



# PHILIPPINE MENTAL HEALTH ASSOCIATION

## BAGUIO-BENGUET CHAPTER, INC.

Marcos Highway, Baguio City 2600  
Tel./Fax No.: 442-23-37 • Mobile No.: 0917-517-2083  
Email: pmhabbc@yahoo.com • Website: www.pmhabbci.com

*Christine Gina Dailau-Damsel*  
Chapter Executive Manager

June 8, 2015

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18 East Avenue, Quezon City  
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Tel. Nos. 921-4958; 921-4959  
Fax No. (632) 921-2093

**FRANCIS CESAR B. BRINGAS, CESO VI**

Schools Division Superintendent  
Department of Education  
Division Office of Baguio  
Military Cut-off, Baguio City

Dear **Dr. Bringas**:

Warm greetings from the PMHABBCI family!

The PMHA BBCI is truly grateful for the partnership and support you have continuously provided especially for our Lakas Isipan Ng Kabataan (LINK) Club. Indeed, your endorsement has enormous contribution to the success of our programs for the youth.

In pursuing our desire to strengthen the existing 10 LINK Clubs in Baguio City, the support and endorsement of the Department of Education as well as the School Heads is truly essential. Your authorization will help facilitate the implementation of LINK Club activities in the member schools and allow the attendance of the LINK Advisers and LINK Club members to the meetings and other activities conducted by the PMHABBCI.

Hence, again we are seeking your support and endorsement for the organization, re-organization, and implementation of the LINK Club activities in our member schools.

Attached is a copy of the LINK Club Program Design and calendar of activities for the School Year 2015-2016 for your reference. We hope that these activities could continue serving as channel in the achievement of our vision for the youth. For clarifications, we are most willing to meet with you as well as with the school heads during their meeting.

Thank you very much and we look forward to another fruitful year of collaboration with you.

Very Truly Yours,

**RONALD R. BANDONILL M.D.**

Chairperson  
PMHA BBCI Board of Management

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MEMBER: WORLD FEDERATION FOR MENTAL HEALTH

To: All Public Secondary and Elementary School  
Heads

For your information and appropriate  
action.

**FRANCIS CESAR B. BRINGAS, CESO VI**  
Schools Division Superintendent



**PHILIPPINE MENTAL HEALTH ASSOCIATION  
BAGUIO-BENGUET CHAPTER  
BGH Exit Road, Marcos Highway, Baguio City  
Tel/fax: (074) 442-2337; Mobile No.: 09175172083**

### **PROGRAM DESIGN**

- I. PROGRAM TITLE** : Youth Life Enrichment Program  
Lakas Isipan Ng Kabataan (LINK) Club
- II. PROPONENT** : Philippine Mental Health Association Baguio –  
Benguet Chapter Inc.
- III. PROGRAM TIME-FRAME** : June 2015 – April 2016
- IV. CONTACT PERSONS** : **DR. RONALD R. BANDONILL**  
Chairperson, Board of Management
- CHRISTINE GINA DAILAY-CAMSOL, R.P.**  
Chapter Executive Manager
- V. NATURE OF THE PROGRAM** : Leadership Training, Youth Education and  
Organizing

### **VI. RATIONALE:**

“There is no health without mental health.”

According to the World Health Organization (WHO) mental health is not merely the absence of mental illness. It is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

The significance of mental health in the survival and advancement of the society cannot be disregarded. The WHO recognizes this as well thus its leaders and members came up with the Mental Health Action Plan for 2013 -2020. The aim of the said plan is to build a more effective leadership and governance for mental health; the provision of comprehensive, integrated mental health and social care services in community-based settings; implementation of strategies for promotion and prevention; and strengthened information systems, evidence and research.

Generally, mental health services being rendered in both international and local settings are concentrated in the treatment of mental illness somehow overlooking that the promotion of mental health is equally important and can greatly help in the prevention of mental illness and in attaining a mentally healthy society.

Over the past decades, the Philippine Mental Health Association (PMHA), a non-government, non-stock, non-profit organization dedicated to the promotion of mental health and prevention of mental illness, under its Education Information Service has focused its mental health preventive and promotional programs on adolescents. This is in response to the alarming decline in the mental health state of adolescents as evidenced by studies done internationally and locally. To mention a few, according to WHO-Health for the World's published in 2004, suicide is the top 3 cause of adolescent deaths globally. It estimated that 1.3 million of adolescents died in 2012. In the Philippines, 13% of 15-24 years old have thought of suicide and 25% of them attempted suicide. Also, according to the 2002 Young Adult Fertility and Sexuality Study, Cordillera Administrative Region has the highest incidence of suicide ideation and suicide attempt. Conversely, the study conducted by Benguet State University in 2013 revealed that from 2008 – 2009 there had been an increase in the suicide cases among adolescents in the locale of their study which is a farming community in Benguet.

