

# KICK OFF

## An Occupational Therapy Fundraising Workshop for Kids

Photo courtesy of Mr. Jog Maglaqui



**Coach Phillip**  
Avid Football Advocate. Striker. Aspires to establish a football league in Mariveles, Bataan.



**Coach Jheff**  
Futsal Coach for several high schools in Bataan. Futsal/ Football Advocate. Aspires to pioneer in promoting the sport to locals.



**MMH OT Unit**  
Under the Medical Division of MMH. Advocates for mental health through programs that are meaningful and productive.

### GRASSROOTS!

A mental health promotion advocacy engaging children in play and outdoor camaraderie.

The Occupational Therapy Unit of Mariveles Mental Hospital, with the help of other collaborating units, had pitched together the first ever mental health promotion project for children ages 6-12 last April 30, 2018, at the Mariveles Mental Hospital Grounds. The team who had helped in setting up were Coach Phillip, licensed coach from Philippine Football Federation Grassroots Development Program, and fellow avid futsal advocate, Coach Jheff. Both aspiring to establish a local football league in Mariveles, Bataan, the two, along with their students, became a great tandem in promoting football as a sport to grassroots, and delivering drills and techniques to the participants.

1

#### MENTAL HEALTH

Is important to promote especially at an early age.

2

#### ENVIRONMENT

Provides an opportunity to develop skills and self resilience for mental health.

3

#### CAMARADERIE

Begins with engaging and participating with peers.

## Mental Health Promotion

Engaging children to a different environment promotes mental health

Now-a-days, children having too much screen time, increases too much activity on their brains and less on their body. Mariveles Mental Hospital OIC- Chief of Hospital, Dr. Ma. Lourdes Evangelista, graced the event with encouraging words to our youth and parents. "Let's get our kids running again----" she continued, "There must be a balance in order for children to be healthy both in their minds and their body." Participating in team activities, getting dirty, and simply socialising with other children creates a sense of belongingness and healthy competition. Being part of several drills, scoring a goal, and being able to over-come challenges with peers helps children to optimally develop at their prime age. This is a simple way to promote mental health to families, especially to children. The environment provides an opportunity for children to develop skills, and self resilience for mental health stirring them away from their usual routine of screen time and internet memes. This connotes that being with others, engaged and participative, results



Photo courtesy of Ms. Paulina Manlapid

in camaraderie that will someday, equip them in the process of protecting their mental health.

**“Let's get our kids running again”** -Dr. Lourdes

**Evangelista, MMH-OIC Chief of Hospital**

Apart from this, Dr. Evangelista had also advised the parents to allow children to be outside, to get dirty, to get bruised in a few rumble and tumble to enhance the child’s well-being and of course, over-all health. The general feedback was a breakthrough, discovering new avenues for locals to bond and harness a sense of oneness. In total, outdoor play is a great way to promote mental health to children and families.

### OCCUPATIONAL THERAPY IN MENTAL HEALTH

BALANCE. The foresight of having to *know* and having to *do* are two different aspects. Both essential in the harmony of simple living and meaningful existence. The focus of occupational therapy in mental health is to harness the integrity of the mind along with the body. This is due possible through engagement in different activities that deliver positive outcomes and enhanced quality of life. In so doing, by engaging in meaningful activities, requires an environment, both social and physical, that is conducive in support to achieve mental health.



*Manlapid*