

#### Republic of the Philippines

# Department of Education cordillera administrative region schools division of BAGUIO CITY



September 4, 2024

#### **DIVISION MEMORANDUM**

No. 486-2024

#### ADDENDUM TO AND UPDATES ON DM NO. 453, S. 2024

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. With the adjustment on the schedule and the finalization of the venue and list of participants, resource speakers and the composition of the technical working group (TWG), the following are hereby provided as an amendment and supplemental information to Division Memorandum No. 453, s. 2024, dated August 19, 2024, Capacity Building on Mental Health and Psychosocial Support Services (MHPSS) and Suicide Prevention in Schools:

a) Final dates, venues and participants;

Batch	Date	Venue	Participants
Batch 2	September 10- 12, 2024	Brentwood Apartelle, #85 Brentwood Village M. Roxas Street Baguio City	PSDSs, SHs, AOs, ADASs, Other Personnel and TWG
Batch 1	September 18- 20, 2024	SDO-Baguio City Conference Hall	Medical Personnel, Guidance Counselors, PDOs, AOs, Other Personnel and TWG

- b) List of participants, resource speakers and TWG members for batches 1 and 2 attached as enclosures 1 and 2
- c) Final training matrix/program attached as enclosure 3
- 2. Confirmed participants to this training **must** attend the said activity. Those who fail to participate shall shoulder the training cost payable to the service provider.
- 3. 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
- Immediate and wide dissemination of this memorandum is desired.

SORAYA T. FACULO. Phd., CESO VI

Assistant Schools Division Superintendent OIC-Schools Division Superintendent

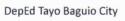








Telephone No: (074) 665-1231







# Republic of the Philippines **Department of Education**CORDILLERA ADMINISTRATIVE REGION

Enclosure 1 to DM No. 486, s. 2024

## List of Participants for the MHPSS Capability Building Batch 1 TECHNICAL WORKING GROUP FOR BATCH 1

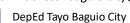
No.	NAME	SEX	OFFICE/SCHOOL	POSITION/DESIGNATION
1	Alban, Aiza B.	Female	Bonifacio ES	Administrative Officer II
2	Almonte, Cloudeth L.	Female	BCS/ JCES/ AES	PDO
3	Alo, Reymart A.	Male	Manuel A. Roxas ES	PDO
4	Ananayo,Roy A.	Male	SDO-Baguio City	Dentist II
5	Ayyang, Delfin S.	Male	Fort Del Pilar ES	Administrative Officer II
6	Bacoco, Mary Gracelle	Female	San Vicente NHS	Administrative Assistant II
7	Badol, Marie Liza T.	Female	Dontogan Elementary School	Administrative Officer II
8	Balanon, Rhodelia J.	Female	Baguio City Nhs	Guidance Counselor
9	Bartolome, Jamie Lou D.	Female	Dominican-Mirador ES	Administrative Officer II
10	Base, Agapita K.	Female	Mil-An National High School	Guidance Counselor
11	Bautista, Eleonor Grace V.	Female	San Carlos Heights ES	Administrative Officer II
12	Bautista, Mary Nadelaine S.	Female	Doña Aurora NHS	Admin. Assistant II
13	Busaing, Beverly, S.	Female	Quirino Hill Elementary School	Administrative Officer II
14	Cabasan, Erwin Ancheta	Male	Baguio City NSHS	Head Teacher 1
15	Calabias, Leah Marie E	Female	Loakan ES	PDO
16	Cister, Jillian Joy K.	Female	Baguio Country Club Village ES	Administrative Officer II
17	Codley, Isheen Leva B.	Female	Hillside National High School	Administrative Officer II
18	Cosi, Fevie B.	Female	Kias Elementary School & Fort Del Pilar National High School	Administrative Officer II
19	Dacay, Djaizelle P.	Female	Mabini ES	Administrative Officer II
20	Dawayen, Dana Raella Caasi	Female	SDO-Baguio City	Dentist I
21	De Vera, Jojit F.	Female	SDO-Baguio City	Nurse II- Mental Health Coordinator
22	Dumalsin. Paul Ellison S.	Male	Joaquin Smith NHS	Administrative Officer II
23	Estepa, Mary Joyce B.	Female	Quezon Hill NHS	Guidance Designate
24	Estigoy, Christina L.	Female	Lindawan ES/NHS	Administrative Officer II
25	Fagyan, Bonnaih D.	Female	San Luis ES	Administrative Officer II
26	Flordeliza, Rachell C.	Female	Baguio City SPED Center	Administrative Officer II
27	Fortea, Apple Joy T.	Female	Bakakeng Elementary School	Administrative Officer II





