



Republic of the Philippines

Department of Education

REGION IV-A CALABARZON

CITY SCHOOLS DIVISION OF BIÑAN CITY

DEPARTMENT OF EDUCATION
Schools Division of Biñan City
RECORDS SECTION
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DIVISION MEMORANDUM

No. 144, s. 2024

COPE UP CARAVAN: A MENTAL HEALTH ADVOCACIES

To: Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
All Schoolheads

1. With reference to an invitation letter dated April 11, 2024 titled COPE Caravan 2024, the COPE UP organization in University of the Philippines Diliman will be holding a series of events forwarding the organization's advocacies on mental health. This month's theme is ***Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity.***
2. The activity aims to:
 - a. raise mental health awareness;
 - b. destigmatize mental illnesses;
 - c. provide a sound environment for individuals experiencing mental health-related challenges.
3. All DepEd personnel and learners are encouraged to participate to this year's COPE Caravan comprising of five events. One of the events, Infographic-making Competition is open to **Senior High Schools students** (Grades 11-12). The rest of the events are open to all learners. See attached letter, list of events and competition mechanics.
4. Participation to this activity is on voluntary basis with strict compliance to the Time on Task or No Disruption of Classes Policy.
5. For more information, please contact Henrietta M. Nacario, Division Mental Health Focal thru email at henrietta.nacario@deped.gov.ph.
6. Immediate and widest dissemination of this Memorandum is desired.


MANUELA S. TOLENTINO, CESO V
Schools Division Superintendent

Encl: As stated

Reference:

SGOD/SH

/ HMN /
04/23/2024

/ DM - COPE UP Caravan: A Mental Health Advocacies



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Contact Nos.: (049) 547-0105 / (+63) 939-510-8779
Email Address: deped.binancity@deped.gov.ph
Website: depedbinan.com



Certificate No. PHP QMS
22 93 0085



Certificate of Registration

This certifies that the

COPE UP

has been accredited as a UNIVERSITY REGISTERED ORGANIZATION

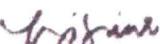
by the Office of Student Projects and Activities (OSPA), University of the Philippines Diliman, for Academic Year 2022-2023 and is given permission to:

- use/attach/annex the name of the University (University of the Philippines, U.P.) to the name of the organization;
- conduct activities;
- request to use any University or College facility/ies;
- apply for project grants;
- apply for tambayan;
- partner with any UP unit; and
- participate in activities led by the University units.

Subject to the following conditions:

1. this certificate of registration is valid only for the AY/Semester indicated above and until the end of the student org registration period for the 1st Semester for AY 2023-2024;
2. that entitlement to all privileges accorded to registered organizations is still subject to the rules and guidelines set for such privileges;
3. that changes in the list of officers, members, faculty adviser/s and the Constitution and By-laws shall immediately be reported to the OSPA; and
4. that all activities of the organization must be approved and endorsed by its faculty adviser.

Certified:


PROF. CRIZEL SICAT-DE LAZA
Coordinator

Noted:


PROF. LOUISE JASILIB R. SONIDO
Vice Chancellor for Student Affairs

April 11, 2024

HON. MANUELA S. TOLENTINO, CESO V

Schools Division Superintendent – Biñan City Division
102 P. Burgos St., Brgy. Sto. Domingo, Biñan City, Laguna

Greetings from COPE UP!

COPE UP is a non-profit, non-partisan, and non-sectarian mental health organization based at the University of the Philippines Diliman. As the premier mental health organization in the university, COPE UP's advocacies include raising mental health awareness, destigmatizing mental illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental health-related challenges. Since 2017, the organization has conducted educational discussions and has promoted creative content that is in line with its advocacies toward building a mentally healthy country.

This semester, COPE UP will be holding **COPE Caravan**, which features a series of events forwarding the organization's advocacies as well as providing students with healthier ways to cope with the stresses of life. Going by the title ***Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity***, the month-long celebration aims to highlight the importance of bridging the gap in access to mental health services, especially with the Filipino communities through a series of events ranging from competitions, advocacy booths, roundtable discussion, and other exciting and informative activities.

