



MABALACAT CITY COLLEGE

PIP- ACCOMPLISHMENT REPORT

Batch 11 (June 4, 2022 to July 2, 2022)

No.	Date	DAY	TIME	Session Title	In- Charge
1	June 4, 2022	Saturday	8:00 AM to 12:00 PM	Pre session Orientation at Kumustahan	1. JOSEVY A. TAGUIBAO, RGC, LPT (with 2 Psychometricians from Psyzygy Psychological Center, Inc. and 2 co-facilitators) 2. AARON CARL V. TEJANO 3. RIZA MAE T. SEDILLO
2	June 11, 2022	Saturday	8:00 AM to 12:00 PM	Modyul : Kaalaman Tungkol sa Droga Modyul para sa Pamilya: Kaalaman Tungkol sa Droga (Paglilinaw at Pag-unawa sa Problemang Dulot ng Adiksiyon)	1. JOSEVY A. TAGUIBAO, RGC, LPT (with 2 Psychometricians from Psyzygy Psychological Center, Inc. and 2 co-facilitators) 2. AARON CARL V. TEJANO 3. RIZA MAE T. SEDILLO
3	June 11, 2022	Saturday	1:00 PM to 5:00 PM	Modyul : Kahalagahan ng Pagbabago Modyul : Kakayahang Labananang Pananabik sa Droga Modyul : Pag-iwas sa Tukso sa Kapaligiran	1. EDMON Y. SAMPANA, PhD 2. CHARINNA F. CASTRO, RPm
4	June 18, 2022	Saturday	8:00 AM to 12:00 PM	Modyul : Kalooban Modyul : Pakikipagkapwa Modyul : Pagbabalik-Loob	1. EDMON Y. SAMPANA, MA 2. JOVELYN ANDREA C. AVENA
5	June 18, 2022	Saturday	1:00 PM to 5:00 PM	Monitoring Activities Modyul : Kakayahan sa Pagtangga Modyul : Kalusugan	1. JOSEVY A. TAGUIBAO, RGC, LPT (with 2 Psychometricians from Psyzygy Psychological Center, Inc. and 2 co-facilitators) 2. AARON CARL V. TEJANO 3. RIZA MAE T. SEDILLO
6	June 25, 2022	Saturday	8:00 AM to 12:00 PM	Modyul : Kalutasan Modyul : Kalakasan Modyul : Kabuluhan at Kinabukasan	1. EDMON Y. SAMPANA, PhD 2. CHARINNA F. CASTRO, RPm
7	July 2, 2022	Saturday	8:00 AM to 12:00 PM	Paninindigan sa Pagbabago (Activity Based): Motivation/Hiya/Sadness/Boredom/pagkabagot/So brang Kumpyansa sa sarili/Tiwala at katapatan/Pagiging responsible sa Pera/ Paghahanap buhay at pagbangon	1. JOSEVY A. TAGUIBAO, RGC, LPT (with 1Psychometrician and 2 co-facilitators) 2. RIZA MAE T. SEDILLO 3. JOVELYN ANDREA C. AVENA
8	July 2, 2022	Saturday	1:00 PM to 5:00 PM	Program Evaluation Closing session	1. JOSEVY A. TAGUIBAO, RGC, LPT (with 1 Psychometrician and 2 co-facilitators) 2. RIZA MAE T. SEDILLO 3. JOVELYN ANDREA C. AVENA



MABALACAT CITY COLLEGE

INDIVIDUAL & GROUP THERAPY SESSION

(Counseling, FGD, Psychotherapy)

Date(s)	Day	Time	In-Charge
June 2, 2022	Thursday	2:00 PM to 5:00 PM	Nina Marie Y. Magcalas, RPsy, Rpm, CSC, CSAP
June 9, 2022	Thursday	2:00 PM to 5:00 PM	With Co-facilitators/ Registered Psychometricians
June 16, 2022	Thursday	2:00 PM to 5:00 PM	Psyzygy Psychological Center, Inc.

Prepared:

JOSEVY A. TAGUIBAO, RGC, LPT

Project Leader and Facilitator, Psychosocial Intervention Program, Mabalacat City College
Mental Health Professional, City Task Force for Substance Abused Reformists
Certified Katatagan Kontra Droga sa Komunidad Facilitator

Noted:

DR. MARIE TESSIEBETH T. CORDOVA, RPSY, RPM

Assistant Vice President for Research and Extension
Mabalacat City College

DR. MICHELLE AGUILAR-ONG

College President
Mabalacat City College



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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION # 1

TITLE OF THE MODULE: Pre session

DATE	June 4, 2022
DAY	Saturday
TIME	8:00 AM to 12:00 PM

FACILITATOR(S):

NAME(S)
JOSEVY A. TAGUIBAO, LPT, RGC
Co-facilitators: AARON CARL V. TEJANO RIZA MAE T. SEDILLO

A. Rationale:

Part 1. The Psychosocial Intervention Program is introduced and participants are encouraged to commit. With a focus on mindfulness and clear perceptions, the essential elements of understanding and appreciating oneself and others are also highlighted. These factors ensure that one's self-worth and that of others are protected and recognized.

