



Republic of the Philippines  
**Department of Education**

DIGOS CITY DIVISION

**Office of the Schools Division Superintendent**

**DIVISION MEMORANDUM**

SGOD-2025-644

To : **HEALTH AND NUTRITION UNIT**

Subject : **PARTICIPATION IN THE TRAINING OF FACILITATORS ON  
COMMUNITY-BASED MENTAL HEALTH PROGRAM**

Date : October 9, 2025

1. Attached is the Regional Memorandum ESSD-2025-282 regarding the Training of Facilitators on Community-Based Mental Health Program on **October 14-16, 2025** at the **Sarangani Highlands Garden Resort, General Santos City**.
2. In this connection, **Dheltmie Christine S. Peñas, RN** (Mental Health Program Focal Person) is hereby directed to attend and participate on the said training.
3. Travel and other incidental expenses shall be charged against downloaded funds subject to the usual accounting and auditing rules and regulations.
4. For strict compliance.

For and in the absence of the  
Schools Division Superintendent

**MARIA GENEVIEVE T. FRANCISQUETE, CESO VI**

Assistant Schools Division Superintendent

Officer-In-Charge

DepEd Schools Division of Digos City  
RECORDS SECTION

**RELEASED**

DATE: OCT 13 2025 TIME: 9:42am  
BY: [Signature]

MAF-HNU/SGOD



Republic of the Philippines  
Department of Education  
BUREAU OF LEARNER SUPPORT SERVICES

OFFICE OF THE DIRECTOR

ADVISORY

October 7, 2025

VENUE AND DATES

- This Office hereby announces that the conduct of **Training of Facilitators on Community-Based Mental Health Program - VisMin Cluster** will now be held at the **Sarangani Highlands Garden Resort**, from **October 13-16, 2025**.

PARTICIPANT INFORMATION

- The program management team does not allow substitution of coaches. Only the coaches who submitted their confirmation through the registration form will be allowed to join the activity.
- Strict attendance in all sessions is required. Certificate of Appearance and Certificate of Recognition as coach will be given at the end of the training after the accomplishment of the evaluation form.
- For the conduct of the aforementioned activities that will fall on weekends and holidays, the Regional Office and/or Schools Division Office is requested to provide Compensatory Time-Off (CTO) to the coaches to compensate for time rendered that is supposed to be for personal use and rest.

LOGISTICS AND ACCOMMODATION

- Standard check-in time will be at 1:00 PM on October 13, 2025. Check-out will be at 12:00 NN on **October 16, 2025**. Please check your flight schedule to avoid delays, cancellations, and inconvenience.
- Breakfast, lunch, AM/PM snacks and dinner during training will be provided. The program management team will provide additional information during the event on the exact venues/time where/when the meals and snacks will be served. For any dietary restrictions, please inform the program management team.
- Meals and accommodations are as follows:

| MEALS     | Day 0 | Day 1 | Day 2 | Day 3 |
|-----------|-------|-------|-------|-------|
| Breakfast | ✓     | ✓     | ✓     | ✓     |
| AM Snacks | ✓     | ✓     | ✓     | ✓     |
| Lunch     | ✓     | ✓     | ✓     | ✓     |
| PM Snacks | ✓     | ✓     | ✓     |       |
| Dinner    | ✓     | ✓     | ✓     |       |

- This is a 4-day live-in training (Day 0: Refresher and preparatory work for all the coaches, Day 1-3: Training proper); all coaches are expected to

D4393

attend and complete the whole activity. Coaches are expected to bring their clothes and other hygiene kits.

9. All coaches must be in **good health condition**. Do not forget to **bring your medicines** if you are under medication/treatment. You may also ask for assistance if you are not feeling well, so that the program management team can immediately take action.
10. Coaches are advised to bring their respective laptops or other writing devices for the activity. Bringing personal outlet extension is highly encouraged.

#### **CHARGING OF EXPENSES**

11. Those who will need to travel before and/or after October 13 may coordinate directly with Sarangani Highlands Garden Resort.
12. Transportation and other related expenses, including accommodation outside the training dates may be charged to the downloaded Program Support Funds for Learner Support Program (LSP-PSF) - School Mental Health Program (SMHP) of the respective Offices, subject to the usual accounting, budgeting, and auditing rules and regulations.
13. Offices concerned are requested to augment funds should the allocation from LSP PSF prove insufficient.
14. For questions and further clarifications, please contact BLSS-School Health Division on telephone number **(02) 8632-9935** or via email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph)

  
**DR. MIGUEL ANGELO S. MANTARING**  
Director IV, Bureau of Learner Support Services



Ready



Republic of the Philippines  
Department of Education  
DAVAO REGION



October 3, 2025

REGIONAL MEMORANDUM  
ESSD-2025-282

ATTENDANCE OF IDENTIFIED COACH AND PARTICIPANTS TO THE TRAINING  
OF FACILITATORS ON COMMUNITY-BASED MENTAL HEALTH PROGRAM

To: Schools Division Superintendents  
Chief Education Supervisor, ESSD

1. Attached is a memorandum from the Office of the Undersecretary for Governance and Operations dated August 27, 2025, regarding the Training of Facilitators on Community-Based Mental Health Program on October 15-17, 2025, at General Santos City for VisMin Cluster and November 4-7, 2025, at Pampanga for Luzon Cluster.