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## Republic of the Philippines Department of Education

#### CORDILLERA ADMINISTRATIVE REGION

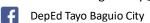
28	Gacutan, Julienne Mae A	Female	Camp 7 Elementary School	Administrative Officer II
29	Garcia, Rachelle, D.	Female	Springhills Elementary School	Administrative Officer II
30	Gervero, Marivic M.	Female	Baguio City NHS	Nurse II
31	Godoy, Aljetcortez	Male	Pines City NHS	Dental Aide (SDRRM)
32	Gomez, Olivia O.	Female	SDO-Baguio City	Planning Officer III
33	James, Myline P.	Female	Baguio City High School	Administrative Officer IV
34	Lagasca, Maria Suzzette S.	Female	Alfonso Tabora ES	Administrative Officer II
35	Libangen, Lester Kun	Male	Doña Nicasia J. Puyat ES	Administrative Officer II
36	Lomas-E, Lorraine Marc B.	Female	Rizal Elementary School	Administrative Officer II
37	Lomasok, Catalina A.	Female	Sto. Tomas Elementary School	Administrative Officer II
38	Macedonio, Amy B.	Female	Quezon Hill Elementary School	MHP (Mental Health Coordinator)
39	Manzano, Evangeline C.	Female	SDO-Baguio City	Nurse II
40	Maribel T. Belgica	Female	Guisad Valley NHS	Guidance Counselor
41	Matulay Honorio	Male	SDO-Baguio City	Dental Aide
42	Mayao, Sherielyn B.	Female	Pinsao/Pinget,Quezon Hill NHS	PDO
43	Mendoza, Elvie O.	Female	PCNHS/SDO- Baguio City	Administrative Aide IV/TWG
44	Miranda, Shyragail C.	Female	SDO-Baguio City	Nurse II
45	Montemayor , Mary Ann G.	Female	SDO-Baguio City	Nurse II
46	Naron, Airah Kaye D.	Female	Manuel L. Quezon ES	Administrative Officer II
47	Ocyo, Mary K.	Female	Happy Hollow NHS	Admin. Assistant II
48	Olatic, Rodalyn B.	Female	DAES, DNJPES, DMMES	PDO
49	Ongngad, Aira Mae L.	Female	Rizal NHS	PDO
50	Orpiano,Jenny P.	Female	Pines City NHS	Dentist I
51	Palasi,Brigitte D.	Female	SDO-Baguio City	Nurse II
52	Panglao, Maria Trinidad M.	Female	Baguio City High School	Guidance Counselor
53	Pantaleon, Myrna, B.	Female	Don Mariano Marcos ES	Guidance Counselor
54	Pasul, Evelyn A.	Female	Crystal Cave Integrated School	Administrative Officer II
55	Pedralvez, Louisa, W.	Female	SPED Center	PDO
56	Rabara-Aquino, Elsa M.	Female	Don Mariano Marcos ES	Administrative Officer II
57	Romero, Glaire, T.	Female	Baguio City High School	Administrative Officer II
58	Sapalong, Ferdinand, S.	Male	Dontogan ES	PDO





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## Republic of the Philippines

## Department of Education

	CC	ORDILLER	RA ADMINISTRATIVE REGION
L 1			

59	Sebastian, Sarah Joy Flores	Female	Quezon Hill ES	PDO
60	Tadeja, Rhoma, P.	Female	Quezon Hill NHS	AA IV (Clerk II)
61	Tano, Alma Vissia B.	Female	SDO - Baguio City	Nurse II
62	Tongyofen, Lesli N.	Female	Baguio City NSHS	Administrative Officer II
63	Tudias, Benjamin Jr., L.	Male	Brookspoint Elememtary School	Administrative Officer II
64	Ursabia Juliet Arzadon	Female	SDO- Baguio City	Nurse II
RESC	OURCE SPEAKERS:			
65	Sito, Mary Libeney C.,	Female	SDO- Baguio City	Medical Officer IV/
03	MD	i Gillale	SDO- Bagdio Oity	MH Coordinator
66	Soriano, Eldon Harris B., RGC	Male	Pines City National High School	Guidance Counselor
67	Ngiao, Liza A., RGC,LPT	Female	Office of Counseling and Guidance UP Baguio	Guidance Services Specialist
68	Mary Pauline E. Namoca, PhD Clin Psych, RPsy, LPT	Female	Saint Louis University	Dean, School of Teacher Education and Liberal Arts
68	Wilfredo B. Mina, LPT, RGC	Male	San Pablo Seminary	Guidance Counselor/ Formator & Adviser, PGCA - CAR Chapter

