

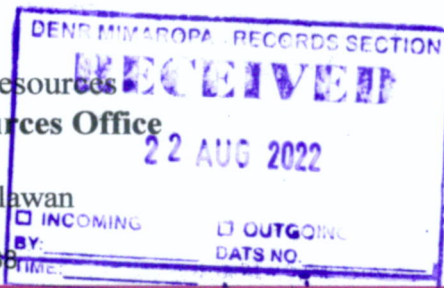


Republic of the Philippines
Department of Environment and Natural Resources
Provincial Environment and Natural Resources Office
MIMAROPA Region

Bgy. Sta. Monica, Puerto Princesa City, Palawan

E-mail: penropalawan@denr.gov.ph

Telfax No. (048) 433-5638 / (048) 433-5639



August 15, 2022

MEMORANDUM

FOR : The Regional Executive Director
DENR MIMAROPA Region

FROM : The Provincial Environment and
Natural Resources Officer

SUBJECT : **SUBMISSION OF REPORT ON THE CONDUCTED
ORIENTATION ON MENTAL HEALTH AWARENESS**

Respectfully forwarded is the report of IEC Officer Irene A. Mixdon dated August 15, 2022 with enclosures pertaining to the above-mentioned subject.

Please be informed that there are eighteen (18) PENRO Palawan personnel who attended the said orientation wherein twelve (12) are female personnel and six (6) are male personnel who participated in the stated activity on August 11, 2022 via zoom platform at PENRO Training Hall, Bgy. Sta. Monica, Puerto Princesa City.

Attached hereunder are the photo documentation and attendance sheet for the said orientation.

For information and record.


FELIZARDO B. CAYATOC

DENR-PALAWAN
PENRO-RECORDS
RELEASED
By _____
Date: _____ CN 12-0071
17 AUG 2022



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August 15, 2022

MEMORANDUM

FOR : The Provincial Environment and Natural Resources Officer

FROM : The Information, Education and Communication (IEC) Officer

SUBJECT : **SUBMISSION OF REPORT ON THE CONDUCTED ORIENTATION ON MENTAL HEALTH AWARENESS**

Pursuant to R.A. 11036 which is also known as the "Mental Health Act" with aims to enhance the delivery of integrated mental health services, promote and protect the rights of persons utilizing psychiatric, neurologic and psychosocial health services, appropriating funds, therefore, and for other purposes.

In relation to the above-stated purpose, the Human Resource Development Service-Training and Development Division conducted the Orientation on Mental Health Awareness for all DENR officials and employees nationwide on August 11, 2022 from 1:00 PM to 4 PM via zoom platform.


A total of eighteen (18) PENRO personnel attended the said orientation at PENRO Training Hall, Bgy. Sta. Monica, Puerto Princesa City wherein twelve (12) are female and six (6) are male.

During the said orientation, Dr. Renz Christian Argao, Rpm and Marc Angelo Ronquillo, MA (cand), Rpm were the lecturers. They have discussed the six (6) Training Plans that are significant to be undertaken by the employees in order to cope with mental stress, take care of their mental health and when to request professional help. The employees stated that different stressors at work affect their mental health and the Registered Psychometricians have recommended the participants on what are the necessary steps to be taken to achieve good mental health at work.

Along this line, it is also been noted and advised by the speakers to avoid toxic people at work, learn to say "no" to people that drain or overwhelm your energy, and avoid unhealthy conversations that also decrease the productivity and efficiency of employees at work, be with good people and such other tips that are significant to be undergone by the employees for their emotional care, social care, physical care and spiritual care. Likewise, it is also advised to have a self-care plan, and implement and evaluate the coping strategies that are beneficial for the employee's mental health.

Attached are the photo documentation and attendance sheet for the said orientation.

For information and record.


IRENE A. MIXDON



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ATTENDANCE SHEET

Lecture on Mental Health Awareness

August 11, 2022

PENRO Training Hall, Bgy. Sta. Monica P.P.C.

NAME	GENDER	POSTION/ DESIGNATION	OFFICE	SIGNATURE
1. Irene A. Nixdon	F	AAI(CO I)/ICE Officer	DENR- PENRO	
2. Don Alaim Regalado	M	OSS	DENR- PENRO	
3. Myra Mapanao	F	PO I	DENR PENRO	
4) Sherwin Grace Velasco	F	FT II	DENR- PENRO	
5. HARRY WONG	M	GIS OPERATOR	DENR- PENRO	
6. Lovely Ann R. Villadame	F	OSS	DENR- PENRO	
7. Rosa Maria D. Bacalhos	F	OSS	DENR- PENRO	
8. Doreena T. Cajiles	F	OSS	Supply	
9. MALVIN JAY C. SAMOR	M	Admin. Asst.	SUPPLY	
10) Edulita B. Demogutan	F	Research Assistant	DENR- PENRO	
11) Cristell Rose S. Corpuz	F	MEO	CDS	
12) Emma A. Dulido	F	OBS	CDS	
13. Marlou C. Ben	F	CDS II	-	



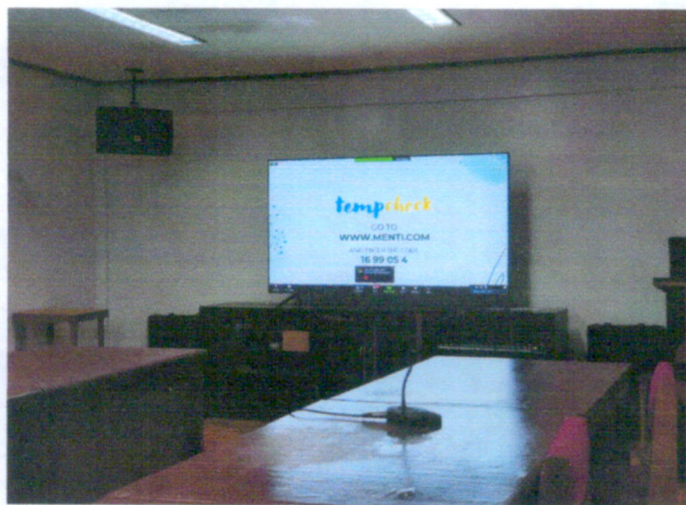
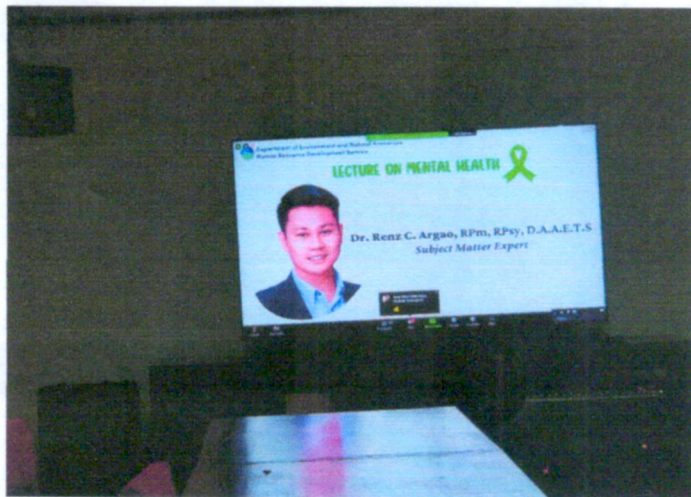
PONRO Training Hall, Reg. Sta. Monica, P.P.C.

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PHOTO DOCUMENTATION



Pictures taken during the Orientation on Mental Health Awareness attended by eighteen (18) DENR-PENRO Personnel conducted on August 11, 2022 at PENRO Training Hall, Bgy. Sta. Monica, P.P.C.