



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

4. Immediate and wide dissemination of this memorandum is desired.

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



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DepEd Tayo Baguio City



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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, Jovit 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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28	Gacutan, Julienne Mae A	Female	Camp 7 Elementary School	Administrative Officer II
29	Garcia, Rachele, 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, Shyrigail 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	Olati, 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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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 Elementary School	Administrative Officer II
64	Ursabia Juliet Arzadon	Female	SDO- Baguio City	Nurse II
RESOURCE SPEAKERS:				
65	Sito, Mary Libeney C., MD	Female	SDO- Baguio City	Medical Officer IV/ 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 Attendance	De Vera, Jovit Manzano, Evangeline Mendoza, Elvie	-Takes charge of registration and daily attendance -Coordinates with the Program Manager on the submission of required documents
Welfare	De Vera, Jovit Mendoza, Elvie	-Coordinates with the caterer/supplier for the delivery/serving of food -Coordinates with medical officer/s in case of health concerns
Facilitators	Day 1: Soriano, Eldon Harris Day 2: Mendoza, Elvie Day 3: Montemayor, Mary Ann	- Introduce and assists the speaker during the session -Prepares materials for the session if necessary -Facilitate the sessions
Inspectorate Team	De Vera, Jovit Manzano, Evangeline	-Checks on the completeness of the meals and snacks served -Signs inspection report and other liquidation papers
Program Manager/Overall Chairperson	Mary Libeney C. Sito	-Prepare and submit the training design/proposal with PR and other procurement documents -Coordinate the venue and logistics, speakers/resource Persons and other resources needed
Assistant Program Manager	Jovit De Vera	-Manage the actual conduct of the activity -Prepare and submit accomplishment report and necessary supporting documents for liquidation after the activity.



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Enclosure 2 to DM No. 486, s. 2024

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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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	Espegante, 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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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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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/ ASP II
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
RESOURCE 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 II
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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TECHNICAL WORKING GROUP FOR BATCH 2

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

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 invitation

Day 1

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Preliminaries
08:11	Acknowledgment of Participants MARY LIBENEY C. SITO, MD Medical Officer DepEd Baguio City
08:21	Welcome Remarks SORAYA T. FACULO, PHD CESO VI OIC_ Schools Division Superintendent DepEd Baguio City
08:31	Statement of Purpose JERRY C. YMSON Education Program Supervisor
08:41	Mood Setting: TWG
09:01	Setting of Expectations: PEER Advocates
10:01	HEALTH BREAK
10:31	PRE-TEST
10:46	SESSION 1.1: MENTAL HEALTH INTRODUCTION MARY LIBENEY C. SITO, MD
12:01	LUNCH
01:01	Mood Setting
01:16	SESSION 1.2: MENTAL HEALTH IN SCHOOL MARY LIBENEY C. SITO, MD
02:01	SESSION 2. EDUCATORS AS KEY MH ADVOCATES IN A BANI WORLD LIZA A. NGIAO, RGC, LPT Guidance Services Specialist UP Baguio
03:01	HEALTH BREAK
03:31	SESSION 3: YOUR SELF-CARE MATTERS MARY PAULINE E. NAMOCA, PHD CLIN PSYCH, RPSY, LPT Dean, School of Teacher Education and Liberal Arts Saint Louis University
04:31	Ways Forward MARY LIBENEY C. SITO, MD

Programme

Day 2

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Motivation & Recap Group 1
08:31	SESSION 4: THERAPEUTIC COMMUNICATION LIZA A. NGIAO, RGC, LPT Guidance Services Specialist UP Baguio
10:01	HEALTH BREAK
10:31	SESSION 5: CRISIS MANAGEMENT (PFA)
	LUNCH
12:01	Mood Setting & Insight Sharing Group 2
01:01	SESSION 6: CRISIS MANAGEMENT (MHPSS) LIZA A. NGIAO, RGC, LPT
03:01	HEALTH BREAK
03:31	SESSION 7: BASIC GUIDANCE AND COUNSELING SKILLS WILFREDO B. MINA, MSGC, RGC
	Insight Sharing
04:31	Announcements