Committee	Persons-in-Charge	Roles and Responsibilities
Registration and	De Vera, Jojit	-Takes charge of registration and daily attendance
Attendance	Manzano, Evangeline	-Coordinates with the Program Manager on the
	Mendoza, Elvie	submission of required documents
Welfare	De Vera, Jojit	-Coordinates with the caterer/supplier for the
	Mendoza, Elvie	delivery/serving of food
		-Coordinates with medical officer/s in case of health concerns
Facilitators	Day 1: Soriano, Eldon Harris	- Introduce and assists the speaker during the session
	Day 2: Mendoza, Elvie	-Prepares materials for the session if necessary
	Day 3: Montemayor, Mary Ann	-Facilitate the sessions
Inspectorate Team	De Vera, Jojit	-Checks on the completeness of the meals and snacks served
	Manzano, Evangeline	-Signs inspection report and other liquidation papers
Program	Mary Libeney C. Sito	-Prepare and submit the training design/proposal with PR and other
Manager/Overall		procurement documents
Chairperson		-Coordinate the venue and logistics, speakers/resource Persons and
		other resources needed
Assistant Program	Jojit De Vera	-Manage the actual conduct of the activity
Manager		-Prepare and submit accomplishment report and necessary supporting
		documents for liquidation after the activity.

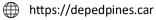




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# Republic of the Philippines **Department of Education**CORDILLERA ADMINISTRATIVE REGION

Enclosure 2 to DM No. 486, s. 2024

List of Participants for the MHPSS Capability Building Batch 2

List o	List of Participants for the MHPSS Capability Building Batch 2				
No.	NAME	SEX	OFFICE/SCHOOL	POSITION/ DESIGNATION	
1	Acop, Helen C.	Female	Lucban Elementary School	Principal III	
2	Adolfo, Jane L.	Female	Baguio Country Club Village ES	Principal I	
3	Aguilar, Conrado Jr D.	Male	Lucban Elem. School	Admin Assistant III	
4	Alban, Robert B	Male	Aguinaldo Elementary School	Administrative Officer II	
5	Alberto, Elizabeth B.	Female	RIZAL ES- Liteng Extension	TIC- Teacher III	
6	Aliga, Jeffrey F.	Male	Irisan National High School	Head Teacher I	
7	Alingbas, Mel, W.	Male	Lucban Elementary School	Administrative Officer II	
8	Andayan, Maria Joan D.	Female	Baguio City NSHS	Principal II	
9	Annawi, Ligaya N.	Female	Dona Josefa Elementary School	Principal II	
10	Aspuria, Edward Oliver A	Male	Fort del Pilar Elementary School	Admin Assistant II	
11	Balutoc, Lilybeth B.	Female	Fort del Pilar NHS	Principal II	
12	Bangse-II, Arian C.	Female	SDO Baguio	Administrative Officer IV	
13	Bantic, Gina S.	Female	Magsaysay Elementary School	Administrative Officer II	
14	Basing-At, Christopher D	Male	Pinsao National High School	Head Teacher I	
15	Beloken, Decky M.	Male	Holy Ghost Extension ES	Teacher-in-Change	
16	Biligan, Julia A	Female	Crystal Cave Integrated School	Principal I	
17	Bisquera, Annie Laurie W.	Female	Pacday Quinio ES	Principal II	
18	Biteng,Wilma S.	Female	Mabini Elementary School	Principal II	
19	Bohol, Randy R.	Male	Pinsao Elementary School	Administrative Officer II	
20	Botis, Teodora B.	Female	Manuel A Roxas ES	Principal II	
21	Bugtong, Santiago L.	Male	SDO Baguio City-CID	PSDS	
22	Bulay, Estrella B.	Female	Dona Aurora Elementary School	Principal I	
23	Cachero, Marife O.	Female	Adiwang Elementary School	Administrative Officer II	
24	Cacho, Engelbert A.	Male	Happy Hollow ES	Administrative Officer II	
25	Cael, Florida F.	Female	Doña Aurora H. Bueno ES	Principal I	