PMHA strongly believes that mental health is an integral part in the development of adolescents since the adolescent stage is a time of physical, emotional, behavioral, and psychological changes. Because of these changes, adolescents are exposed to a lot of stressors they need to cope with. This is the main reason why PMHA came up with its Youth Life Enrichment Program (YLEP) as early as the '70's and has started to organize the Lakas Isipan Ng Kabataan (LINK) Club in the different high schools in Baguio City and Benguet Province. The program aims to hone the Filipino youth become mentally healthy and train them to become advocates of mental health in their own families, school, and community. It also focuses on three facets in the life of the youth namely: The "Me" or the personhood of the youth; "My Family" or the role of the youth in his or her family; and "My Community" or the responsibility of the youth to the community.

The challenge of promoting mental health is enormous and PMHA cannot do this alone. Thus, it is soliciting the assistance and support of all sectors in the community to join and help in this worthwhile advocacy.

## **VII. GENERAL OBJECTIVE:**

The program aims to hone the Filipino youth to become mentally healthy by assisting them develop life skills, inculcate in them positive values and train them to become dedicated advocates of mental health in their own families, school and community.

Specifically, the program aims to enable the LINK Club members:

1. To be familiar with the programs and services of PMHA specially the Youth Life Enrichment Program;
2. To be able to know themselves better;
3. To be able to understand the concept of mental health and mental illness;
4. To learn ways on how they can cope positively with everyday problems;
5. To have a better understanding and learn how to cope with the different adolescents issues;

6. To discover and develop the members' leadership skills;
7. To stimulate the creativity, talents and skills of the members;
8. To provide a venue where the members can develop their self-esteem and self-confidence;
9. To make the members understand their role in promoting positive relationship in their own families;
10. To utilize and enhance the member's leadership potentials and skills that will facilitate a strong commitment to the cause of mental health.

### **VIII. YLEP MODULES:**

The following are the YLEP modules:

#### **A. The "Me"**

- ✓ Self-Awareness
- ✓ Purposive Adolescent
- ✓ Coping with Everyday Problem
- ✓ Resilience
- ✓ Values Clarification

#### **B. Me and My Family**

- ✓ Effective Communication
- ✓ Promoting Positive Relationship in the Family

#### **C. Me and My Community**

- ✓ Youth Revitalization
- ✓ Becoming a Mentally Healthy Leader
- ✓ Assertiveness
- ✓ Understanding Mental Health and Mental Illness

### **IX. TARGET RECIPIENTS**

1. High school students from the following schools:

- Baguio City National High School Main
- Doña Aurora National High School
- Easter College – High School
- Guisad Valley National High School
- Irisan National High School
- Magsaysay National High School
- Mil-an National High School
- Roxas National High School
- San Vicente National High School
- Santo Tomas National High School

2. Students who are not overloaded with extra-curricular activities;
3. Students who are willing to share knowledge with others and help in organizing the LINK Club in their respective schools;
4. Willing to learn and share his/her learning with others; and
5. Have positive coping skills.

**X. LINK CLUB ACTIVITIES FOR THE SY 2015 -2016:**

The following are the planned activities for the LINK Club member schools for the SY 2015 – 2016:

Activity	Objective	Target Date	Venue	Person Responsible	Funding from PMHA	School's Counterpart
1. Organization of the LINK Club	<p>a. To organize <i>(for new member schools), re-organize (for LINK Club member schools).</i></p> <p>b. To select the LINK Club officers</p> <p>c. To recruit LINK Club members</p> <p>d. To prepare the program plan of the School's LINK Club for the SY 2015 – 2016.</p>	June to August 2015	Respective Schools	<p>LINK Adviser</p> <p>LINK Co-adviser</p> <p>Appointed LINK Club Officers</p>		The yearly membership fee for interested students is Php 20.00 only and Php 200.00 only for the LINK Adviser. 50% of the student's membership fee will be given to the school's LINK Club to fund their planned activities and the other 50% will be remitted to PMHA for the student's LINK Club I.D.
2. 6 <sup>th</sup> Youth as Mental Health Advocate (YMHA)	a. To train and equip the selected student to become crusaders of	July 9 – 11, 2015	Mary Heights Formation Center	LINK Club President and Vice Presidents of	Php 68,250.00	The transportation expenses and meal allowance

