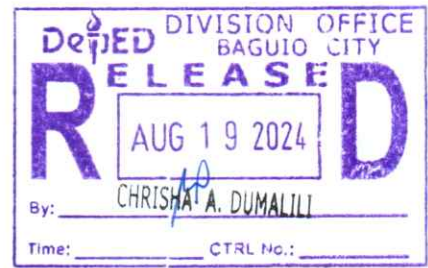




Republic of the Philippines
Department of Education
 Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



August 19, 2024

DIVISION MEMORANDUM

No. **453-2024**

CAPACITY BUILDING ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES (MHPSS) AND SUICIDE PREVENTION IN SCHOOLS

To: OIC-Assistant Schools Division Superintendent
 CID and SGOD Chief Education Supervisors
 Education Program Supervisors
 Public Schools District Supervisors
 Public Elementary and Secondary School Heads
 All Others Concerned

1. Republic Act 11036 or the National Mental Health Act of the Philippines states that the State commits itself to promoting the well-being of people by ensuring that: mental health is valued, promoted, and protected; mental health conditions are treated and prevented; timely, affordable, high-quality, and culturally- appropriate mental health care is made available to the public. DepEd MATATAG Agenda includes "taking good care of learners by promoting learning well-being inclusive education, and a positive learning environment, and giving support to teachers to teach better".

2. With the forgoing, SDO-Baguio City through the School Health and Nutrition Section will conduct a Capacity Building on Mental Health and Psychosocial Support Services (MHPSS) and Suicide Prevention in Schools in two batches to wit:

Batch	Date	Venue	Participants
Batch 2	September 4-6, 2024	To be announced	SDS, ASDS, SGOD Chief, PSDSs, SHs, AO III, and TWG
Batch 1	September 18-20, 2024	SDO-Baguio City Conference Hall	Medical Personnel, Guidance Counselors, PDO and AO

3. The objectives of the activity are:

3.1. To train the Non-Teaching Personnel (supervisors, school heads, guidance counselors, health staff, administrative officers and other mental health professionals) to be effective gatekeepers in the school setting to prevent suicidal cases within the community

3.2. To enhance the participants' knowledge of suicide and self-harm.

3.3. To provide the participants with an assessment tool to identify and classify students at-risk or those that need immediate intervention

3.4. To learn how to do Mental Health and Psychosocial Support Services (MHPSS) when need arises.



Address: 82 Military Cutoff Rd, Baguio, Benguet, 2600

Telephone No.: (074) 665-1231

Email Address: baguio.city@deped.gov.ph





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4. Identified participants according to their office/position are advised to confirm their participation by filling up the confirmation form through this links – <https://tinyurl.com/DivisionMHPSSBatch1> for Batch 1 and <https://tinyurl.com/DivisionMHPSSBatch2> for Batch 2 and submit the same on or before August 24, 2024.
5. Attached to this memorandum are the list and number of participants and the training matrix as enclosures 1 and 2 respectively.
6. For more inquiries, please contact the focal person Mary Libeney C. Sito, MD, MO IV at her mobile number 09601040280 or email address marylibeney.sito@deped.gov.ph
7. Immediate and wide dissemination of this memorandum is desired.

SORAYA T. FACULO PhD, CESO VI
Assistant Schools Division Superintendent
OIC-Schools Division Superintendent

Digitally signed by Faculo Soraya
Tudlong
Date: 2024.08.19 15:31:57 +08'00'



Address: 82 Military Cutoff Rd, Baguio, Benguet, 2600
Telephone No.: (074) 665-1231

Email Address: baguio.city@deped.gov.ph

DepEd Tayo Baguio City

<https://depedpines.com>



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Enclosure 1 to DM No. _____

A) LIST OF PARTICIPANTS FOR BATCH 2 (September 4-6, 2024)

Participants	Male	Female	Total
SDS		1	1
ASDS		1	1
SGOD Chief	1		1
TIC	4	6	10
HT I	1	3	4
HT II	1	1	2
HT III	2	5	7
HTVI	5	5	10
P1	6	19	25
PII	3	9	12
PIII	2	4	6
PIV	3	1	4
PSDS	3	6	9
AO III	1	13	14
TWG	2	8	10
Total	34	82	116

B) LIST OF PARTICIPANTS FOR BATCH 1 (September 18-20, 2024)