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## Republic of the Philippines **Department of Education**

### CORDILLERA ADMINISTRATIVE REGION

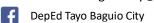
26	Carbonel, Belin A.	Female	Quezon Hill Elementary School	Administrative Officer II
			•	
27	Casim, Lucia T.	Female	Pinget National High School	Principal I
28	Castillo, Sharon Christianie R.	Female	Fort del Pilar Elementary School	Principal III
29	Catiyan, Gloria A.	Female	Kias Elementary School	Principal I
30	Catungal, Leonila C.	Female	Sto. Tomas ES	Principal I
31	Caya-os, Jackson Tang	Male	Baguio Central School	Principal II
32	Cayat, Randy, P	Male	Springhills Elementary School	Teacher-in-Charge
33	Celeste, Joan Marie	Female	Bonifacio Elementary School	Admin. Assistant III
34	Colingan, Paul F.	Male	Pines City National High School	Head Teacher VI
35	Copiling, Riona B.	Female	Dona Aurora NHS	Principal I
36	Copsiyan Soledad E.	Female	PCNHS-SHS	Head Teacher VI
37	Daniwis, Dennis E.	Male	Dona Aurora Elementary School	Administrative Officer II
38	De Vera, Jojit	Female	SDO Baguio City	Nurse II-MH Coordinator
39	Dizon, Rosanna D.	Female	SDO-CID	PSDS
40	Doriano, Stephen C.	Male	Lindawan National High School	Head Teacher I
41	Dumalili, Nancy B.	Female	SDO-CID	PSDS
42	Dupo, Jeany C.	Female	Pines City NHS	Head Teacher VI
43	Edward C. Vicente	Male	Guisad Valley NHS	Principal III
44	Eguia, Phoebe F.	Female	Josefa Cariño ES	Administrative Officer II
45	Escobar, Nemhel D.	Male	Elpidio R. Quirino ES	Administrative Officer II
46	Espregante, Cherielyn C.	Female	Pines City NHS	Head Teacher IV
47	Estigo, Alona C.	Female	Don Mariano Marcos ES	Teacher-in-Charge
48	Estigoy, Joseph A.	Male	Elpidio R. Quirino Elementary School	Principal IV
49	Fangkingan, Salome P.	Female	Guisad Valley NHS	Head Teacher I
50	Fernandez, Victor A.	Male	Dominican Mirador NHS	Principal I
51	Fianza, Jacqueline L.	Female	Dontogan Elementary School	Principal I
52	Fiao-Ag, Ezra C.	Female	SDO-Baguio City Acctg, Office	Administrative Officer III
53	Galera, Sharon Joy C.	Female	Doña Aurora H. Bueno ES	Admin. Assistant III
54	Gapasin, Rey D.	Male	SDO Baguio City	PSDS
55	Garcia, Jimmy Jr., B	Male	Bakakeng Elementary School	Principal I
56	Gayao, Danilo P.	Male	Pines City NHS	Principal IV





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# Republic of the Philippines Department of Education ORDINEERA ADMINISTRATIVE RECION