One of the events will be an **infographic-making competition**, which aims to provide an avenue for senior high school students to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness. Not only will the students have the opportunity to apply their talents and skills within contemporary social contexts, but they will also have the chance to win cash prizes, along with other tentative incentives.

In line with this, COPE UP humbly requests your office to grant an issuance of a **DepEd Division Advisory** for immediate information dissemination to the schools within your division. The organization is very eager with its advocacy for mental health awareness and with your participation, COPE UP will be able to reach out to more students outside the university.

contact us

-  cope.caravan@gmail.com
-  facebook.com/COPE.UPDiliman
-  [@COPE_UP](https://twitter.com/COPE_UP)
-  [@cope.updiliman](https://www.instagram.com/cope.updiliman)

Should you have any questions or concerns, feel free to contact us at cope.caravan@gmail.com or through the undersigned. We are looking forward to your favorable response.

For a mentally healthy Philippines,

EXECUTIVE COMMITTEE A.Y. 2023-2024

John Marco Bajana
President

Hans Matthew Antiojo
Executive Vice President

Emanuelle Julia Marie Avendaño
Executive Secretary

COPE CARAVAN 2024 ADHOC TEAM

Hans Matthew Antiojo
John Nicolas Donado
Marla Macaranas
Overall Heads

Genlyn Adona
Julian Fernando Runio III
Programs Subcommittee
Heads

Aurea Xyreece Baltazar
Creatives and Promotions
Subcommittee Head

Ariel Benjamin Olaes
Communications
Subcommittee Head

Justine Ravert Tan
Technical and Logistics
Subcommittee Head

contact us

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-  facebook.com/COPE.UPDiliman
-  [@COPE_UP](https://twitter.com/COPE_UP)
-  [@cope.updiliman](https://www.instagram.com/cope.updiliman)

EMBRACING
DIVERSITY,
FOSTERING A
COMMUNITY

A Bridge to Mental Health Inclusivity

COPE Caravan 2024

About the Organization

COPE UP is a non-profit, non-sectarian, university-wide recognized organization that advocated raising mental health awareness, destigmatizing mental health illnesses, and providing a sound environment for individuals experiencing mental health disorders, problems, and other mental-health related challenges inside and outside the University of the Philippines.

About COPE Caravan

Started in 2022, COPE Caravan is a month-long event composed of different programs in line with the organization's advocacy of promoting mental health awareness within the university, as well as providing students with techniques that can help them in coping with stressful situations.

Last 2023, COPE Caravan went by the overall theme **Places, Spaces, and their Relationship with Mental Health**, highlighting the importance of spaces and people's perception of them with respect to mental health. Beyond the influence of the physical environment, COPE Caravan 2023 also touched on how the social environment can affect people's mental health through the events that will be spearheaded this year.

This 2024, COPE Caravan will go with the overall theme **Embracing Diversity, Fostering A Community: A Bridge to Mental Health Inclusivity** highlighting the importance to bridge the gap in mental health services and access. In the Philippines, there is a significant disparity in mental health care between urban and rural areas. This theme focuses on making mental health services more accessible and equitable for all, regardless of location or socio-economic status. Furthermore, this theme highlights how mental health is deeply connected to community support and social bonds as it encourages the building of supportive communities where individuals feel safe and understood. It also emphasizes the role of families, friends, and neighbors in promoting mental well-being and helping those in distress.

List of Events

This year's COPE Caravan will be comprised of five (5) events, which are as follows:

Competitive Event (Infographic Making Competition)

There will be an **online infographic-making competition** for high school students that will allow them to unleash their creativity while writing and researching a relevant topic in line with the organization's advocacy of mental health awareness.

Advocacy Booths

This will be **interactive face to face advocacy booths** that emphasize the importance of the overall theme in promoting mental health, and highlight the strengths of the community to celebrate the ways in which we can empower each other. This will also serve as a fundraising initiative for a chosen beneficiary, i.e., an organization whose main objectives are in line with COPE UP's advocacy of mental health awareness.

