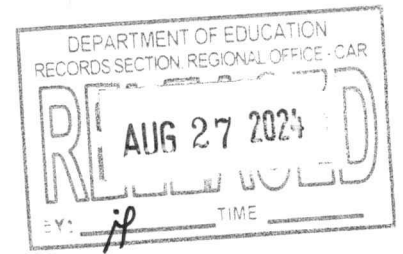




Republic of the Philippines
Department of Education
 CORDILLERA ADMINISTRATIVE REGION



21 August 2024

REGIONAL MEMORANDUM

NO: **565.2024**

**TRAINING OF TRAINERS ON BASIC PSYCHOLOGICAL ASSESSMENT
 AND SUICIDE PREVENTION**

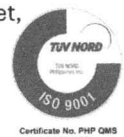
To: Assistant Regional Director
 Schools Division Superintendent
 School Health Personnel Concerned
 All Others Concerned

1. The DepEd-CAR Regional Office, through the Education Support Services, Health and Nutrition Section, will conduct a Training of Trainers on Basic Psychological Assessment and Suicide Prevention on September 2-6, 2024, and September 23-27, 2024, at the NEAP Hall, DepEd-CAR, Wangal, La Trinidad Benguet.
2. The training aims to equip concerned personnel with the necessary skills and knowledge on the use and advantage of having basic psychological test as an instrument in identifying learners with suicide tendencies within the region.
3. Participants to the training are from the Schools Division Offices of DepEd-CAR, preferably Medical Officers, Nurses, Mental Health Program Coordinators, Disaster Risk Reduction Management Focal, Youth Formation Division, Education Program Supervisors, School Heads, and Guidance Counselors.

POSITION / DESIGNATION	NUMBER OF PARTICIPANTS
Medical Officer	8
Nurse	16
School Mental Health Program Coordinator (SMHPC)	8
Disaster Risk Reduction Management Coordinator (DRRMC)	8
Youth Formation Division (YFD)	8
Education Program Supervisor (EPS)	12
School Head	32
Guidance Counselor	32
TOTAL	124



Address: DepEd-CAR Compound, Wangal, La Trinidad, Benguet, 2601
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4. The School Mental Health Focal in the SDOs shall submit list of identified participants approved by the Schools Division Superintendent and to be emailed to car.essd@deped.gov.ph.
5. All participants are requested to register at <https://forms.office.com/r/Jqz0aSLJda> on or before August 22, 2024.
6. Board and lodging shall be provided during the activity while transportation of participants shall be charged against the downloaded funds for School Mental Health Program subject to the usual accounting and auditing rules and regulations.
7. Attached is the Schedule of Activities for reference.
8. For questions and clarifications, please contact Dr. Raymond S. Damoslog, Medical Officer IV through email at raymond.damoslog@deped.gov.ph or Ly Shema A. Nebalasca at lyshema.nebalasca@deped.gov.ph.
9. For information and dissemination.

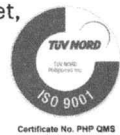

ESTELA P. LEON-CARIÑO EdD, CESO III
Director IV/Regional Director 

Enclosure: As Stated

*ESSD/GDC/lsan/ Training of Trainers on Basic Psychological Assessment and Suicide Prevention
August 21, 2024*



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TRAINING OF TRAINERS ON BASIC PSYCHOLOGICAL ASSESSMENT AND SUICIDAL PREVENTION

September 2-6, 2024 (Batch 1)
 September 23-27, 2024 (Batch 2)
 NEAP Hall, DepEd-CAR, Wangal, La Trinidad Benguet

SCHEDULE OF ACTIVITIES

DAY 1: MONDAY September 23&24, 2024		
TIME	ACTIVITY	RESPONSIBLE PERSON
AM	Travel Time/Setting In	
12:00-1:00	LUNCH BREAK	
1:00-2:00	Registration	Facilitator/s
2:00-2:30	Opening Program	
2:30-3:20	Introduction on Mental Health	CO - BLSS <i>(Bureau of Learner Support Services) - School Health Division</i>
3.20-3:30	HEALTH BREAK	
3:30-5:00	Why Mental Health in School Learner's Mental Health	CO - BLSS <i>(Bureau of Learner Support Services) School Health Division</i>

DAY 2: TUESDAY September 3&24, 2024		
TIME	ACTIVITY	RESPONSIBLE PERSON
8:00-8:30	M.O.L	
8:30-10:00	Psychological First Aid (Part 1)	Dr. Angeline F. Calatan <i>Tuba, MHO</i>
10:00-10:30	HEALTH BREAK	
10:30-12:00	Psychological First Aid (Part 2)	Dr. Angeline F. Calatan <i>Tuba, MHO</i>
12:00-1:00	LUNCH BREAK	
1:00-2:30	Assessment	Dr. Angeline F. Calatan <i>Tuba, MHO</i>
2:30-3:00	HEALTH BREAK	
3:00-5:00	Sharing of Suicide Protocols	Facilitator/s

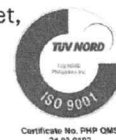


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DAY 3: WEDNESDAY September 4&25, 2024		
TIME	ACTIVITY	RESPONSIBLE PERSON
8:00-8:30	M.O.L	
8:30-10:00	Basic Skills in Suicide Prevention a. Suicide in the School b. Warning signs	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i>
10:00-10:30	HEALTH BREAK	
10:30-12:00	Basic Skills in Suicide Prevention c. How to race against suicide (part 1)	Ms. Leny O. Estacio, RGC <i>Director of CCSD UB</i>
12:00-1:00	LUNCH BREAK	
1:00-2:30	Basic Skills in Suicide Prevention d. How to race against suicide (part 2)	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i> Ms. Leny O. Estacio, RGC <i>Director of CCSD UB</i>
2:30-3:00	HEALTH BREAK	
3:00-5:00	Assessment	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i> Ms. Leny O. Estacio, RGC <i>Director of CCSD UB</i>

DAY 4: THURSDAY September 5&26, 2024		
TIME	ACTIVITY	RESPONSIBLE PERSON
8:00-8:30	M.O.L	
8:30-10:00	Advance Skills in Suicidal Prevention Telemental Health	Ms. Leny O. Estacio, RGC <i>Director of CCSD UB</i>
10:00-10:30	HEALTH BREAK	
10:30-12:00	Intervention	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i>
12:00-1:00	LUNCH BREAK	
1:00-2:30	Referral	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i>
2:30-3:00	HEALTH BREAK	
3:00-5:00	Post Intervention	Ms. Irene T. Alcantara, RGC, PhD <i>PSHS-CAR Faculty</i> Ms. Leny O. Estacio, RGC <i>Director of CCSD UB</i>



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DAY 5: FRIDAY September 6&27, 2024		
TIME	ACTIVITY	RESPONSIBLE PERSON
8:00-8:30	M.O.L	
8:30-10:00	Stress Management	Ms. Glyza Rowhee Shalom S. Manangbao <i>Technical Assistant I</i> and Ms. Ly Shema A. Nebalasca <i>Technical Assistant II</i>
10:00-10:30	HEALTH BREAK	
10:30-12:00	Awarding of Certificate to Training Facilitators Awarding of Certificate of Participation to Participants Photo Ops	Facilitator/s
12:00-1:00	LUNCH BREAK	
1:00 PM onwards	Departure	

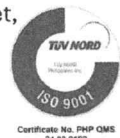


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