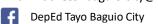
	CORDILLERA ADMINISTRATIVE REGION					
57	Gonzalo, Nickcarter Junior, C.	Male	Quezon Hill NHS	Head Teacher I		
58	Grande, Ellen F.	Female	San Carlos Heights ES	Principal I		
59	Guevara, Jayrerose S.	Female	SDO-CID	PSDS		
60	Guinumtad, Joeferino M.	Male	Pines City NHS	Head Teacher VI		
61	Hull, Alma D.	Female	Pinsao NHS	Administrative Officer II		
62	Joan Marie Celeste	Female	Bonifacio Elementary School	Admin. Assistant III		
63	Kidian, Johnny A.	Male	Irisan National High School	Head Teacher I		
64	Kunayon, Zenaida L.	Female	Dominican-Mirador ES	Principal I		
65	Lacana, Jeannette T.	Female	Magsaysay Elementary School	Principal I		
66	Lachica, Samuel D.	Male	Camp 7 Elementary School	Head Teacher III		
67	Lami Ing, Marcial L.	Male	Rizal National High School	Principal II		
68	Lomas-E, Agnes P.	Female	Happy Hollow ES	Head Teacher III		
69	Lomas-E, Lourdes B.	Female	District 6, SDO Baguio	PSDS		
70	Lomboy, Gemma N.	Female	Gibraltar Elementary School	Principal II		
71	Lucas, Marlyn D.	Female	San Vicente NHS	Head Teacher I		
72	Mangannay, Elena C.	Female	Magsaysay NHS	Administrative Aide IV		
73	Manzano, Rommel L.	Male	Baguio City SPED EC	Principal III		
74	Marzo, Rosie Beel A.	Female	SDO-Baguio City, CID	PSDS		
75	Masidong, Alice B.	Female	Pinget Elementary School	Principal I		
76	Mayanggao, Primo Jr. P.	Male	Irisan National High School	Head Teacher I		
77	Milan, Alice D	Female	San Vicente Elementary School	Administrative Officer II		
78	Musni, Alyssa T.	Female	Mabini Elementary School	Admin. Assistant II		
79	Ngagan, Lesner A.	Male	Bakakeng NHS	Administrative Officer II		
80	Ngayawon Warren I	Male	Alfonso Tabora ES	Head Teacher I		
81	Ngolab, Jane Marie M.	Female	Mil-an National High School	Principal I		
82	Nicolas, Benjie- Melchor L.	Male	Lindawan Elementary School	Head Teacher I		
83	Nicolas, Jofelyn P.	Female	San Vicente NHS	Head Teacher I		
84	Niwane, Jordan, O.	Male	Fairview Elementary School	Teacher In-charge		
85	Olba, Omar D.	Male	Holy Ghost Extension ES	Administrative Officer II		
86	Padlan, Ofelia, B.	Female	Pines City NHS	Administrative Officer IV		





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## Republic of the Philippines Department of Education

#### CORDILLERA ADMINISTRATIVE REGION

CORDILLERA ADMINISTRATIVE REGION					
87	Palsi, Maria O.	Female	Quezon Hill Elementary School	Principal II	
88	Pascaden, Jason W.	Male	Sto. Tomas NHS	Head Teacher II	
89	Pascua, Janet B.	Female	Happy Hollow NHS	School Head/ ASPII	
90	Pedro, Octavia M.	Female	Dona Nicasia J Puyat ES	Principal I	
91	Posadas. Cherish	Female	Rizal National High School	Admin. Assistant III	
92	Pucdihon, Ester Hydie L.	Female	Aguinaldo Elementary School	Principal III	
93	Quino Remedios P	Female	Rizal Elementary School	Principal IV	
94	Sagalla, Philip B.	Male	Quirino Hill Elementary School	Principal I	
95	Santos, Jimmy, S.	Male	SGOD-P&R	SEPS-SGOD	
96	Sillatoc, Marie Domawa	Female	Pinsao Elementary School	Principal II	
97	Sumipit, Geraldine	Female	Pines City National High School	Head Teacher VI	
98	Tacay,Genar P	Male	San Luis Elementary School	Head Teacher III	
99	Tami-ing Marilyn S.	Female	SDO- Baguio City	PSDS	
100	Tigcangay,Raquel Janelle S.	Female	Pinget Elementary School	Administrative Officer II	
101	Torres, Patricia Veronica B.	Female	Gibraltar Elementary School	Administrative Officer II	
102	Turquero, Queencie Valerie T.	Female	Sto. Tomas NHS	Admin Assistant II	
103	Ulatan, Virginia T.	Female	Pines City NHS	Head Teacher VI	
104	Vicente, Edward C.	Male	Guisad Valley NHS	Principal III	
105	Vinluan, Lillie A.	Female	San Vicente ES	Principal I	
106	Walsiyen, Jerry D	Male	Jose P. Laurel ES	Principal I	
107	Ymson, Jerry C.	Male	SDO Baguio	Education Program Supervisor	
RESC	OURCE SPEAKERS:				
108	Sito, Mary Libeney C., MD	Female	SDO- Baguio City	Medical Officer IV/ MH Coordinator	
109	Luy, Jezer-Bon S., RPN	Male	DOH-CAR	Health Program Officer	
110	Ngiao, Liza A., RGC,LPT	Female	Office of Counseling and Guidance UP Baguio	Guidance Services Specialist	
111	Wilfredo B. Mina, LPT, RGC	Male	San Pablo Seminary	Guidance Counselor/ Formator & Adviser, PGCA - CAR Chapter	

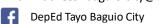




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#### Republic of the Philippines

