



Carlos Hilado Memorial State University

CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.



All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Nov 24-28		Intramurals 2025	Sports Affairs and Cultural Office	All students	All campuses
Nov 25	8:00 AM - 5:00 PM	Performing Arts and Literary Events	Culture and the Arts Office	All students	Function Hall, Talisay Campus
Nov 27-28	8:00 AM - 5:00 PM	Finalization of the GAD Agenda	Gender and Development Office	Faculty and staff across four campuses	Function Hall, Talisay Campus

Highlights of the Week

- CHMSU had mobilized a wave of compassion and solidarity last November 16, 2025, delivering aid to four localities in Southern Negros through its flagship initiative, CHMSUyanihan: Operasyon Bangon Quinto Distrito. CHMSU volunteers brought food packs, clean drinking water, hygiene kits, cleaning supplies, housewares, clothing, beddings, and undergarments to affected families in Isabela, La Castellana, and Moises Padilla.
- The CHMSU Alijis Campus Artisans Society proudly participated in the Negros Foot Parade and Headdress Competition in celebration of the 21st Provincial Wildlife Month held last November 17, 2025. The foot parade started at the Provincial Capitol Lagoon and Park and culminated at SM City Bacolod Northwing.
- CHMSU Binalbagan Campus, through CHMSU Istoryador kag Tunog Baybayon

Club, participated in the Sayawit para sa Kalikasan in celebration of the 21st Provincial Wildlife Month. The event took place last November 17, 2025, at SM City Bacolod Northwing, where participants showcased performances inspired by nature, culture, and the importance of preserving biodiversity.

- CHMSU Psychological Society, in collaboration with the Circle of Peers Facilitators and second-year BS Psychology students, hosted a meaningful celebration of National Children's Month last November 17, 2025, at the Multi-Purpose Gym in Talisay Campus. With the theme: "Pagdumala: Together for Children, Ending Exploitation, Securing Tomorrow," the event brought together 75 SPED students from Talisay Elementary School SPED Center for an afternoon of activities designed to promote children's rights, welfare, and protection.
- A two-day capacity building event on the Reframed Teacher Education Programs for



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faculty members and program chairpersons of the College of Education was held last November 18-19, 2025, at the Function Hall of the Talisay Campus. The two-day initiative featured distinguished speakers from the Philippine Normal University, President Bert Tuga and Vice President for Finance and Administration Lordino Vergara, who shared their insights on transformative practices in teacher education.

- The DOST Balik Scientist team, led by Dr. Andrea Roxanne Anas, Dr. Hilario Taberna Jr., and Dr. Francis Legario, paid a visit to CHMSU last November 18, 2025, held at the Conference Room of CHMSU Talisay Campus. The activity was initiated by Ricky B. Acanto, PhD, Director for Research and Development Services, as part of the University's continuing efforts to expand research directions under the Research Agenda and Community Engagement Priorities (RACEP) 2023–2027 and the PRIME_CHMSU framework.
- Students and personnel at CHMSU's Fortune Towne Campus who were severely affected by Typhoon Tino received vital assistance through the CHMSUyanihan donation drive last November 18, 2025. A total of 160 students, 11 security personnel, 7 JPA staff members, and 2 senior citizens residing outside the campus received donations from this drive initiated by C-USG Fortune Town Campuses with the support of Campus Executive Director Ruvy Tuble and volunteer faculty, staff, and students.
- Last November 19, 2025, the Office of the Guidance Services in CHMSU Talisay successfully held the 4th Freshies Moments at the Multipurpose Gym, gathering all first-year students from all programs.
- The Medical Services Unit of CHMSU Talisay Campus conducted a Drug Education and Smoking Prevention Symposium held last November 19, 2025,

for the members of the Young Hoteliers, Restaurateurs, and Entrepreneurs Association (YHREA) at the Multipurpose Gym.

DRUG ABUSE PREVENTION AND CONTROL

DRUG ABUSE PREVENTION AND CONTROL INVOLVE STRATEGIES TO REDUCE THE USE AND MISUSE OF DRUGS AND MINIMIZE THEIR HARMFUL EFFECTS ON INDIVIDUALS AND SOCIETY.

POSSIBLE REASON FOR DRUGS ABUSE

1. Peer Pressure and Social Influence: Especially among teenagers and young adults, the desire to fit in or be accepted by a group can lead to drug experimentation and eventual abuse.

2. Stress and Coping Mechanisms: People experiencing high levels of stress, anxiety, or pressure from work, relationships, or personal struggles might use drugs as a way to cope or escape.

3. Trauma and Abuse: Experiencing trauma, such as physical, emotional, or sexual abuse, can lead to substance abuse as a way of numbing or avoiding emotional pain.

Drug abuse and addiction are complex conditions involving the compulsive use of one or more substances despite harmful consequences. Addiction affects the brain's reward system, altering how individuals experience pleasure, leading to intense cravings and continued use even when it interferes with their daily life, relationships, and responsibilities.

PARENTAL INVOLVEMENT

Parental involvement is a crucial aspect of a child's development and education. It refers to the active participation of parents in their children's academic and social lives. This can include attending school events, helping with homework, communicating with teachers, and fostering a supportive home environment.

EDUCATION

Awareness education for drug abuse is a critical component of prevention strategies aimed at reducing substance misuse and its associated consequences. This type of education seeks to inform individuals, particularly young people, about the dangers of drug use, the signs of addiction, and available resources for help.

COMMUNITY PROGRAM

Community programs for drug addiction often provide essential support and resources for individuals seeking recovery.

- Outpatient Treatment Programs: These programs offer counseling and therapy sessions while allowing participants to live at home. They often include group therapy and individual counseling.

TREATMENT

Treatment for drug addiction typically involves a combination of medical, therapeutic, and support strategies.

- Therapy and Counseling: Behavioral therapies, such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), and contingency management, help individuals understand their addiction and develop coping strategies.