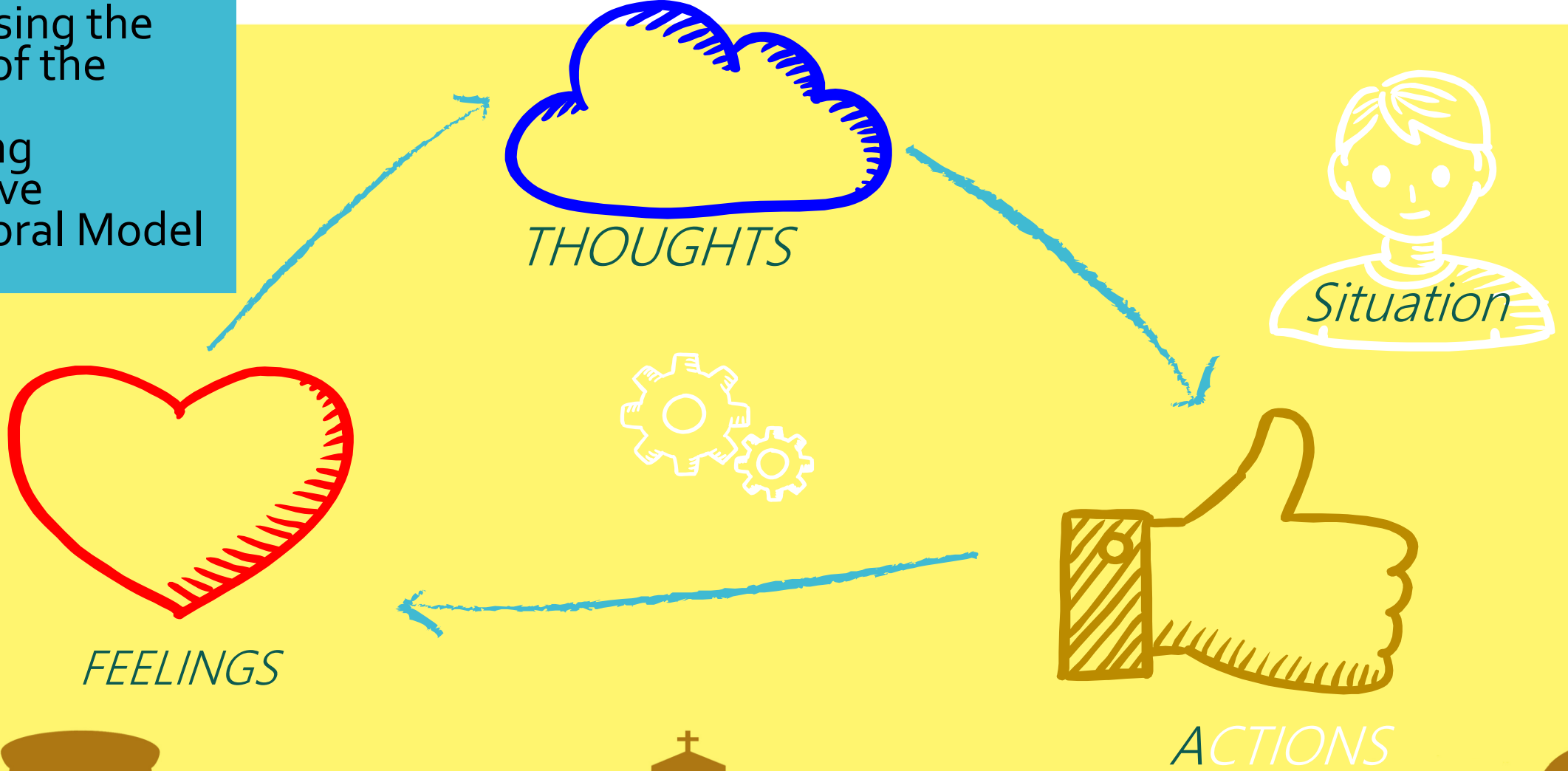
What can we do moving forward?

Future projects in line with Mental Health include:

- Provide more avenues for practicing religion
- Strengthen community partners in the religious sector
- Provide more proactive interventions through regular group counseling
- Structure protective mental health-related activities especially for those in isolation
- Make more active campaigns to further lower stigma against COVID-positive patients



Harnessing the Power of the Mind: Teaching Cognitive Behavioral Model



What changes
do we want to
define us as
Filipinos and
Kagay-anons?



