



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OFFICE OF PAMPANGA

ADVISORY No. 051, s. 2025

July 8, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff as well as the concerned public.

**BAREFOOTED RESILIENCE: NURTURING ADVERSITY QUOTIENT TO PROMOTE
MENTAL HEALTH AND WELLNESS**

The Barefoot Leadership Consultancy and Management, in partnership and collaboration with the Junior Association of Student and Youth Leaders of the Philippines Inc. (JUANSTEP) and the Philippine Alliance of Parent Officers and Parents for Collaborative Development Inc. (PAPDEV) is launching a Mental Health and Wellness Program for the School Year 2025-2026 titled "Barefooted Resilience: Nurturing Adversity Quotient to Promote Mental Health and Wellness."

Open to both public and private schools, the program aims to promote mental health and wellness among learners, parents, and school personnel by nurturing Adversity Quotient through sustainable, collaborative, and research-based workshops aligned with relevant policies and legislation.

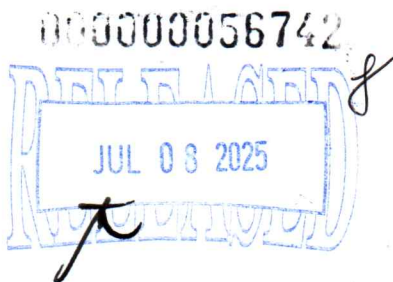
Participation is VOLUNTARY and shall strictly adhere to the no-disruption-of-classes policy as stated in DepEd Order No. 9, s. 2005, titled "Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith."

For more information, please contact:

Mr. Benedict N. Marin

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Attached herewith is the invitation letter for reference.



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June 25, 2025

ROMEO M. ALIP, Ph.D. CESO V

Schools Division Superintendent

Department of Education

Schools Division of Pampanga

Thru: ARCELI SANTOS-LOPEZ Ph.D.

Chief, School Governance and Operations Department

Department of Education

Schools Division of Pampanga

Dear SDS Alip:


Greetings of Peace!

Barefoot Leadership Consultancy and Management in partnership and collaboration with the Junior Association of Student and Youth Leaders of the Philippines Inc. (JUANSTEP) and the Philippine Alliance of parent Officers and Parents for Collaborative Development Inc. (PAPDEV) is pleased to inform you of the launching of our program for Mental Health and Wellness (*aligned with the UN SDGs No. 3 Good Health and Well-Being*) for the School year 2025-2026 entitled: Barefooted Resilience: Nurturing Adversity Quotient to Promote Mental Health and Wellness. We have attached the program details for your reference and perusal.

In this light, we would like to humbly seek your favorable approval to communicate and conduct the proposed program to all junior and senior high school learners within the Division of Pampanga. The participation of learners to the aforementioned program is voluntary.

We are looking forward to working with you towards a sustainable partnership. God bless and more power!

Respectfully,


Mr. Benedict N. Marin
President/CEO
Barefoot Leadership Consultancy and Management
JUANSTEP Inc.
PAPDEV Inc.

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FB: *Bench Marin*

I. Program Title: **Barefooted Resilience: Nurturing Adversity Quotient to Promote Mental Health and Wellness**

II. Reference Legislation:

Republic Act 11036 otherwise known as the “**Mental health Act of 2018**” to wit,
Sec. 3 (a) Strengthen effective leadership and governance for mental health by, among others, formulating, developing; and implementing national policies, strategies, programs, and regulations relating to mental health;
(f) Integrate strategies promoting mental health in educational institutions, the workplace, and in communities.

Republic Act 12080 otherwise known as the “**Basic Education Mental Health and Well-Being Promotion Act**” to wit,

Sec 2 (a) Strengthen the implementation of the existing mental health and guidance and counseling program and other health and wellness activities, including sports-related programs, through the development of an effective and efficient school-based mental health program, to promote and ensure the mental health and well-being of all learners, as well as provide mental health awareness and literacy programs and appropriate mental health-related referrals to the teaching and non-teaching personnel, in all public and private basic education schools in the country;
SEC. 4. (Par 2) The Program shall promote mental health awareness and manage the mental health concerns of all learners, including the prevention of suicide in schools. The program shall likewise define the role of every stakeholder in the school community to appropriately respond to such mental health concerns through prevention, intervention, postvention, and recovery.

III. Theoretical Reference:

Adversity Quotient Turning Obstacles into Opportunities by: Dr. Paul G. Stoltz. Ph.D.

IV. Program Objectives:

1. Propose a Mental Health and Wellness program for learners, parents and school personnel aligned with the provisions of the aforementioned legislations;
2. Advocate and nurture Adversity Quotient as the key component in achieving Mental Health and Wellness, and;
3. Achieve an improved level of Mental Health and Wellness of learners, parents and school personnel through research-based workshops and activities crafted under the principle of sustainability, collaboration and creative thinking.

V. Target Participants:

Learners

- A. Grade 7-10 Junior High School
- B. Grade 11-12 Senior High School

Parents

School Personnel

Teaching and Non-Teaching

VI. Proposed Activities for Participants

FOR LEARNERS	FOR PARENTS	FOR EDUCATORS
Symposium/Interactive Workshop	Seminar with Open Forum	Seminar with Open Forum
<p>Discussion: Adversity Quotient</p> <p>Why is AQ an important Determinant of Mental Health</p> <p>Nurturing AQ</p> <p>The 30-Day Mental Health and Wellness Program</p>	<p>Discussion: What is Mental health and Wellness</p> <p>Have you heard of Adversity Quotient?</p> <p>How to assess your child's mental health and adversity quotient levels</p> <p>Parents' critical role in nurturing adversity quotient of learners</p>	<p>Discussion: How do learners learn today?</p> <p>How do learners respond to challenges?</p> <p>Assessing learner's Adversity Quotient</p> <p>Role of educators in Nurturing learners' Adversity Quotient</p>
How to become Mentally Healthy Individuals	Parenting through Adversity: Opportunities and Possibilities	Beyond Academics: Preparing Learners for Life

VII. Proposed Rates

For Learners	Option A	P 299* (Program Inclusions w Workshop Module)
	Option B	P 499** (Program Inclusions w either Book or Shirt)

Inclusions:

- 1 Day Workshop Seminar
- 30-Day Mental Health and Wellness Program
- Certificates
- Choice of: Mental Health Statement Shirt or the Barefooted Resilience Book**

**In lieu of the Book, modules for the 30 day Mental Health and wellness Program shall be provided*

***Barefooted Resilience Book to be available 3rd-4th Quarter of SY 25-26*

For Parents To be discussed with PTA Council

For Educators/School Personnel To be discussed with School Admin

VIII. Program Proponent

Mr. Benedict N. Marin, Author of the books:
Barefooted Resilience: Nurturing Adversity Quotient to Promote Mental Health and Wellness
The Alphabet of Mental Health
 President and CEO, Barefoot Leadership Consultancy and Management, JUANSTEP, PAPDEV

Schedule of Incentives for the Mental Health Program

Learners

	@ 299	@499
Office of the SDS	P 25	P 30
Office of the Chief, SGOD	P 25	P 30
JHS/SHS Principal	P 30	P 35
Teacher/Adviser	P 30	P 35

Parents (Mental Health or Parenting)

	@ 499
Office of the SDS	P 25
Office of the Chief, SGOD	P 25
JHS/SHS Principal	P 30
PTA Council	P 75
<i>*Can be proposed as an income generating program for PTAs</i>	