Part 2. While all participants were screened by the City Health Office, during the first session of the PIP Team, PIP facilitators still conducted a pre-screening on the client's level of psychological distress, as well as an intake interview, in order to gain a sense of the client's mental, emotional, and psychological state should there be participants who would benefit from individualized assistance or who will require referral services and closer monitoring.



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B. Objectives:

At the end of the session, the participants are expected to:

Part 1.

1. Understand the nature of the PIP and declared commitment for the participation in the program.
2. Have a clear perception of who and what they are as a person and social being, and
3. Appreciate and value others within the context of trust and respect.

Part 2.

1. To obtain useful information through the use of behavioural observation and intake interview about the clients that would help with case formulation; and

C. Activities

Part 1.

1. Getting to know oneself through others
2. Entertaining Feedback
3. Expressing one's commitment toward significant change

Part 2.

1. Intake Interview and pre-screening

D. Photos





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION # 2

TITLE OF THE MODULE:

Modyul 1: Kaalaman Tungkol sa Droga
Modyul para sa Pamilya1: Kaalaman Tungkol sa Droga (Paglilinaw at Pag-unawa sa Probleman ng Dulot ng Adiksiyon)

DATE	June 11, 2022
DAY	Saturday
TIME	8:00 AM to 12:00 PM

FACILITATOR(S):

NAME(S)
JOSEVY A. TAGUIBAO, LPT, RGC
Co-facilitators: AARON CARL V. TEJANO RIZA MAE T. SEDILLO

A. Rationale:

Part 1. This module aims to help user understand the effects of drugs in various aspects of their life. This module is based on the Brief Intervention Module of the World Health Organization.

Part 2. According to studies, the family is a very important factor in the life of the substance users. The family may either be a causative factor or a healing factor in substance use related problems. In this module, families are going to be helped to surface and explore the hurts and burdens that substance use has brought into their lives. Facts about substance use will be discussed to help them cope with the problem.



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B. Objectives:

At the end of the session, the participants are expected to:

Part 1.

1. Explain the different types of drugs and their effects.
2. Determine how drug use changed different aspects of their lives.
3. Reflect on their readiness to continue with the program.

Part 2.

1. Share what they have gone through as members of the drug user's family.
2. Learn and state important truths about substance use.
3. Clarify to themselves their beliefs pertaining to drug use of their relative.
4. Express what can be done to support their relatives transformation

C. Activities

Part 1.

1. Discussion and Processing
2. Video Presentation
3. Worksheet Activity

Part 2.

4. Discussion and Processing
5. Video Presentation
6. Worksheet Activity



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D. Photos





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION #3

TITLE OF THE MODULE: Module 2: Kahalagahan ng Pagbabago
Module 3: Kakayahang Labanan ang Pananabik sa Droga
Module 4: Pag-iwas sa Tukso sa Kapaligiran

DATE	June 11, 2022
DAY	Saturday
TIME	1:00 PM – 5:00 PM

FACILITATOR(S):

NAME(S)
EDMON Y. SAMPANA, PhD CHARINNA F. CASTRO, Rpm

A. Rationale:

To firmly establish the effects of substance abuse in their lives and be able to recognize its impact not just to their body but also to their social, occupational and other aspects of their lives.

B. Objectives:

- To identify the changes in their lives and functioning before and after substance use
- To identify the triggers of substance use so that they may employ ways to avoid these or be resistant to these triggers
- To establish concrete goals that would help them motivate to continue their journey towards their life away from substance use



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C. Activities

Life before and after drugs worksheet

Image of new life for the participants

Identifying the triggers (People, place, things and events) worksheet

Maze (With and without blindfold)

D. Photos (*pls edit the pictures, "remove participants' faces"*)





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ACCOMPLISHMENT REPORT PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION #4

TITLE OF THE MODULE: Module : Kalooban
Module : Pakikipagkapwa
Module : Pagbabalik-loob

DATE	June 18, 2022
DAY	Saturday
TIME	8AM – 12PM

FACILITATOR(S):

NAME(S)
EDMON Y. SAMPANA, PhD JOVELYN ANDREA C. AVENA

A. Rationale:

To strengthen the sentiments and perspectives that occur when they encounter an unpleasant incident, as well as to gain techniques for dealing with them. Knowing oneself can also help one connect with others. Personal and social support can serve as a strong foundation for change.

B. Objectives:

- To talk about how to improve family relationships through better communication
- To discuss the relationship between addiction and family and;
- To describe the components of effective communication that can cause misunderstanding.

C. Activities

Relationship between perspective, emotion and action
Various Emotions that can motivate
Communication styles
Active Listening



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D. Photos





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION #5

TITLE OF THE MODULE: Module 8: Kakayahan sa Pagtangi
Module 9: Kalusugan

DATE	June 18, 2022
DAY	Saturday
TIME	1PM – 5PM

FACILITATOR(S):

NAME(S)
JOSEVY A. TAGUIBAO, LPT, RGC
Co-facilitators: AARON CARL V. TEJANO RIZA MAE T. SEDILLO

A. Rationale:

Part 1. This module will tackle how to deal with people who may lead one to return to drug use. It will also discuss how to say NO whenever a participant finds him/herself in situations involving drug use.