Forgiveness



Innovation



Collaboration



Cooperation



STORY OF EMPOWERMENT OF THE GOVERNMENT AND ITS PEOPLE

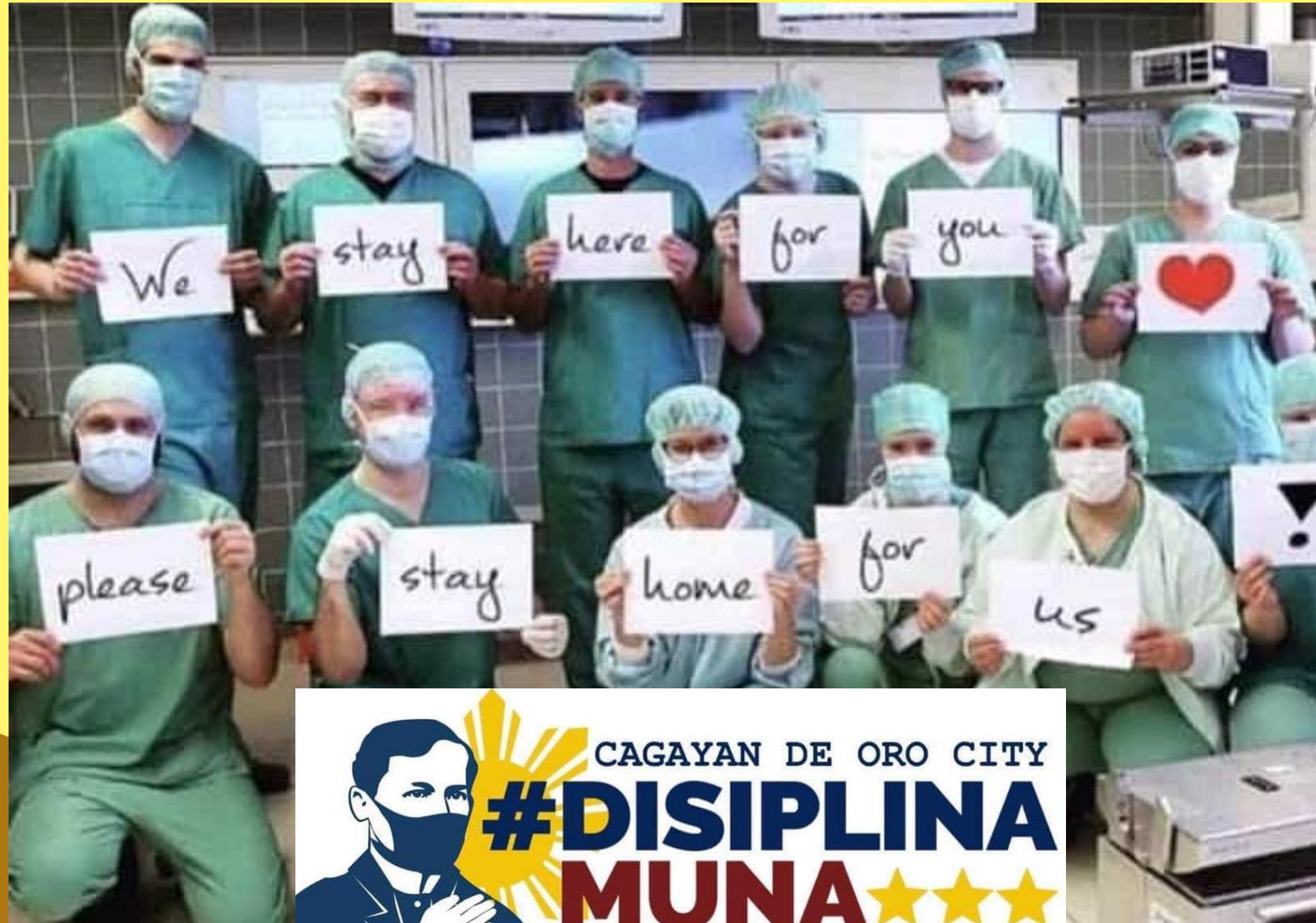


Even though this pandemic risked the mental health of many, the hope is to continue to educate Filipinos , especially Kagay-anons, to make our **values and resilience** prevail.



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The Psychosocial Division of Cagayan de Oro City
is now a call away

You may now contact our
MENTAL HEALTH HOTLINE

TM: 0975-840-3585
SMART: 0947-643-8507

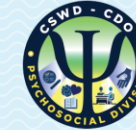
ON MONDAYS TO FRIDAYS
8:00 AM TO 5PM

**TO KNOW MORE ABOUT OUR PROGRAMS
VISIT US:**

 CSWD CDO PSYCHOSOCIAL

 <http://cdomentalhelpline.cagayandeoro.gov.ph:8080>

 cswdpsychosocial@gmail.com



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