

Annually, the month of **October** brings a remarkable history for **Holy Face Rehabilitation Center for Mental Health** for the observance of the **Mental Health Month** with this year's theme: **"Dignity in Mental Health: Psychological and Mental Health First Aid for All"**. The Holy Face team spearheaded by its own **Director, Br. Manuel B. Baloyo, F. C.** had set forth various activities that contributed and created to diminish profound discrimination against those people suffering from psychosocial disabilities to which were follows:

### **October 3, 2016 – Grand Opening Day (Motorcade and Opening Ceremony)**

The celebration was opened through a **Grand Motorcade** from the compound of the Nazareth Complex going to the Tabaco City Proper, had tour around the City and maneuvered to the barangay of San Lorenzo, Tabaco City that served as the turning point of the motorcade with the escort of the **Runkada Motorclub Inc.** and policemen from the headquarters of Tabaco. It was participated by the *Holy Face Staff, Brothers of the Fatima Community, International Novices, residents and their families*, active members of the different Family Support Groups from areas of *Ligao, Libon, Camalig, Tabaco, Malinao and Tiwi* with their own service vehicle.



The motorcade was followed by an **Opening Program** held at the gymnasium of the Brothers of Charity Nazareth Complex with *Honorary Guest*, **Mayor Krisel Lagman – Luistro**, the Mayor of Tabaco City who has been the first Chief Executive that embraced mental health programs with no hesitancy. **Br. Victor O. Manuel, F. C.** also took part on the program as he was been one of the previous Director of Holy Face who initiated and undoubtedly campaigned for an establishment of partnership between the Local Government and Holy Face for the mental health program's promotion and awareness. The programs were full of entertainment and talents show case with the songs and dance presentation of our beloved residents and Family Support Group members who were passionately divulged themselves in the eradication of stigma and fallacies concerning psychosocial disabilities.



### **October 10. Family Day (Cooking Feast and Family Get Together)**



October 10 is the World Mental Health Day and for the said day, Holy Face Center paved way in making it as an extra ordinary day for the Holy Face residents. There will never be a great day than to be with family, hence, the families of the residents came at the Center for cooking feast and get together.

There were 4 groups formed and each group had their chosen menu to which during the cooking proper, the residents helped in the doings and had a bond in their own families which they do not experienced since they admitted at the Center. During lunch, the table served as a restaurant for “eat all you can” for the menu served purely in Filipino cuisines. There were salt adobo, chicken adobo, dinuguan, bicol express, menudo, lumpia, palabok, shang hai, fish and laing vegetable.



In the afternoon, there were variety of games facilitated by Joselinda, Luwil and Billy. Sort of the games they played were obstacle race, pop balloon, centipede and tug of war to which no one left behind for they were all participated.

## October 12. 4<sup>th</sup> Bicol Mental Health Congress

The 4<sup>th</sup> *Bicol Mental Health Congress* was successfully done at **Casablanca Convention Hall, Peñaranda St., Legazpi City** organized and supported by the Department of Health (DOH), Center for Development (CHD). Representatives from Holy Face were composed of Br. Manuel Baloyo, F. C., Chona P. Bon, Arleen B. Bogñalbal, Jessa E. Barbacena, Mechelle M. Brojan and Raul N. Balaguer. The 1-day Congress focused the topics on: Psychological First Aid on Mental Health, Mental Health on Substance Abuse, Stigma and Discrimination on Mental Health both on Public and Spiritual View, Service Delivery Network and Local Governance on Mental Health on which the Key Speaker was Mayor Krisel Lagman – Luistro. During her presentation, she strongly mentioned Holy Face for its expertise and undying service provision and also the success stories of some of the clients it's served.



## October 17 – 18. Strengthening People's Organization towards Sustainability Training.



The activity was held at the Holy Face recreation area that were participated by the Family Support Group members from the Malinao area. It was one of the on going activities with some funds from the CBM funding agency for the community mental health family support group that aimed to capacitate each members on the linking strategies with the government agencies and formulation of their own self-help group that will be sustained in the long run of the programs. The resource speaker was **Mr. Noel B. Serrano, PWD**

*Coordinator on Livelihood Program of the Department of Social Welfare and Development of the Regional Office, Legaspi City and Ms. Maria Rosario M. Serrano, Social Worker and the*

*Community Based Rehabilitation Coordinator of the City Social Welfare Development Office of Tabaco City.* The topics that were been discussed focused on Definition of a Group, People's Organization, Strategies in Managing PO's, Roles and Responsibilities of Officers and Members, Definition of Leadership & Attributes of a Leader and Overcoming limitations as PWD.

### October 25. Psychiatric Outreach at the Municipality of Malinao Albay



Through the coordination with the Focal Person on Mental Health of the Department of Social Welfare and Development Office, the psychiatric outreach at **Municipality of Malinao Albay** was put in action. The venue was at the Senior Citizen's Hall with 30 clients served for which 4 of them were newly identified cases. Holy Face team had also a chance to have some dialogue

with the Mayor, **Honorable Avelino Ceriola** who is now receptive to the mental health programs.

## October 26. Stress Management Activity

With the facilitation of **Dra. Aimee Marie A. Nobleza**, a one-day **Stress Management** activity was participated by the Holy Face Staff, Br. Manuel B. Baloyo, F. C., the residents with some parents and the Community Based Rehabilitation Worker and Family Support Group members of Tiwi and Tabaco. Part of the topics delivered was: Definition of Stress, Types of Stress, Factors Affecting Stress and the Coping Mechanism of Stress. There were also demonstrations and relaxation activities done for a self-stress free techniques and coping mechanisms in the afternoon session.



## October 28. 3<sup>rd</sup> Quarter Psychiatric Consultation at the Municipality of Libon Albay

The quarterly consultation at the Municipality of Libon Albay is still on going and for the 3<sup>rd</sup> quarter, it was done at the Sikap Hall of Libon with 64 clients consulted to which 7 from them were newly identified cases. In every consultation done at the said Municipality, the regular

patients continuously followed their scheduled check-up and those who were non-receptive to psychiatric treatment are now becoming aware on the importance of the psychosocial disability treatment.