



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF EL SALVADOR CITY

October 16, 2023

DIVISION MEMORANDUM

No. 449, s. 2023

“Boosting Support and Life Skills: Leveraging Change”: Resiliency, Safety Planning and Prevention towards Suicide, Anxiety and Depression

To: Assistant Schools Division Superintendent
Chief, Schools Governance Operations Division (SGOD)
Elementary and Secondary School Heads
Elementary and Secondary Guidance Advocates
Elementary and Secondary Child Protection Coordinators
Elementary and Secondary DRRM Coordinators
All Others Concerned
This Division

1. Relative to **RA No. 11036, “Mental Health Act”** which mandates various educational institutions to raise awareness on mental health issues, identify and support individuals at risk, and facilitate access of individuals with mental health conditions to treatment and psychological support, and in accordance with **DepEd Order No. 40, s.2012, “The Child Protection Policy”**. This office informs the field on the conduct of the Training Workshop on **October 27, 2023 (Friday) from 8:00 a.m. to 5:00 p.m.** at McDonald Conference Room, El Salvador City.
2. This training workshop will serve as a venue to enrich the skills, knowledge, and competencies of all Guidance Advocates, Child Protection Coordinators, Disaster Risk Management Coordinators, Medical Practitioners, and School Heads in the field of mental health, referral, and protection among student learners at school.
3. The School Heads shall ensure that another teacher shall handle the classes of the teacher-participants. This memorandum will also serve as an Authority to Travel. Please refer to Annex A on the list of expected participants.
4. This office shall adhere to the Equal Opportunity Principle (EEOP), in all steps to be undertaken for this activity. Hence, all decisions and actions shall be based solely on guidelines set forth with no discrimination on age, gender and identity, sexual orientation, civil status, disability, religion, ethnicity, or political affiliation.
5. For immediate wide dissemination.

RANDOLPH B. TORTOLA
Schools Division Superintendent



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Attach the final list of participants here

Name	Designation	Official Station
Maricel Baco Rebosura	Teacher II	Hinigdaan NHS SH
Bob T. Paquinol	Head Teacher I	Hinigdaan ES
Chuchie A. Quiring	Head Teacher I	Cogon NHS
Mr. Jovel C. Labis	Head Teacher I	Himaya ES
Salvador T. Bendijo II	Head Teacher I	Himaya NHS
Sammy Tres S. Reyes	Head Teacher I	Amoros ES
Zigger E. Villahermosa	Head Teacher I	Ulaliman ES
Dr. Jessica Marie B. Ramos	Head Teacher III	Kibonbon ES
Emma B. Menirva	Head Teacher III	Cogon SHS
Nilo L. Lomongo	Head Teacher III	ESCNHS
Rosemarie U. Saguing	Head Teacher III	Sambulawan ES
Jackeline L. Ocon	Head Teacher IV	Cogon ES
Roger E. Pagayon	Head Teacher IV	Taytay ERS
Jayson Rey Romasanta	Master Teacher I	ESCNHS
JOVIT D. COMON	Master Teacher I	Sambulawan NHS
LESBINA BACO VILLOCILLO	Master Teacher I	Molugan CS
Dr. Lindo M. Cayadong	Master Teacher I	Bolisong ES
Merogim P. Mugot	Master Teacher I	Hinigdaan NHS
Charlotte J. Ytang	School Principal I	Badiangon ES
Ian Khay H. Castro	School Principal I	Molugan ES
Marivic S. Torres	School Principal I	Molugan NHS
Rebecca B. Namoc	School Principal I	Hinigdaan NHS
Dr. Melanie M. Ligutom	School Principal II	ECCS
Ma. Lou Lea C. Nob, PhD	School Principal II	Sinaloc NHS
Dr. Helen S. Palasan	School Principal III	Pedro Sa Baculio
Jovieline Pearl O. Mejila	Special Education Teacher I	ECCS



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AEROL KENT A. ALAWI	Teacher I	Cogon NHS
Angeline Vacalares	Teacher I	KIS
Arlyn V. Colicol	Teacher I	SFDA ES
Arnel A. Superable	Teacher I	KIS
BELCHEZAR A. MACALAGUING	Teacher I	Sinaloc ES
BONNY O. MACARANDAN	Teacher I	SFDA ES
Carl Neil G. Labis	Teacher I	Molugan NHS
Celia O. Taganas	Teacher I	Bolisong ES
CHRISTINE MAE B. ABUCAY	Teacher I	Bolisong ES
DARYL R. LIM	Teacher I	Taytay ES
DHAN JASON B. SAPLOT	Teacher I	Hinigdaan NHS
Earl Ronald S. Macapayag	Teacher I	Sinaloc NHS
Elda C. Geminez	Teacher I	Cogon ES
Eliane P. Estrera	Teacher I	SFDA NHS
Grace Bermudez	Teacher I	Hinigdaan NHS
Gretchen M. Rances	Teacher I	Hinigdaan Es
Imelda P. Vertudez	Teacher I	Cogon ES
Ivy Mae P. Bergado	Teacher I	SFDA ES
Jeaneth E. Naayao	Teacher I	ESCNHS
Jeziel M. Balasabas	Teacher I	Sambulawan ES
Joerigene Odette C. Neri	Teacher I	Sambulawan NHS
JOMAR N. APUS	Teacher I	SFDA NHS
KENT IAN T. SACULINGAN	Teacher I	Ulaliman ES
Kristine Grace U. Pagasijan	Teacher I	SFDA ES
Lunara June F. Cababaras	Teacher I	Ulalimam ES
Ma. Ednelyn Grace V. Enerio	Teacher I	Amoros Es
Mae B. Padios	Teacher I	Himaya ES
Maria Faye Vanessa C. Cagalitan	Teacher I	Bolisong ES
MARIGOLD L. SABUNOD	Teacher I	ECCS



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MARILOU MAÑA	Teacher I	KIS
MARISTEL C. CASTANOS	Teacher I	Sinaloc NHS
MARK FRANCISCO	Teacher I	Molugan NHS
MARY ANN BARBA	Teacher I	Sambulawan ES
MARY ANTONETH BUENAVENTURA GAMAYON	Teacher I	Himaya NHS
RAZZEL JEE M. UY	Teacher I	Cogon ES
REX D. EDROZO	Teacher I	Sinaloc NHS
REYNOLD GERALDE JR.	Teacher I	Amoros ES
RICHARD A. SABELLANO	Teacher I	ESCNHS
ROSELA A. BAHIAN	Teacher I	Pedro Sa Baculio
ROSEN P. PACUMA	Teacher I	Kibonbon ES
SARAH MAE F. CALURASAN	Teacher I	Badiangon ES
SHELA JOY CLAUDEL HUIISO - BACULIO	Teacher I	Kibonbon ES
VANESSA O. PACAMALAN	Teacher I	Taytay ES
ALITHA S.IGLORIA	Teacher II	PSB ES
JOCELYN T. MUGOT	Teacher II	Sinaloc Es
JOMER T. PAQUINOL	Teacher II	Sinaloc NHS
JONALEE S. YONGCO	Teacher II	Cogon NHS
JULNIT F. ARNAIZ	Teacher II	Ulaliman ES
LORIEBEL YASAY ESTOQUE	Teacher II	ESCNHS
MABELLE GRACE LABIS CASINO	Teacher II	Himaya NHS
MELA OMPOC	Teacher II	Sinaloc ES
RHEANEZA A. LOON	Teacher II	Cogon NHS
RUTH A. BAGAS	Teacher II	Molugan CS
RUX LLOYD JUDE T. CASINO	Teacher II	Himaya NHS
JOEY A. OCO	Teacher III	Teacher III
KAREN DESAMPERADO	Teacher III	Molugan NHS



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LYNNEL C. BOTER	Teacher III	Himaya NHS
MARK ANTHONY G. ARRIETA	Teacher III	SFDA NHS
VILMA S. VILLA	Teacher III	Molugan NHS
GLADYS GRACE H. CABELTES	Medical Officer	Division Office
CECILLE H. KHOBUNTIN	NURSE II	Division Office
VANESSA PRORES TIAD	NURSE II	Division Office
FRANZ MAYBELLE M. GAID	NURSE II	Division Office
FAITH Q. COLARTE	Guidance Counselor II	Division Office
ESMAEL V. MALACO	PDO I	Division Office
JURICA ETHEL ESTRADA	PDO II	Division Office
KAREN ROSE A. SERRANIA	SEPS HRD	Division Office
ANALYN G. FABRIA	Education Program Supervisor	Division Office
MARICRIS P. QUISMONDO	SEPS SMME	Division Office
	TWG (5)	Division Office



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Program Flow:

“Boosting Support and Life Skills: Leveraging Change”: Resiliency, Safety Planning and Prevention towards Suicide, Anxiety and Depression

Objectives:

The activity aims to cover the following:

- Learn the concepts and management of anxiety and depression as one of the leading factors of suicide;
- address the scarcity of mental health professionals specifically in schools and embracing uncertainties through resilience building;
- to give mental health wellness and suicide prevention in schools a more comprehensive approach;
- to equip participants with the tools they need to effectively identify and send students who are found to be at risk of suicide, from risk assessment through referral;

Date: October 27, 2023

Venue: McDonald Conference Room, El Salvador City

Date	Time	Activity	Venue
October 27, 2023	7:30-8:00am	Arrival/Registration	Mc Donald Conference Room, El Salvador City
	8:00-8:30am	Opening/Preliminaries Opening Message: CONNIEBEL C. NISTAL, PhD Asst. Schools Division Superintendent	
	8:30-9:00am	Keynote Message: RANDOLPH B. TORTOLA Schools Division Superintendent	
	9:00-10:30am	Topic 1- Understanding Anxiety and Depression: Coping and Building Resilience MARILOU Y. DESCALLAR, RGC EPS II HRD/Guidance Counselor II	
	10:30-12:00nn	Topic 2: Suicide Prevention, Safety Planning and Evaluation FAITH Q. COLARTE, RGC Guidance Counselor II	



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12:00-1:00 pm	Lunch Break	
1:00-2:00 pm	Energizer Workshop & Processing: Role-Playing Facilitator/s: ESMAEL V. MALACO, JR. /Child Protection Committee Members	
2:00-2:30pm	Women and Child Protection Desk Referral and Process of submitting complaints from school WCPD Resource Speaker	
2:30-3:30pm	Legal Basis: Understanding the Rights and Protection of Learners ROLLY B. LABIS, Ed.D Chief, SGOD	
3:30-4:30pm	School Heads' Role as Child Protection Committee Chairman: Guidelines and Procedures MARIVIC C. TORRES Principal II Molugan National High School	
4:30-5:00pm	Awarding of Certificates Closing Message: ROLLY B. LABIS, Ed.D Chief, SGOD	



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