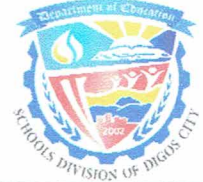




Republic of the Philippines  
**Department of Education**  
Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**  
Digos City



**DIVISION MEMORANDUM**

November 25, 2019

No. 1072, s. 2019

**Capacity Building on the Implementation of Oplan Sa Kalusugan Sa DepEd  
(OK Sa DepEd) Focusing on the School Based Mental Health**

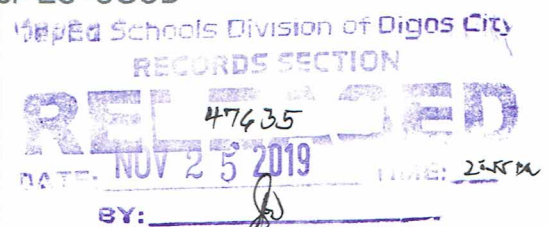
TO: Schools Division Superintendent  
Assistant Schools Division Superintendent  
Chief SGOD  
Chief CID  
Selected SGOD Personnel  
Health and Nutrition Personnel  
Public Schools District Supervisors  
Elementary and Junior High School Administrators  
Senior High School Administrators  
Schools Division Office Unit Head  
Selected Schools Division Office Personnel

1. Alteration to perception, personality, behavior, emotion or feelings, thought might cause disturbance in the homeostasis of an individual, thus affecting ones' self-awareness, interpersonal relationship, reality orientation and activities of daily living might lead to mental illness.
2. The field is hereby informed of the two day Capability Building on the Implementation of Oplan Sa Kalusugan Sa DepEd (Ok Sa DepEd) Focusing on the School –Based Mental Health on November 27- 28, 2019 at Crisbelle Crown Function Hall Digos City.
3. Enclosed is the list of participants for the Capability Building activity and the Technical Working group.
4. Travel and other incidental expenses to the attendance shall be charged to local funds subject to the usual accounting and auditing rules and regulations.
5. For your information and compliance

**CRISTY C. EPE, CESE**  
Schools Division Superintendent

**For and in the absence of the Schools Division Superintendent**

*Sollie B. Oliver, JD, MATE*  
**SOLLIE B. OLIVER, JD, MATE**  
Chief- ES -SGOD



Ends:  
References: Health Section  
To be indicated in the Perpetual Index under the following subjects:  
Governance health MEMO

DJPSANDY- MHPSS



Republic of the Philippines  
**Department of Education**  
 Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**  
 Digos City



**List of Participants**

<b>Chief SGOD</b>	1
<b>SGOD personnel</b> Peter Jayson Senarillos Rayzen Monserate Rofelia De Mesa Helen Franconas Eleser Mateo Ronald B. Dedace Xavier Fuentes Cecil C. Uy Health and Nutrition personnel	17
Chief –CID	1
Ronilyn Nieves	1
<b>SDO -Department Head</b> Admin HRMO- Accounting Budget Supply Records Cashier ICT	8
<b>Selected SDO personnel</b> Admin HRMO- Accounting Budget Supply Records Cashier	7
<b>PSDS</b> Mt. Apo district Occidental district Oriental district Digos South	8
School Heads/Administrators Elementary School Heads Junior High School Administrators Senior High School Administrators	47
School clinic teachers Elementary School Heads Junior High School Administrators	47
Digos City National High School Department Heads	10
Radee King Corpuz, RN.	1
Selected teaching personnel of big school DCCES	5
RMCES	5
DMMES	5
Rizal Central Elementary School	5
<b>Total</b>	<b>168</b>

Encls:

References: Health Section

To be indicated in the Perpetual Index under the following subjects:

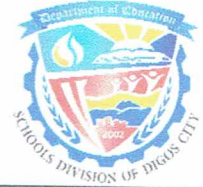
Governance health MEMO

DJPSANOY- MHPSS

Roxas Street cor. Lopez Jaena Street Zone II, Digos City 8002 ☎ (082) 553-8396 / (082) 553-8376 / (082) 553-9170 / (082) 553-8375



Republic of the Philippines  
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Digos City



**SCHOOL MENTAL HEALTH TECHNICAL WORKING GROUP**  
(November 28-29, 2019)

<b>Program Committee</b>	<b>Stage Decoration/Hall preparation</b>	<b>Food Committee</b>	<b>Documentation</b>	<b>Secretariat / Registration</b>
<b>Committee Head</b> Daissy Jane P. Sanoy	<b>Committee Head</b> Frances Millicent R. Durano	<b>Committee Head</b> Hazel Marie L. Escabillas	<b>Committee Head</b> Stephen Pascual	<b>Committee Head</b> Kristin Marie Y. Bejarin
<b>Members:</b>	<b>Members:</b>	<b>Member:</b>	<b>Member:</b>	<b>Members:</b>
Ronald B. Dedace	Reyzen Monserate	Joel B. Gomito	Eleser Mateo	Dr. Jasmine A. Asarak
Rofelia De Mesa	Ronald B. Dedace	<b>Medic on Duty:</b>		Dhelimie Christine S. Penas
	Rofelia De Mesa	<b>Committee Head</b> Dr. Myracel j. Dalope		
		Irene P. Dandoy		

Encls:

References: Health Section

To be indicated in the Perpetual Index under the following subjects:

Governance health MEMO

DJPSANOY- MHPSS

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## Capacity Building on the Implementation of Oplan Kalusugan sa DepEd (OK sa DepEd) Focusing on the School Based Mental Health

### Day 1

TIME	ACTIVITY / TOPIC	PERSON RESPONSIBLE
7:00am – 8:00am	Arrival	
8:00am – 9:00am	Opening Program	Ronald B. Dedace
	Pambansang Awit	AVP
	Prayer	AVP
	Introduction of Participants	Sollie B. Oliver, JD, MATE Chief ES – SGOD
	Welcome Message	MELANIE P. ESTACIO, PhD OIC – ASDS
	Inspirational Message	CRISTY C. EPE, CESE SDS
	Unfreezing	Division Health Personnel
	Introduction on Speaker	Daissy Jane P. Sanoy, RN
9:45am – 12:00nn	Understanding Gen Z	Mayumi Castanos
12:00nn – 1:00pm	LUNCH BREAK ----- LUNCH BREAK	
1:00pm – 3:00pm	Understanding Suicide / Depression	Mayumi Castanos
3:00pm – 5:00pm	Activity Workshop	Frances Millicent R. Durano, RN

### Day 2

TIME	ACTIVITY / TOPIC	PERSON RESPONSIBLE
7:00am – 8:00am	Arrival	
8:00am – 9:00am	Opening Program	Juvy Altamera
	Prayer	AVP
	Unfreezing	AVP
9:00am – 9:15am	Introduction on Speaker	Rofelia De Mesa
9:15am – 12:00nn	Stress Management and Mental Health in the Workplace	Gabriel Sebastian Nograles – Lizada
12:00nn – 1:00pm	LUNCH BREAK ----- LUNCH BREAK	
1:00pm – 3:00pm	Self – Awareness and Positive Psychology	Charisma Salutillo
3:00pm – 4:00pm	Output Presentation	Participants: a. Mt. Apo District b. Occidental District c. Oriental District d. Digos South District
4:00pm – 5:00pm	Distribution of Certificate of Appearance / Participation	Kristin Marie Y. Bejarin, RN
HOME SWEET HOME	HOME SWEET HOME	HOME SWEET HOME

#LetsTalk