



# CRHRDC

## CORDILLERA HEALTH RESEARCH AND DEVELOPMENT CONSORTIUM

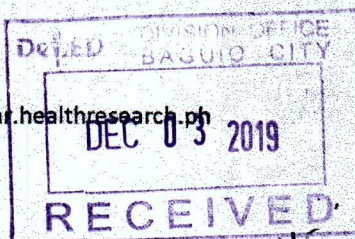
Department of Science and Technology - CAR

Km. 6, La Trinidad, Benguet

Tel. No.: (074) 422-2214

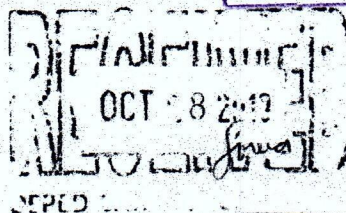
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26 November 2019

**DR. MAY B. ECLAR, CESO V**  
Regional Director  
Department of Education – CAR  
Wangal, La Trinidad, Benguet



Dear Ma'am:

Greetings from the Consortium!

The Cordillera Regional Health Research and Development Consortium (CRHRDC), through its *Research Utilization Committee (RUC)*, will be conducting the activity, "**Mental Health Forum for the Youth: #You're Not Alone**" on **December 7, 2019** (Saturday) in **Baguio City** (*venue to be announced once finalized*). This is in response to the growing concern on the rising incidence of depression and suicide among the youth in the region and the country as a whole.

The forum aims to: (1) enhance public awareness on the extent of depression and suicide as a mental health challenge among the youth; (2) provide current information about the factors influencing depression and suicide, particularly among today's adolescents; and (3) identify context-based programs and activities that will support the promotion of mental health among the youth.

In this regard, may respectfully invite **you and one (1) more participant** (*preferably the representative on Mental Health*) from your institution to be a part of this forum? Your presence is crucial in the crafting of mental health activities for our youth in the region.

Moreover, may we partner with your good office in extending this invitation to the following institutions:

NAME OF INSTITUTION		NO. OF PARTICIPANTS PER INSTITUTION
Private High School	Baguio Achievers' Academy	3
	University of Baguio Science High School	(1 Guidance Counselor/Adviser and 2 Student leaders/Student council members)
	San Jose High School	4
	King's College of the Philippines (KCP)	(1 Parent-Teacher Association Officer; 1 Guidance Counselor/Adviser; and 2 Student leaders/Student council members)
	Cordillera Career Development College (CCDC)	4
Saint Louis School Inc. Center (SLSC)	(1 Parent-Teacher Association Officer; 1 Guidance Counselor/Adviser; and 2 Student leaders/Student council members)	
Public High School	Pines City National High School (PCNHS)	3
	Philippine Science High School	(1 Guidance Counselor/Adviser and 2 Student leaders/Student council members)
	Alejo M. Pacalso Memorial National High School	4
	Cordillera Regional Science High School	(1 Parent-Teacher Association Officer; 1 Guidance Counselor/Adviser; and 2 Student leaders/Student council members)
	Benguet National High School - Main	4
Baguio City National High School (BCNHS)	(1 Parent-Teacher Association Officer; 1 Guidance Counselor/Adviser; and 2 Student leaders/Student council members)	
Total		42

The registration is free. Meals and snacks will be shouldered by the Consortium. For your queries and other information, please contact our staff, Mr. Carlson Dave C. Bolinto, at Mobile No. 0933-025-3772; Tel. No. (074) 422-2214; or E-mail at [crhrdccc@gmail.com](mailto:crhrdccc@gmail.com).







# CHRD-C

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Department of Science and Technology - CAR

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E-mail: [crhrdcar@gmail.com](mailto:crhrdcar@gmail.com)

Website: [car.healthresearch.ph](http://car.healthresearch.ph)

Our collective effort is important to advance our mental health initiatives in the region. Thank you very much and we look forward to your participation in this endeavor.

Sincerely,

**MARIA ROWENA C. MADARANG**  
Consortium Director

To: All School Administrators, Principals & Teachers In-Charge  
(Elementary & Secondary)  
FOR YOUR INFORMATION & APPROPRIATE ACTION  
  
**MARIE CAROLYN B. VERANO, CESO VI**  
Schools Division Superintendent

Republic of the Philippines  
DEPARTMENT OF EDUCATION  
CORDILLERA ADMINISTRATIVE REGION  
Wangal, La Trinidad, Benguet

November 19, 2019

To : **Schools Division Superintendents**  
Division of Baguio City & Benguet

For information and appropriate action.

DEPED-CAR

**MAY B. ECLAR, Ph.D., CESO V**  
Regional Director

ESSD/ABG/mba

**RELEASED**  
DEC 03 2019





# MENTAL HEALTH FORUM FOR THE YOUTH: #YOU'RE NOT ALONE

December 7, 2019 (Saturday)

Baguio City

## TENTATIVE PROGRAM

TIME	ACTIVITY	KEY PERSON/S
7:30 - 8:00 AM	Registration	RUC / Secretariat
8:00 - 8:15 AM	<b>Opening Ceremonies</b> National Anthem Invocation Introduction of Participants	RUC / Secretariat
8:15 - 8:30 AM	Opening Remarks	MS. MARIA ROWENA C. MADARANG <i>Consortium Director</i>
8:30 - 8:45 AM	Message	Guest 1
8:45 - 9:00 AM	Message	Guest 2
<b>PART I: Evidence-Based Presentations on Depression/Suicide</b>		
9:00 - 9:30 AM	<b>Extent of the Problem on Adolescent Depression/Suicide</b> (Global and Local Contexts)	DOH - CAR
9:30 - 10:00 AM	<b>Neurobiological Influences to Adolescents' Behavior and its Implications</b>	MS. RUFINA C. ABUL <i>Saint Louis University - School of Nursing</i>
10:00 - 10:30 AM	<b>Psycho-Social Factors of Depression/Suicide Among Adolescents and its Implications</b>	MR. JOJET LAMBERTO R. MONDARES, RPsy, RPm <i>Psychstart Psychological, Academic and Arts Services</i>
10:30 - 11:00 AM	<b>Depression/Suicide-Related Study in CAR: Findings</b>	PROF. RUTH S. BATANI <i>Benguet State University</i>
11:00 - 11:30 AM	<b>Mental Health Law (RA 11036) and its IRR</b>	DOH - CAR
11:30 - 12:00 NN	Open Forum	MS. MA. EMELIE G. DAQUIPIL <i>National Economic and Development Authority - CAR</i>
12:00 - 1:00 PM	LUNCH BREAK	
<b>PART II: Workshop and Call to Action</b>		
1:00 - 1:20 PM	Presentation of Workshop Design	DR. DONNABEL TUBERA-PANES <i>City Health Services Office</i>
1:20 - 3:30 PM	Workshop Proper	Workshop Groups: a. Youth b. Parents - Teachers Association c. Service Providers d. NGOs / Private Institutions e. Youth Leaders f. Policy Makers
3:30 - 4:30 PM	Presentation of Workshop Outputs	
4:30 - 4:45 PM	Call to Action	DR. DONNABEL TUBERA-PANES <i>City Health Services Office</i>
4:45 - 5:00 PM	Closing Remarks	DR. AMELITA M. PANGILINAN <i>Co Chair, CRHRDC</i>