2. The following are requested to attend the activity on October 15-17, 2025:

| Names                         | Designation      | Office                 |
|-------------------------------|------------------|------------------------|
| 1. Mary Kristine C. Sagot     | Nurse - II/Coach | SDO - Davao del Norte  |
| 2. Ma. Luisa F. Cuyos         | Nurse - II       | SDO - Davao del Norte  |
| 3. Priscillo Junior F. Acle   | Nurse - II       | SDO - Davao Occidental |
| 4. Kamille Ayn M. Sa-ao       | Nurse - II       | SDO - Davao del Sur    |
| 5. Dhelmie Christine S. Peñas | Nurse - II       | SDO - Digos City       |
| 6. Milabel C. Tolentino       | Nurse - II       | SDO - Davao City       |
| 7. John Carlo L. Ceniza       | Nurse - II       | SDO - Panabo City      |
| 8. Candice M. Campomanes      | Nurse - II       | SDO - Tagum City       |
| 9. Lester I. Enumerables      | Nurse - II       | SDO - IGACOS           |
| 10. Godfree L. Espero         | Nurse - II       | SDO - Davao de Oro     |
| 11. Kate G. Peña              | Nurse - II       | SDO - Mati City        |
| 12. Edmar Jay S. Rara         | Nurse - II       | SDO - Davao Oriental   |

3. Further, it is requested that Mary Kristine C. Sagot shall served as coach and required to attend all days of the training, including Day 0 specifically allocated for the refresher and pre-work activities of the coaches.

4. Travel and incidental expenses shall be charged against downloaded funds subject to the usual accounting and auditing rules and regulations.

5. Immediate and wide dissemination of this Memorandum is desired.

DEPARTMENT OF EDUCATION  
RECORDS SECTION  
RELEASED

ALLAN G. FARNAZO  
Director IV

Encl.: As stated  
ROE/smtc

Info: 6 Time Out. 08, 2025





SEP 2025

928/2555  
259

Republika ng Pilipinas  
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM  
OM-OUGOPS-2025-08-05237

FOR : REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER

FROM : MALCOLM S. GARMA  
Undersecretary for Governance and Operations

SUBJECT : INVITATION FOR THE IDENTIFIED TRAINED PERSONNEL TO  
SERVE AS COACHES IN THE TRAINING OF FACILITATORS ON  
COMMUNITY-BASED MENTAL HEALTH PROGRAM

DATE : August 27, 2025

Memo  
(Coaches)

The Department of Education is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under R.A 11036 or the Mental Health Act and R.A 12080 or the Basic Education Mental Health and Wellbeing Promotion Act. Pursuant to the said mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD) established the **School-Based Mental Health Program (SMHP)** which aims, among others, to strengthen the effective delivery of mental health services.

Thus, DepEd Region III and Region XII are set to conduct a **Training of Facilitators on Community-Based Mental Health Program**. This initiative aims to equip field personnel with the necessary competencies and skills in psychosocial intervention and community-based mental health.

This program is strategically designed to ensure proactive and effective interventions in both school and community settings, focusing on building competencies in direct support provision and establishing efficient referral pathways. School Health personnel will be trained as a facilitator in providing adequate psychosocial support for learners and individuals in need in their respective communities.

This activity will be rolled out in two distinct clusters: the **VisMin Cluster**, which will be on **October 14-17, 2025, in General Santos City**, and the **Luzon Cluster**, **November 4-7, 2025, in Pampanga**. Attached for your reference are the List of Trained Coaches (Annex A) and the Indicative Program (Annex B).

In this regard, this Office requests the Regional Directors concerned and the BARMM Education Minister to:

1. Approve/endorse the participation of the **trained personnel**, as indicated in Annex A, as **coaches** in the said training; and
2. Advise the identified personnel to register through the link: <https://forms.office.com/r/FBStjwDmjX> on or before **September 12, 2025**.

The coaches are required to attend all days of the training, including Day 0 specifically allocated for the refresher and pre-work activities of the coaches. Furthermore, transportation expenses shall be charged to the downloaded LSP PSF for SMHP of the respective Regional Offices, subject to the usual accounting, budgeting, and auditing rules and regulations.

For questions and further clarifications, please contact BLSS-School Health Division through telephone number **(02) 8632-9935** or via email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph).





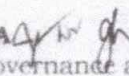
Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

**MEMORANDUM**

**OM-OUGOPS-2025-08-05237**

FOR : **REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER**

FROM : **MALCOLM S. GARMA**   
Undersecretary for Governance and Operations

SUBJECT : **INVITATION FOR THE IDENTIFIED TRAINED PERSONNEL TO  
SERVE AS COACHES IN THE TRAINING OF FACILITATORS ON  
COMMUNITY-BASED MENTAL HEALTH PROGRAM**

DATE : August 27, 2025

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In this regard, this Office requests the Regional Directors concerned and the BARMM Education Minister to:

1. Approve/endorse the participation of the **trained personnel**, as indicated in Annex A, as **coaches** in the said training; and
2. Advise the identified personnel to register through the link: **<https://forms.office.com/r/FBStjwDmjX>** on or before **September 12, 2025**.

The coaches are required to attend all days of the training, including Day 0 specifically allocated for the refresher and pre-work activities of the coaches. Furthermore, transportation expenses shall be charged to the downloaded LSP PSF for SMHP of the respective Regional Offices, subject to the usual accounting, budgeting, and auditing rules and regulations.

For questions and further clarifications, please contact BLSS-School Health Division through telephone number **(02) 8632-9935** or via email at **[blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph)**.



## Annex A

**LIST OF TRAINED PERSONNEL**

## Training of Facilitators on Community-Based Mental Health Program

| No | Name                             | