



Cordillera Career Development College
Student Services Office

ACTIVITY PERMIT
(Off-Campus)

Doc Ref No.:	CCDC-SSO-QF-02
Effective Date:	Oct. 2, 2023
Revision No.:	01
Page No.:	Page 1 of 1

All classes and activities within the campus will have to comply with the guidelines set by CCDC, CHED, DOH, LGU and other related agencies, to include but not limited to:

- Students and employees must be fully vaccinated;
- Students must be a member of the Phil Health or any insurance with COVID-19 coverage
- Students are well-oriented on safety protocols and are well supervised at all times
- Observance of minimum health and safety protocols.
- Parents' consent is required on students.
- Public Utility Vehicle/s must be used on transportation and owners must submit Latest certificate of Inspection, Registration Certificate, Insurance Receipt and Road Safety Certificate.
- Travel order must be accomplished if using CCDC vehicles.

Date of Application	October 9, 2023		
Name of Department/ Organization	Student Development Office		
Nature of the Activity: (check)	<input type="checkbox"/> Curricular	<input type="checkbox"/> Cocurricular	<input type="checkbox"/> Extra-Curricular
Title of the Activity	Peer Facilitator Training		
Date/s of Activity	Oct. 12-14	Venue (Pls write the room number or hall)	Plaza Garden Hotel and Residences Baguio City.
Time	7:30 am- 4:30 pm		
Number of Students/Participants	12	Number of Teachers Assigned	Aeline Caramé Michelle Palongdias

Please attach the following: Activity design including budget proposal if any, itinerary for activities, and other documents that may be required.

I certify that the above information is accurate after careful evaluation. The activity shall be implemented with my supervision and all necessary precautions have been and will be taken to ensure the safety and well-being of everyone.

Michelle C. Palongdias

Signature of Organizer over Printed Name
Contact Details: _____

Jaylo K. Lacaden

Signature of Dean/Coordinator over Printed Name
Contact Details: _____

MARMELMUNOZ MAN

Signature of the Safety Officer over Printed Name

Recommending Approval: <i>if Curricular or Co-Curricular Activities</i> <i>if with budget request</i> JAYLOK LACADEN Head, Student Services Office	 ATTY. ABIGAILT. BERSAMIN VPAcademics	 REGINALD B. LIBANG VPFinance	Approved: SHERRY JUNETTE M. TAGLE PHD President
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Note: This form must be accomplished in 2 copies (Department copy and SSO's copy). This form must be processed and submitted at the Student Services Office FIVE (5) working days before the day of implementation. Accomplished Post Activity report attaching Liquidation report (if applicable), picture/s with caption in hardcopy, and raw pictures must be submitted THREE (3) days after the implementation of the activity.

Received and Filed: SSO:
Date: 14/10/2023

cc: School Clinic, Safety Officer

Engl 1b
Hum 1
Soc Sci 1
Consti
101
152
153a
2

Cordillera Career Development College
NAME OF DEPARTMENT/ORGANIZER
Buyagan, Poblacion, La Trinidad,
Benguet

ACTIVITY DESIGN

TITLE OF THE ACTIVITY

Peer Advocacy Training Baguio-Benguet

RATIONALE / BACKGROUND

- **Peer mental health training programs are essential because they provide unique, empathetic, and accessible support, reduce stigma, empower both peers and those seeking help, and contribute to a more comprehensive and holistic approach to mental health care.**

OBJECTIVES / PURPOSE

To promote youth mental health and wellbeing in the school and extend this advocacy, leadership and service through the community in partnership with DSWD, DOH, CAPC and other institutions.

PARTICIPANTS (*Students, Guests, etc.*)

- Agyao, Jay P. Atin-an, Maise Faith Belingon, Kine C. Botiwey, Jonida Dao-ines, Geneva K. Fagyan, Jheric Fianza, Vina Marie A. Guay, Arlyn D. Molitas, Trisha Mae Toytoy, Erika T. Viernes, Jomar D. Wacdisen, Rochelle

PROGRAM OF ACTIVITIES

Activities	Time	Person In-charge
Please see attached Program		
Add more if necessary		

BUDGETARY REQUIREMENTS

- Fund Source:
- Breakdowns:
NA

Prepared by:

Michelle C. Palangdian
Michelle C. Palangdian
Applicant's Designation

Noted and checked by:

Jaylo K. Lacaden
Jaylo K. Lacaden
Applicant's immediate supervisor

Peer Advocacy Training

Baguio and Benguet

Date: **October 12, 13, and 14, 2023**

Venue: **The Plaza Garden Hotel and Residences**

(Europa Compound Corner Legarda Road, Aspiras - Palispis Hwy, 2600 Baguio, Philippines)

GOALS AND OBJECTIVES

Establish a Peer Advocates Organization within Baguio-Benguet in collaboration with Higher Educational Institutions (HEIs) in Baguio and Benguet to promote youth mental health and wellbeing in the school and extend this advocacy, leadership and service through the community in partnership with DSWD, DOH, CAPC and other institutions.

FOUR PILLARS OF PEER ADVOCACY PROGRAM

- Academic Grit (Partner HEIs)
 - *Kasiyana/Laton*
- Advocacy (DOH, BGHMC, HSO)
 - *#ProjectWasdinSumya ('Have a good life')*
 - Project R.I.S.E. U.P.
- Transformative Leadership (DILG, Youth Organizations)
 - *Innayan*
- Service and Volunteerism (DSWD)
 - *Ubunto/ Ubbo*

ORGANIZER

This endeavor is initiated by the Office of Counseling and Guidance, UP Baguio in collaboration with other Higher Educational Institutions in Baguio and Benguet with the support of the Department of Social Welfare and Development (DSWD)-CAR through the Social Welfare Development and Learning Network (SWDLNet), Department of Health (DOH)- CAR and the University of the Philippines Medical Association in America (UPMASA).



Day 1

CAMPUS COLORS & JEANS/JOGGING PANTS



Day 2

Y2K/RETRO FITS



Day 3

SEMI-FORMAL ATTIRE

WEAR

OCTOBER 12. PAGYABONG

AM SESSION

- 07:45 Preliminaries
 - Doxology: UC
 - Intermission: UP Baguio (Hawak Kamay)
- 08:30 Peer Advocates Training: Overview (UPB)
- 09:30 Setting of Expectation (UB)
- 10:00 Health Break
- 10:30 Facilitating Group Dynamic Activities
 - Ms. Francine Faith Danai S. Colallad, LPT
- 12: 00 Presentation of Participants (Pat and Nillian)



Officers of the Day:

UC, UB and UPB
Sir Sam, Ms
Kristina/Ms Rizza,
and Ms. Liza

PM SESSION

- 01:00 Teambuilding Activities
- 03:00 Health Break
- 03:15 Processing
- 04:15 Plenary Session

OCTOBER 13. PAGDALOY

AM SESSION

- 08:00 Preliminaries
 - Doxology (CCDC)
 - Recap (BSU)
- 08:30 Grounding Exercises (UPB)
- 09:30 Health Break
- 10:00 R.A.C.E. Against Suicide
 - Irene Tuwao-Alcantara, PhD, RGC, Rpm, LPT
- 12:00 Election of Officers (Peer Advisers)
 - Presentation of Batch Name




Officers of the Day:

BSU, and CCDC
Ms Karryl Mae/Sir Lance,
Ms. Michelle/Ms Aelline

PM SESSION

- 01:00 R.A.C.E. Against Suicide
 - Dir. Leny B. Estacio, RGC
- 03:00 Health Break
- 03:30 Mental Health First Aid (MHFA)
- 04:30 Psychosocial Debriefing



OCTOBER 14. PAGSASABUHAY

AM SESSION

- 08:00 Preliminaries
- 08:30 Transforming the Self
 - Julie Anaway-Morareng, RGC,LPT
- 09:45 Health Break
- 10: 00 Caring for Carers
 - A Self-Care for Youth Mental Health Advocates
 - Pamela G. Dayao, RSW




Officers of the Day:


Easter, BCU, and KCP
Ms Divine, Mrs. Judith
Adina/Ms Emalyn,
Ms. Raphi

PM SESSION

- 01:00 Mental Health Advocacy
 - Mr Ricky Ducas Jr, PhD, MAN, RN
Baguio City Health Services Office
- 01:30 Service and Volunteerism
 - Dir. Leo Quintilla
Department of Social Welfare and Development- CAR
- 02:00 Academic Grit
 - Dir. Liezel M. Magtoto, PhD
Office of Student Affairs, UP Baguio
- 02:30 Community Responsibility
 - Mr. Orly De La Cuesta
Founder, Crisis and Crime Prevention Center
- 03:00 Acceptance Speech (Elected Peer President)
- 03:30 Confirmation of Peer Advocates
 - Ms. Aurora Parcasio, RGC
Office of Counseling and Guidance, UP Baguio
- 04:00 Transformative Leadership and Send-off Message
 - Mr. June Domingo Jr., RSW
RISE Project Benguet, ADRA Philippines
- 04:30 Candle Lighting Ceremony
- Closing
 - Evaluation
 - Announcements



Topics




PARTICIPATING SCHOOLS ADVISERS/FOCAL PERSON

- Benguet State University (Wellbeing Lab)
 - Prof. Karryl Mae C. Ngina
 - Lance Angelo B. Layugan, RPM
- Baguio Central University
 - Judith Adina, RGC
 - Emalyn L. Maranes, RPm
- Cordillera Career and Development College
 - Dean Melody Calpase- Ducat, RSW
 - Aelline G. Caramé, RSW
 - Michelle C. Palongdias
- Easter College
 - Divine Morijann B. Dulnuan, RPm
- King's College of the Philippines
 - Raphi Kamille Santa Ana, RPm
- University of Baguio
 - Leny B. Estacio, RGC
 - Rizza Joy E. Quitaleg
 - Kristina J. Velasco
 - Shaira Jane L. Salingbay
 - Shena Lea G. Ariola
- University of the Cordilleras
 - Dir. Eldon Harris Soriano, RPm, RGC
 - Samuel Adrian Emil B. Matabye
- University of the Philippines Baguio
 - Dir. Liezel M. Magtoto, PhD
 - Aurora P. Parcasio, RGC
 - Liza A. Ngiao, RGC, LPT

PARTNER AGENCIES

- Department of Health- CAR
 - Ms. Cheri Caluza, RN (Program Manager for Mental Health)
 - Ms. Joyce Norman
- DSWD- Social Welfare and Learning Development Network
- University of the Philippines Medical Alumni Society in America
- Crisis and Crime Awareness Prevention Center (CAPC)



UNIVERSITY OF THE PHILIPPINES BAGUIO

- Abdukahil, Maria Frennette
- Bagadiong, Jessabeth
- Batino, Kristine Beth
- Belino, Eleanor
- Esmenda, Giela Beatriz C.
- Evangelista, Patricia Nichole
- Fernandez, Cj Colinn
- Fortu, Krizylle Brearose F.
- Gangan, Kyrene Anne
- Garvida, Grevic D.
- Kaw, Nillian
- Mangusan, Jessica
- Santiago, Frances Monique
- Ticzon, Anna Abigail B.
- Toco, Qiana Joy
- Ventura, Lisa Mae

BAGUIO CENTRAL UNIVERSITY

- Bunnat, Ivy Grace
- Castillo, Chezka Mae
- Faryowen, Jeanette
- Gayadan, Hannaleen
- Kimayong, Ruby Rose
- Lopez, Lanie Jane
- Malaggay, Maylin
- Villamor, Kevin Kent

BENGUET STATE UNIVERSITY

- Bustillo, Meynard B.
- Bayugan, Jane D.
- Bilango, Elfler Greg
- Binwag, Adrian B.
- Del Rosario, Amber-lyn D.C.
- Generalo, Irene C.
- Gonzales, Rainely A.
- Gumihid, Yanie Mayrene B.
- Litilit, Wea Ennelie Heiz L.
- Mayam-o, Angel Grace Nichole P.
- Osias, Pauline Mae G.
- Presco, Dana Rebeka B.
- Ramiscal, James Russell
- Sagaydo, John Ray B.
- Velasco, Jermae S.