### Department of Education

#### CORDILLERA ADMINISTRATIVE REGION

#### TECHNICAL WORKING GROUP FOR BATCH 2

Committee	Persons-in-Charge	Roles and Responsibilities
Registration	Jojit De Vera	Takes charge of registration and daily attendance
and	Dizon, Rosanna D.	Coordinates with the Program Manager on the submission of
Attendance		required documents
Welfare	Jojit De Vera	Coordinates with the caterer/supplier for the delivery/serving
	Mary Libeney Sito, MD	of food
		Coordinates with medical officer/s in case of health concerns
Facilitators	Day 1: Guevara, Jayrerose S.	Introduce the speaker
	Day 2: Dizon, Rosanna D.	Assists the speaker during the session
	Day 3: Dumalili, Nancy B.	Prepares materials for the session if necessary
		Facilitate the sessions
Inspectorate	Guevara, Jayrerose S.	Checks the completeness of the meals and snacks served
Team	Dumalili, Nancy B.	Signs inspection report and other liquidation papers
Program	Mary Libeney C. Sito	-Prepares and submits the training design/proposal with
Manager/		PR and other procurement documents
Overall		-Coordinate the venue and logistics, speakers/resource
Chairperson		Persons and other resources needed
		-Manage the actual conduct of the activity
Assistant	Jojit De Vera	-Prepares and submits accomplishment report and necessary
Program		supporting documents for liquidation after the activity.
Manager		





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#### You Will Be Found

So maybe let that feeling wash away
Maybe there's a reason to believe you'll be
okay
'Cuz when you don't feel strong enough to
stand

You can reach out your hand

And oh, someone will coming running
And I know, they'll take you home
Even when the dark comes crashing through
when you need a friend to carry you
when you're broken on the ground
You will be found

So let the sun come streaming in Cuz you'll reach up and you'll rise again Lift your head off the ground and look around You will be found (4X)

There's a place where we don't have to be alone

Every time that you call out You're a little less alone If you only say the word Across the silence Your voice is heard

Even when the dark comes crashing through
When you need a friend to carry you
When you're broken on the ground
You will be found
So let the sun coming streaming in
Cuz you'll reach up and you'll rise again
If you only look around
You will be found (3X)
Out of the shadows, morning is breaking
All is new, all is new

Suddenly I see that All is new, all is new You are not alone (6X)

Even when the dark comes crashing through
And you need someone to carry you
When you're broken on the ground
You will be found
When the sun comes streaming in
You'll reach up and you'll rise again
If you only look around
You will be found (3X)

### Pledge of Commitment

I \_\_\_\_\_\_\_, as an educator, recognize the profound impact I have on the lives of my students, colleagues, and communities.

Embracing the spirit of Ubuntu—"I am because we are"—I commit to fostering a nurturing and supportive environment where every individual feels valued and connected.

I pledge to advocate for mental health, championing awareness, reducing stigma, and fostering open conversations. I will build a community of care, creating safe and inclusive spaces that encourage collaboration and mutual support.

I will offer compassion, empathy, and encouragement to those in need, leading by example with resilience and positivity as sources of light. By embracing our interconnectedness, I uphold the belief that our strength lies in our unity and shared humanity.

I commit to continuous learning, continuing education in mental health advocacy, and staying informed about best practices.

I will support the holistic development of our students, addressing their emotional, social, and psychological needs alongside academic growth, and promote resilience and empowerment by equipping individuals with the tools to navigate challenges.

Lastly, I will promote equity and inclusion, ensuring that mental health resources are accessible to all and advocating for fair practices. Together, I will endeavor to illuminate the path to a healthier, more compassionate community, dedicating myself to being unwavering advocate for mental health and ensuring that every member of our community thrives with dignity and support.

Because I believe: WE ALL MATTER!

#### Contact us

DepEd Pines https://depedpines.com/tel econsultation-with-our-medical-doctors/ Onlinedoc nayDaRna MD https://www.facebook.com/ NayDaRnaOnlineMD Cordless Care









## "FOUND"

Mental Health and
Psychosocial
Support Services
(MHPSS) and Suicide
Prevention in
Schools

Date:

September 10, 11 and 12, 2024

Venue:

Brentwood Apartelle And Catering Services, #85 Brentwood Village, M Roxas St., Baguio City