<p>Seminar (3 days live-in seminar)</p>	<p>mental health and become dedicated leaders of their school's LINK Club.</p> <p>b. To assist the LINK Club officers in enhancing the school's LINK Club Action Plan and realigning its activities with the Chapter's Activities.</p>		<p>Bakakeng, Baguio City (Tentative Venue)</p>	<p>the invited schools</p>		<p>of the participant from the school to the seminar venue and back shall be provided by the school or the participants themselves.</p>
<p>3. Youth as Mental Health Advocates Echo Seminar</p>	<p>a. To echo at least one module of the YLEP to the LINK Club members in the different LINK Club member schools.</p> <p>b. To organize a YMHA Seminar for the LINK Club members in the different schools.</p>	<p>July 2015 – February 2016</p>	<p>Respective Schools or PMHA BBCI Office</p>	<p>LINK Adviser LINK Co-adviser LINK Club Officer PMHA BBCI Staff</p>	<p>Php 23, 320.00</p>	<p>The PMHA BBCI can send its staff to serve as speakers for free.</p>
<p>4. Organization of the LINK</p>	<p>a. To elect the officers of the</p>	<p>Aug. 7, 2015;</p>	<p>Mary Heights</p>	<p>LINK Club President</p>	<p>Php 4,060.00</p>	<p>The transportation</p>

Federation	<p>LINK Federation which is composed of the different school LINK Club's President and Vice President.</p> <p>b. To form the different committees namely: Kampus Bayani, Academic Festival, Christmas Party, Talina-ay, and Summer Camp Committees.</p>	1:00 p.m.	Formation Center Bakakeng, Baguio City ( <i>Tentative Venue</i> )	and Vice President		expenses and meal allowance of the LINK officers from the school to and back shall be provided by the school or the participants themselves.
5. LINK Club Induction Program and Acquaintance Party	<p>a. To officially recognize the LINK Club Advisers and officers of the different schools.</p> <p>b. To provide a venue for the LINK Club Officers and Advisers from the different LINK Club member</p>	August 15, 2015	To be announced later	LINK Adviser LINK Co-adviser LINK Club Officers	Php 14, 630.00	The transportation expenses and meal allowance of the LINK Adviser, LINK Co-adviser and officers from the school to the venue of the activity and back shall be provided by the school or

	schools to get to know each other.					the participants themselves.
6. LINK Federation Meetings	<p>a. To discuss the upcoming activities of the LINK Club.</p> <p>b. To follow-up the activities conducted in the different LINK Club member schools.</p> <p>c. To evaluate accomplished activities of the club.</p>	<p>July 2015</p> <p>Sept. 2015</p> <p>Nov. 2015</p> <p>Feb. 2016</p>	PMHA BBCI Office	2 LINK Club Officers	Php 13,401.00	The transportation expenses and meal allowance of the officers from the school to the venue of the meeting and back shall be provided by the school or the officers themselves.
7. LINK Advisers' Quarterly Meeting	<p>a. To discuss and plan the upcoming activities of the LINK Club.</p> <p>b. To evaluate accomplished activities of the club.</p>	<p>June 2015</p> <p>August 2015,</p> <p>Nov. 2015</p> <p>Jan. 2016</p>	PMHA BBCI Office	LINK Adviser LINK Co-adviser	Php 10,450.00	The transportation expenses and meal allowance of the LINK Adviser and co-adviser from the school to the venue of the meeting and back shall be provided by the



						school.
8. LINK Advisers' Stress Management Activity/ Seminar	<p>a. To build a closer working relationship among the advisers.</p> <p>b. To impart to the advisers different ways of coping positively with stress.</p>	Nov. 2015	To be announced later	LINK Adviser  LINK co-adviser	Php 14, 750.00	The transportation expenses and meal allowance of the LINK Adviser and co-adviser from the school to the venue of the meeting and back shall be provided by the school.
9. 14 <sup>th</sup> KampusBayani Search	<p>a. To search for underprivileged students, who have managed to cope positively with the difficulties of life amidst their economic situation.</p> <p>b. To give recognition to the chosen Kampus Bayanis.</p> <p>c. To partner with agencies and</p>	<p>November 6, 2015 (Pre-selection)</p> <p>December 5, 2015 (Chapterwide Search)</p>	<p>PMHA BBCI Office</p> <p>Multi-purpose Hall, Baguio City Hall, Baguio City (Tentative Venue)</p>	<p>LINK Adviser</p> <p>LINK Club Officer</p> <p>School's KampusBayani Candidate</p>	Php 105,000.00	The transportation expenses and meal allowance of the LINK Adviser or co-adviser and KB candidates from the school to the venue of the activity and back shall be provided by the school.