CORDILLERA CAREER DEVELOPMENT COLLEGE

- Agyao, Jay P.
- Atin-an, Maise Faith
- Belingon, Kine C.
- Botiwey, Jonida
- Dao-ines, Geneva K.
- Fagyan, Jheric
- Fianza, Vina Marie A.
- Guay, Arlyn D.
- Molitas, Trisha Mae
- Toytoy, Erika T.
- Viernes, Jomar D.
- Wacdisen, Rochelle

#ProjectWasdinSumya

'Wasdin Sumya' is a Kankanaey-Igorot term that expresses words of blessings, positivity and hopefulness for everyone to flourish, to succeed in life's journey and be able to overcome challenges and obstacles there may be.



This project, grounded on the principles of positive psychology, envisions a flourishing UPB community; hence, the title #ProjectWasdinSumya. 'Wasdin Sumya' is a Kankanaey-Igorot term that expresses words of blessings, positivity and hopefulness for everyone to flourish, to succeed in their life's journey and to overcome whatever challenges and obstacles there may be.

This project adopts the lotus flower as its banner depicting purity, enlightenment, self-regeneration, and rebirth. It grows in deep mud, far away from the sun. Yet, sooner or later, the lotus thrives and flourishes despite its environment. Its characteristics are a perfect analogy for the human condition: we are like the lotus flower, while the deep mud represents the challenging world around us which is, for the most part, beyond our control. Despite this kind of environment, we choose to thrive and flourish. We choose to seek positivity and endeavor to maximize our potential to effect change rather than to allow the negativity around affect us.

The roots symbolize the importance of being grounded so that we keep a firm stand despite the storms of life. The four leaves represent our four psychological capital. These are resources to keep us afloat- hope, efficacy, resilience and optimism.

The seven outer petals stand for the modified PERMA+ model of wellbeing by Martin Seligman (2012): Positive Emotion, Engagement, Relations, Meaning, Achievement and Vitality. These are building blocks that enable flourishing.

The three inner petals also represent the three areas of development for which the services of the Guidance and Counseling Office revolve, namely: Academic (Learning Strategies), Emotional- Social (Self- Management Skills and Social Skills), and Career. With these, OCG seeks to provide holistic assistance to students to become fully functioning individuals in their lifetime.

Two figures representing a heart and an ear surround the lotus flower. These reflect the heart and soul of the counseling profession: "we listen with a heart."

August 23, 2023

SHERRY JUNETTE MALAYA-TAGLE

President

Cordillera Career Development College

Dear Ms. Tagle:

Greetings! Wasdin Sumya!

As dedicated mental health and wellbeing advocates, we envision our youth to be resilient and have the ability to flourish in this time of uncertainty. Unfortunately, life's demands and challenges are becoming more diverse and not everybody is able to maintain the rhythm to stay afloat. Some manages to bounce back and carry on with their everyday lives, while some languish along the way and getting on track proves to be such a great feat - they need help to thrive or to get back on track.

Thus, the Center for Counseling and Student Development office on the University of Baguio will host and initiate the Module two (2) of the #ProjectWasdinSumya which aims to equip the students with the necessary basic skills and training to **RACE Against Suicide**. In collaboration with University of the Philippines – Office of Counseling and Guidance, we aim to establish a convergence and network of Peer Facilitators in the Higher Education Institutions (HEIs) of Baguio and Benguet by empowering a Peer Advocacy Training Program. This training program aims to equip the youth to be gatekeepers of mental health and assume active roles as mental health and empowerment advocates.

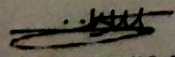
In this regard, we would like to engage with your institution in this endeavor as partners. We would like to invite at least FIVE (5) of your students to join the second part or day two (2) of the Peer Advocates training this coming September 4, 2023, from 8:00am to 5:00pm at the RCB Dome of the University of Baguio. Please confirm your participation by accomplishing the registration form online until August 26, 2023.

Registration Link: <https://bit.ly/UB23-WasdinSumya-Reg>

We believe that this partnership would be crucial in the fulfillment of the activity's objectives. For questions or clarifications, you may email Ms. Kristina G. Velasco at velasco_k@e.ubaguio.edu and/or reach the coordinators through this number (+63) 946 187 5800.

Let us continue to work together to achieve a mentally resilient community. Thank you very much and God bless!

Respectfully yours,


ENGR. JAVIER HERMINIO D. BAUTISTA
University President 