This serves as an invation

D	ay	1

	Day I				Day 3
07:30	Registration: TWG Baguio-Benguet PEER Advocates	/	rogramme	07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01 08:11	Preliminaries Acknowledgment of Participants MARY LIBENEY C. SITO, MD		Day 2	08:01	Motivation & Recap Group 4
	Medical Officer DepEd Baguio City	07:30	Regi <mark>strat</mark> ion: TWG Bagui <mark>o-Ben</mark> guet PEER <mark>Advocates</mark>	08:20	SESSION 7.1: EMPOWERING EDUCATORS: A
08:21	Welcome Remarks SORAYA T. FACULO, PHD CESO VI OIC_ Schools Division Superintendent DepEd Baguio City	08:01	Motivation & Recap Group 1		COMPREHENSIVE FRAMEWORK FOR SUICIDE PREVENTION IN SCHOOLS MR. ELDON HARRIS, RPM, RGC GUIDANCE COUNSELOR
08:31	Statement of Purpose	08:31	SESSION 4: THERAPEUTIC COMMUNICATION		Pines City National High School
	JERRY C. YMSON Education Program Supervisor		LIZA A. NGIAO, RGC, LPT Guidance Services Specialist	10:01	HEALTH BREAK
08:41	/ 1/2015 / 100-000		UP Baguio	10:31	SESSION 7.2: COMPREHENSIVE REFERRAL FRAMEWORK FOR SUICIDE PREVENTION:
09:01	Mood Setting: TWG  Setting of Expectations: PEER Advocates	10:01	HEALTH BREAK		ENSURING TIMELY AND EFFECTIVE SUPPORT
10:01	HEALTH BREAK	10:31	SESSION 5: CRISIS MANAGEMENT (PFA)	12.01	
10:31	PRE-TEST PRE-TEST		LUNCH	12:01	LUNCH
10:46	SESSION 1.1: MENTAL HEALTH INTRODUCTION	12:01	Mood Setting & Insight Sharing	01:01	Simulation Groups 5-8
12:01	MARY LIBENEY C. SITO, MD	01:01	Group 2	02:00	POST-TEST
01:01 01:16	Mood Setting	01:16	SESSION 6: CRISIS MANAGEMENT (MHPSS) LIZA A. NGIAO, RGC, LPT	02:31	NARRATIVE OF A PSYCHOTHERAPY ADDICT KENDRICK ANTHONY F. CANUTO, LPT
02:01	SESSION 1.2: MENTAL HEALTH IN SCHOOL MARY LIBENEY C. SITO, MD	03:01	HEALTH BREAK	03:01	Teacher II- Baguio City National Science High School
	SESSION 2. EDUCATORS AS KEY MH ADVOCATES IN A BANI WORLD LIZA A. NGIAO, RGC, LPT	03:31	SESSION 7:BASIC GUIDANCE AND COUNSELING SKILLS	03:31	HEALTH BREAK
03:01	Guidance Services Specialist UP Baguio		WILFREDO B. MINA, MSGC, RGC		CULMINATINATING ACTIVITY Soraya T. Faculo, PhD CESO VI
03:31	HEALTH BREAK		Insight Sharing		OIC- Schools Division Superintendent DepEd Baguio City
05.04	SESSION 3: YOUR SELF-CARE MATTERS MARY PAULINE E. NAMOCA, PHD CLIN PSYCH, RPSY, LPT Dean, School of Teacher Education and Liberal	04:31	Announcements		JERRY C. YMSON Education Program Supervisor
04:31	Arts Saint Louis University			04:01	CLOSING CEREMONY
	Ways Forward MARY LIBENEY C. SITO, MD			04.01	Awarding of Certificates Closing Remarks

#### You Will Be Found

So maybe let that feeling wash away
Maybe there's a reason to believe you'll be
okay
'Cuz when you don't feel strong enough to
stand

You can reach out your hand

And oh, someone will coming running
And I know, they'll take you home
Even when the dark comes crashing through
when you need a friend to carry you
when you're broken on the ground
You will be found

So let the sun come streaming in Cuz you'll reach up and you'll rise again Lift your head off the ground and look around You will be found (4X)

There's a place where we don't have to be alone

Every time that you call out You're a little less alone If you only say the word Across the silence Your voice is heard

Even when the dark comes crashing through
When you need a friend to carry you
When you're broken on the ground
You will be found
So let the sun coming streaming in
Cuz you'll reach up and you'll rise again
If you only look around
You will be found (3X)
Out of the shadows, morning is breaking
All is new, all is new

Suddenly I see that All is new, all is new You are not alone (6X)

Even when the dark comes crashing through
And you need someone to carry you
When you're broken on the ground
You will be found
When the sun comes streaming in
You'll reach up and you'll rise again
If you only look around
You will be found (3X)

### Pledge of Commitment

I \_\_\_\_\_\_\_, as an educator, recognize the profound impact I have on the lives of my students, colleagues, and communities.