	generous individuals who can offer scholarships or financial assistance to the Kampus Bayanis.					
10. National Mental Health Week Celebration	a. To conduct an activity in the different LINK Club member schools in celebration of the Mental Health Week	October 2015	Respective schools	LINK Adviser  LINK Club Officers and members		
11. Most Active LINK Club Award	a. To recognize the LINK Clubs who have actively implemented mental health related programs in their respective school and community for at least 2 consecutive years.	October 2015	To be announced later	LINK Adviser  LINK Club Officer	Php 8,000.00	
12. Yearly LINK Club Christmas	a. To serve as a venue for the LINK Club	December 6, 2015	Multi-purpose Hall, Baguio	LINK Adviser  LINK Co-	Php 10,000.00	Participants are requested to pay a registration fee

Party	<p>members and advisers to celebrate the season of Christmas.</p> <p>b. The activity also serves as a day of thanksgiving for all the blessing that the organization has received.</p>		City Hall, Baguio City ( <i>Tentative Venue</i> )	<p>adviser</p> <p>LINK Club Officers and members</p>		of Php 70.00 to cover their meals during the activity.
13. Talina-ay - Official Publication of the PMHA BBCI	<p>a. To encourage the LINK Club members and advisers to write and submit their articles for the newsletter.</p> <p>b. To train interested LINK Club members in newswriting and lay outting.</p>	year round	PMHA BBCI Office	Interested LINK Club Advisers, co-advisers, officers and members		
14. 6 <sup>th</sup> LINK Club Academic Festival  ( <i>The different</i>	a. To provide a venue for the different LINK Club member schools to share	February 12, 2016	To be announced later	<p>LINK Adviser</p> <p>LINK Club officers and members</p>	Php 41,000.00	The transportation expenses and meal allowance of the LINK

<p><i>events include: Essay Writing Contest, Quiz Bee, Extemporaneous Public Speaking, Poster-Slogan Making Contest, Dance Competition, and Jingle Rap Competition.)</i></p>	<p>their insights as well as enhance their knowledge on mental health topics.</p> <p>b. To serve as a venue for a healthy competition and interaction among the different LINK Club member schools.</p>					<p>Adviser or co-adviser and participants from the school to the venue of the activity and back shall be provided by the school or the participants themselves.</p>
<p>15. LINK Club Award</p>	<p>a. To recognize the contribution of graduating LINK Club members or officers who have actively participated and assisted in the implementation of the different activities for the promotion of mental health.</p>	<p>February – March 2016</p>	<p>Respective Schools</p>	<p>LINK Adviser LINK Co-adviser LINK Club Officers</p>	<p>Php 4,200.00</p>	
<p>16. 11<sup>th</sup> LINK Club Summer Camp</p>	<p>a. To provide a venue for the youth to meet new</p>	<p>April 2016</p>	<p>To be announced later</p>	<p>LINK Adviser LINK Co-</p>	<p>Php 35,000.00</p>	<p>The participants are required to pay a</p>

	friends, share their experiences and talents in order to develop values on unity, cooperation, and love for nature.			adviser  LINK Club members and officers		registration fee of Php 1,500.00 each to cover the meals for the 5-days camp, transportation expenses, certificate and souvenir shirt.
<b>TOTAL</b>					<b>Php352,061.00</b>	

**XI. EXPECTED OUTPUT:**

1. 80% of the existing LINK Clubs will be strengthened and be more active in conducting mental health activities in their respective schools and in attending PMHA BBC activities.
2. 80% of the participating schools will conduct YMHA echo seminar
3. 80% of the LINK Club members will have better understanding about mental health.
4. There will be a 20% increase in the LINK Club membership.
5. 70% of the members have participated in the different LINK Club activities.
6. 90% of the LINK Club activities will contribute in development of a mentally healthy and responsible youth.

Prepared by:



**PAMELA G. DAYAO**  
Education Information Service  
Program Officer

Noted by:



**CHRISTINE GINA DAILAY-CAMSOL, RP**  
Chapter Executive Manager

Approved by:



**RONALD R. BANDONILL, MD**  
Chairperson  
PMHABBCI Board of Management