Participants	Male	Female	Total
SDS		1	1
ASDS	1		1
SGOD Chief		1	1
Medical Officer	1	3	4
Guidance Counselor III	1	6	7
Dentist II	2	4	6
Nurse II	2	14	16
AO II	15	15	30
PDO		7	9
AA II		1	1
Total	24	51	75



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Enclosure 2 to DM No. _____

TRAINING MATRIX

**Day 1: September 4, 2024 for Batch 2, September 18, 2024 for Batch 1
(Introduction)**

Time	Activity/Session	Methodology	Focal Person/Speaker
7:30-8:00 AM	Arrival and Registration		Training TWG
8:01-8:30 AM	Opening program		
8:31-8:50 AM	Pre-assessment	Online/Paper and pencil	
8:51-9:00 AM	Introduction to Mental Health	Lecture	Mary Libeney Sito, MD
9:01-10:00 AM	Situation in Schools	Lecture, Q&A	Mary Libeney Sito, MD
10:01-10:20 AM	Health Break		Hotel/Venue Management
10:21-12:00 NN	Session 1: The Mental Health Law	Lecture, Group Discussion	Liza Ngao, RGC
12:01-1:00 PM	Lunch Break		Hotel/Venue Management
1:01-3:00 PM	Session 2: Mental Health and Common Mental Health Disorders	Lecture, Group Discussion, Workshop	Liza Ngao, RGC
3:01-3:20 PM	Health Break		Hotel/Venue Management
3:21-5:00 PM	Continuation of Session 2	Lecture, Group Discussion, Workshop	Ricky Ducas, RN, PhD.

**Day 2: September 5, 2024 for Batch 2, September 19, 2024 for Batch 1
(Introduction to Basic Skills)**

Time	Activity/Session	Methodology	Focal Person/Speaker
8:00-8:20 AM	Management of Learning (MOL)	(Creative/variety)	Medical Group
8:21-8:30 AM	Intro to Chapter 2: Crisis Interventions (MHPSS)	Lecture	Liza Ngao, RGC
8:31-10:00 AM	Session 1: Basic Counselling Skills	Lecture, Demonstration, simulation	Liza Ngao, RGC



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10:01-10:20 AM	Health Break		Hotel/Venue Management
10:21-12:00 NN	Session 2: Psychological First Aid	Lecture, Demonstration, simulation	Mary Libeney Sito, MD
12:01-1:00 PM	Lunch Break		Hotel/Venue Management
1:01-2:00 PM	Session 3. Suicide Education and Awareness Suicide and the School	Lecture, group discussion	Liza Ngao, RGC
2:01-2:10 PM	Chapter 2 Summative Test	Online/Paper and pencil	Training TWG
2:11-2:30 PM	Introduction to Chapter 3: Suicide Prevention and Management	Lecture, group discussion	Ricky Ducas, RN,PhD.
2:31-3:00 PM	Session 1: Suicidology Presentation of Group Case Simulation, Case Assignments, Group Discussion	Lecture, group discussion, Q&A, Simulation	Ricky Ducas, RN,PhD.
3:01-3:20 PM	Health Break		Hotel/Venue Management
3:21-4:00 PM	Continuation of Session 1	Lecture, group discussion, Q&A, Simulation	Ricky Ducas, RN,PhD.
4:00-4:50 PM	Presentation by Groups Sharing of observations	Group presentations	Training TWG
4:51-5:00 PM	Chapter 3 Summative Test	Online/Paper and pencil	Training TWG

Day 3: September 4, 2024 for Batch 2, September 18, 2024 for Batch 1
(Advance Skills)

Time	Activity/Session	Methodology	Focal Person/Speaker
8:00-8:20 AM	MOL	(Creative/innovative)	Guidance Counselors Group
8:21-10:00 AM	Chapter 4: Intervention, Referral and Postvention (Part 1 and Part 2)	Lecture, group discussion	Liza Ngao, RGC
10:01-10:10 AM	Summative Test	Online/Paper and pencil	Training TWG
10:11-10:30 AM	Health Break		Hotel/Venue Management



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10:31-12:00 NN	Self-care	Lecture, group discussion	Mary Libeney Sito, MD
12:01-1:00 PM	Lunch Break		Hotel/Venue Management
1:01-3:00 PM	Chapter 5: Simulation and Practicum	Simulation, group discussion	Training TWG
3:01-3:20	Health Break		Hotel/Venue Management
3:21-4:00 PM	Closing Program and Awarding of Certificate to Training Facilitators and Certificates of Participation to the Participants	(Creative/innovative)	Training TWG
4:01 PM onwards	Departure		