Embracing the spirit of Ubuntu—"I am because we are"—I commit to fostering a nurturing and supportive environment where every individual feels valued and connected.

I pledge to advocate for mental health, championing awareness, reducing stigma, and fostering open conversations. I will build a community of care, creating safe and inclusive spaces that encourage collaboration and mutual support.

I will offer compassion, empathy, and encouragement to those in need, leading by example with resilience and positivity as sources of light. By embracing our interconnectedness, I uphold the belief that our strength lies in our unity and shared humanity.

I commit to continuous learning, continuing education in mental health advocacy, and staying informed about best practices.

I will support the holistic development of our students, addressing their emotional, social, and psychological needs alongside academic growth, and promote resilience and empowerment by equipping individuals with the tools to navigate challenges.

Lastly, I will promote equity and inclusion, ensuring that mental health resources are accessible to all and advocating for fair practices. Together, I will endeavor to illuminate the path to a healthier, more compassionate community, dedicating myself to being unwavering advocate for mental health and ensuring that every member of our community thrives with dignity and support.

Because I believe: WE ALL MATTER!

#### Contact us

DepEd Pines <a href="https://depedpines.com/tel">https://depedpines.com/tel</a>
econsultation-with-our-medical-doctors/
Onlinedoc nayDaRna MD
<a href="https://www.facebook.com/">https://www.facebook.com/</a>
NayDaRnaOnlineMD
Cordless Care









## "FOUND"

Mental Health and
Psychosocial
Support Services
(MHPSS) and
Suicide Prevention
in Schools

Date:

September 18, 19 and 20, 2024

Venue:

Division Office 3rd floor, Military cut-off, Baguio City

This serves as an invitation

D	ay	1

	Day 1	7	0		Day 3
07:30	Registration: TWG Baguio-Benguet PEER Advocates	/	rogramme	07:30	Registration: TWG Baguio-Benguet PEER Advocates
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	Medical Officer DepEd Baguio City	07:30	Registration: TWG Baguio-Benguet PEER Advocates	08:20	SESSION 7.1: EMPOWERING EDUCATORS: A COMPREHENSIVE FRAMEWORK FOR
08:21	Welcome Remarks SORAYA T. FACULO, PHD CESO VI OIC- Schools Division Superintendent DepEd Baguio City	08:01	Motivation & Recap: TWG Group 1		SUICIDE PREVENTION IN SCHOOLS JEZER-BON S. LUY Health Program Officer II Department of
08:31	Statement of Purpose JERRY C. YMSON	08:31	SESSION 4: THERAPEUTIC COMMUNICATION LIZA A. NGIAO, RGC, LPT	10:01	Health HEALTH BREAK
08:41	Education Program Supervisor		Guidance Services Specialist UP Baguio	10:31	SESSION 7.2: Comprehensive Referral Framework for Suicide Prevention: Ensuring
09:01	Mood Setting: TWG  Setting of Expectations: PEER Advocates	10:01	HEALTH BREAK	12:01	Timely and Effective Support  LUNCH
10:01	HEALTH BREAK	10:31	SESSION 5: CRISIS MANAGEMENT (PFA) LIZA A. NGIAO, RGC, LPT	01:01	Simulation
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02:01	SESSION 2. EDUCATORS AS KEY MH ADVOCATES IN A BANI WORLD LIZA A. NGIAO, RGC, LPT Guidance Services Specialist	03:31	SESSION 7: SUPPORTING EDUCATORS: YOUR SELF-CARE MATTERS MARY PAULINE E. NAMOCA, PHD CLIN PSYCH, RPSY, LPT	03:31	CULMINATING ACTIVITY SORAYA T. FACULO, PHD CESO VI OIC-Schools Division Superintendent DepEd Baguio City
03:01	UP Baguio HEALTH BREAK		Dean, School of Teacher Education and Liberal Arts Saint Louis University		JERRY C. YMSON Education Program Supervisor
03:31	BASIC GUIDANCE AND COUNSELING SKILLS WILFREDO B. MINA, MSGC, RGC	04:31	Insight Sharing	04:01	CLOSING CEREMONY
04:31	Ways Forward MARY LIBENEY C. SITO, MD		Announcements		Awarding of Certificates Closing Remarks