Day 3

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Motivation & Recap Group 4
08:20	SESSION 7.1: EMPOWERING EDUCATORS: A COMPREHENSIVE FRAMEWORK FOR SUICIDE PREVENTION IN SCHOOLS MR. ELDON HARRIS, RPM, RGC GUIDANCE COUNSELOR Pines City National High School
10:01	HEALTH BREAK
10:31	SESSION 7.2: COMPREHENSIVE REFERRAL FRAMEWORK FOR SUICIDE PREVENTION: ENSURING TIMELY AND EFFECTIVE SUPPORT
12:01	LUNCH
01:01	Simulation Groups 5-8
02:00	POST-TEST
02:31	NARRATIVE OF A PSYCHOTHERAPY ADDICT KENDRICK ANTHONY F. CANUTO, LPT Teacher II- Baguio City National Science High School
03:01	HEALTH BREAK
03:31	CULMINATING ACTIVITY Soraya T. Faculo, PhD CESO VI OIC- Schools Division Superintendent DepEd Baguio City
	JERRY C. YMSON Education Program Supervisor
04:01	CLOSING CEREMONY 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 <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 18, 19 and 20, 2024

Venue:

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

This serves as an invitation

Day 1

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Preliminaries
08:11	Acknowledgment of Participants MARY LIBENEY C. SITO, MD Medical Officer DepEd Baguio City
08:21	Welcome Remarks SORAYA T. FACULO, PHD CESO VI OIC- Schools Division Superintendent DepEd Baguio City
08:31	Statement of Purpose JERRY C. YMSON Education Program Supervisor
08:41	Mood Setting: TWG
09:01	Setting of Expectations: PEER Advocates
10:01	HEALTH BREAK
10:31	PRE-TEST
10:46	SESSION 1.1: MENTAL HEALTH INTRODUCTION MARY LIBENEY C. SITO, MD Medical Officer DepEd Baguio City
12:01	LUNCH
01:01	Mood Setting: TWG
01:16	SESSION 1.2: MENTAL HEALTH IN SCHOOL MARY LIBENEY C. SITO, MD
02:01	SESSION 2. EDUCATORS AS KEY MH ADVOCATES IN A BANI WORLD LIZA A. NGIAO, RGC, LPT Guidance Services Specialist UP Baguio
03:01	HEALTH BREAK
03:31	BASIC GUIDANCE AND COUNSELING SKILLS WILFREDO B. MINA, MSGC, RGC
04:31	Ways Forward MARY LIBENEY C. SITO, MD

Programme

Day 2

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Motivation & Recap: TWG Group 1
08:31	SESSION 4: THERAPEUTIC COMMUNICATION LIZA A. NGIAO, RGC, LPT Guidance Services Specialist UP Baguio
10:01	HEALTH BREAK
10:31	SESSION 5: CRISIS MANAGEMENT (PFA) LIZA A. NGIAO, RGC, LPT
12:01	LUNCH
01:01	Mood Setting & Insight Sharing Group 2
01:16	SESSION 6: CRISIS MANAGEMENT (MHPSS) LIZA A. NGIAO, RGC, LPT
03:01	HEALTH BREAK
03:31	SESSION 7: SUPPORTING EDUCATORS: YOUR SELF-CARE MATTERS MARY PAULINE E. NAMOCA, PHD CLIN PSYCH, RPSY, LPT Dean, School of Teacher Education and Liberal Arts Saint Louis University
04:31	Insight Sharing Announcements

Day 3

07:30	Registration: TWG Baguio-Benguet PEER Advocates
08:01	Motivation & Recap Group 4
08:20	SESSION 7.1: EMPOWERING EDUCATORS: A COMPREHENSIVE FRAMEWORK FOR SUICIDE PREVENTION IN SCHOOLS JEZER-BON S. LUY Health Program Officer II Department of Health
10:01	HEALTH BREAK
10:31	SESSION 7.2: Comprehensive Referral Framework for Suicide Prevention: Ensuring Timely and Effective Support
12:01	LUNCH
01:01	Simulation Groups 5-8
02:00	POST-TEST
02:31	NARRATIVE OF A PSYCHOTHERAPY ADDICT KENDRICK ANTHONY F. CANUTO, LPT Teacher II Baguio City National Science High School
03:01	HEALTH BREAK
03:31	CULMINATING ACTIVITY SORAYA T. FACULO, PHD CESO VI OIC-Schools Division Superintendent DepEd Baguio City JERRY C. YMSON Education Program Supervisor
04:01	CLOSING CEREMONY Awarding of Certificates Closing Remarks