Part 2. The objective of this module is to give attention to the different aspects that may aid in transformation-these involve not only avoiding drugs but a holistic health approach. Here participants are given an opportunity to reflect and talk about the different positive ways by which they can become and stay healthy.



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B. Objectives:

By the end of this module, participants should be able to:

Part 1.

1. Be able to clearly state ways of avoiding people who may lead one to return to drug use.
2. Practice what actions and speech may be done in order to say no to drugs.

Part 2.

1. Identify their journey towards a future without drugs and how to strengthen a person's holistic wellbeing and health.
2. Analyze their overall health and give attention to the things that they may need to improve.

C. Activities

Part 1.

1. Drawing/Writing
2. Planning and discussion
3. Role Playing
4. Sharing of Experiences
5. Practicing how to say NO

Part 2.

1. Assessing one's overall health
2. Understanding the body's reaction to stress
3. Stress Management Techniques



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D. Photos





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION #6

TITLE OF THE MODULE:

Module : Kalutasan

Module : Kalakasan

Module: Kabuluhan at Kinabukasan

DATE	June 25, 2022
DAY	Saturday
TIME	8AM-12PM

FACILITATOR(S):

NAME(S)
EDMON Y. SAMPANA, PhD CHARINNA F. CASTRO, Rpm

A. Rationale:

To further establish support on the formulation of significant solutions to life's challenges and peer pressures by setting alternatives and identifying effective ones.

B. Objectives:

- To identify personal strengths and weaknesses towards the appreciation of uniqueness and sense of individuality.
- To clearly establish plan of actions significantly towards effectiveness and efficiency in dealing the demands of life.
- To further appreciate one's skills and rekindling the spirit confidence and belief to oneself.



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C. Activities

Setting priorities and formulation of alternative solutions
Knowing the real “ME”
My Strengths and Weaknesses
Taking responsibilities and accountability to one’s action

D. Photos (*pls edit the pictures, “remove participants’ faces”*)





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

SESSION #7

Paninindigan sa Pagbabago (Activity Based):
Motivation/Hiya/Sadness/Boredom/pagkabagot/Sobrang Kumpyansa sa sarili/Tiwala at katapatan/Pagiging responsible sa Pera/ Paghahanap buhay at pagbangon

DATE	July 2, 2022
DAY	Saturday
TIME	8AM – 12PM

FACILITATOR(S):

NAME(S)
JOSEVY A. TAGUIBAO, LPT, RGC
Co-facilitators: JOVELYN ANDREA A. AVENA RIZA MAE T. SEDILLO

A. Rationale:

Recovery from drug usage necessitates an understanding of why it occurs and how to handle comparable situations in life. The facilitators will facilitate activities related to: Motivation/Hiya/Sadness/Boredom/pagkabagot/Sobrang Kumpyansa sa sarili/Tiwala at katapatan/Pagiging responsible sa Pera/Paghahanap buhay at pagbangon. This workshop will also assist drug users to devise concrete activities to face the following steps and challenges toward drug-free living with their families.



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B. Objectives:

- To reflect on the reasons for drug use and its impact to family members
- To communicate feelings and thoughts for better relationships
- To clearly establish plan of actions to help drug user abstain from taking drugs
- To strengthen resolve to move forward with the new dreams and turn away from the old life with drugs

C. Activities

Energizer
Discussion and Reflection
Viewing of short video clips

Sharing and processing
Healing ritual
Contracting – “Oath to Change”

D. Photos





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Province of Pampanga
Mabalacat City



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**ACCOMPLISHMENT REPORT
PSYCHOSOCIAL INTERVENTION PROGRAM
KKDK Module
FOR BAHAY PAGBABAGO**

SESSION #8

TITLE OF THE MODULE: Post Session

DATE	July 2, 2022
DAY	Saturday
TIME	1PM – 5PM

FACILITATOR(S):

NAME(S)
JOSEVY A. TAGUIBAO, LPT, RGC
Co-facilitators: JOVELYN ANDREA A. AVENA RIZA MAE T. SEDILLO

ACTIVITIES:

1. Provided Program evaluation; and
2. Evaluation of Learning Insights;
3. Closing of the program.



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Photos





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ACCOMPLISHMENT REPORT

PSYCHOSOCIAL INTERVENTION PROGRAM KKDK Module FOR BAHAY PAGBABAGO

INDIVIDUAL THERAPY SESSION (Counseling and Psychotherapy)

DATE	June 2, 2022
DAY	Thursday
TIME	2PM – 5PM

DATE	June 9, 2022
DAY	Thursday
TIME	2PM – 5PM

DATE	June 16, 2022
DAY	Thursday
TIME	2PM – 5PM

FACILITATOR(S):

NAME(S)
Nina Marie Y. Magcalas, RPsy, RPm, CSC, CSAP With Co-facilitators/ Registered Psychometricians Psyzygy Psychological Center, Inc.