



Ang Pagsubang sa Bag-ong Adlaw: Psychological Support Services Project

The Balay Banaag Banner Project, spearheaded by the Psychology Program of the College of Arts and Sciences Education, is a flagship community initiative dedicated to improving the mental health and emotional resilience of at-risk girls residing in Balay Banaag, a shelter for vulnerable children.

The core objectives of the project are to assess psychological needs, foster a safe and therapeutic environment, develop life and social skills, and ensure sustainable psychological interventions. It envisions a nurturing space where children feel seen, heard, and valued—a crucial foundation for healing and growth.



30 resident-girls of Balay Banaag through standardized psychological assessments, individualized emotional safety plans, and structured psychosocial activities.

Facilitated by psychology students, community-based Structured Learning Experiences (SLES) have enhanced emotional expression, social interaction, and self-worth through journaling, games, group reflection, and creative arts. A sports clinic further supported holistic development by building confidence, teamwork, and physical well-being. Both facilitators and children have attested to improved self-esteem, interpersonal relationships, and a renewed sense of hope.

Each year, the program has tackled specific aspects of psychosocial development—from trauma recovery to values formation. In the next two years, the project aims to implement:

- A mentorship program to enhance the girls' social and communication skills
- A psychological tracking system to monitor individual progress and evaluate long-term impact
- Expansion of partnerships with other organizations to broaden access to services and support



Upon completing its five-year cycle, the Psychology Program will conduct a comprehensive impact evaluation to explore future opportunities for sustained intervention and institutional support.

The Balay Banaag Banner Project proves that community-based psychological support can transform lives. It is a powerful model of how higher education institutions can play a pivotal role in safeguarding the mental well-being and future potential of society's most vulnerable. As it evolves, the project continues to give these girls not just therapy—but also hope, confidence, and a chance to thrive.