Online Special Releases

These are a series of online publication materials such as **CUCU-wento Ko: Your Story in CUCU Comics** aimed towards increasing the general public's awareness about how community support can influence their mental health. Furthermore, this will include the official video release of **Himig COPE UP**.

Community Integration and Outreach

For this event, members of the organization will **go and integrate to a community** within UP Diliman to get to know the residents and their problems in the community, as well as to teach them essential information about mental health and how their lived environment can influence this.

Culminating Event

To cap off this year's COPE Caravan, a **roundtable discussion** with different related topics related to the overall theme will be conducted, inviting experts and representatives of different sectors. Moreover, the awarding of winners for the competitive events will also happen in this event.

Our Organization in Numbers

8k+

followers on COPE UP's
official Facebook Page

800+

followers of COPE UP's
official fundraising
Instagram account

1000+ hours of volunteer time
spent on COPE UP's projects

Infographic Making Competition (Mechanics)

1. This year, COPE Caravan 2024 will be holding an infographic-making competition for high school students that will allow them to unleash their creativity while writing and researching for a relevant topic in line with the organization's advocacy of mental health awareness.
2. The competition will be open to all Senior High School students (Grades 11 and 12) in the Philippines. Each school will only be allowed to send one (1) entry for the competition. There will be no registration fee for this event.
3. Participants may work **individually or as a group with a maximum of 3 members**.
4. Participating schools must fill out the pre-registration form which can be accessed through this link: https://bit.ly/COPECaravan2024_PregForm. The pre-registration form will also be posted on the organization's official Facebook page. **Only those who have pre-registered will be given access to the submission form.**
5. Participants are expected to create an infographic that tackles anything related to **mental health**. For reference, participants may refer to this link (https://bit.ly/COPECaravan_InfogSamples) to see what kinds of topics are applicable to the infographic.

* Infographic Making Competition (Mechanics)

6. The infographic must be of size A3 (**297 mm x 420 mm**) and written in either **English or Filipino only**.
7. All references must be properly cited using the **APA format (8th edition)**. The reference list must be present at the bottom portion of the infographic.
8. All types of graphic materials (photos, icons, etc.) must also be properly cited and should not infringe on any existing intellectual property laws.
9. The name of the school, as well as the name/s of the participants must appear at the **bottom right portion** of the infographic.
10. Aside from the infographic, the participants are also expected to submit a **PDF document** containing a short paragraph that will serve as the caption for posting. The paragraph **must be written in either English or Filipino and should not exceed 200 words**.

* Infographic Making Competition (Mechanics)

11. File names for all submissions must follow this format:

- Infographic:
COPECaravan_SchoolName_Infographic
- PDF file for the Caption:
COPECaravan_SchoolName_Caption

If the school's name is too long for the file name, the school acronym will do. **Entries that will not follow the file name format will automatically be disqualified.**

12. Entries must be submitted until **May 8, 2024, at 11:59 PM** using the submission link that will be provided to the school's email addresses.

13. All infographic entries will be posted on the organization's official page by **May 9, 2024**, to signify the start of the liking period. All entries will be given **exactly 5 days** to garner as many likes as possible. Once the five-day period is over, all additional likes will not be counted.

Infographic Making Competition (Criteria)

CONTENT (65%)

- Accuracy of Information (25%)
- Relevance of Topic to Mental Health (20%)
- Clarity and Organization of Information (10%)
- Reliability and Accuracy of Sources (10%)

VISUAL APPEAL (30%)

- Use of Design Principles (15%)
- Organization of Visual Elements (10%)
- Overall Appeal (5%)

AUDIENCE ENGAGEMENT (5%)

- To be determined by the number of likes on Facebook

Infographic Making Competition (Prizes)

1st Place

PHP 1,500

2nd Place

PHP 1,000

3rd Place

PHP 800

Have a question on your mind?

For questions and concerns, you may reach out to us through the following:



https://www.facebook.com/COPE_UPIndia



https://twitter.com/COPE_UP



copeup.externals@gmail.com
cope.caravan@gmail.com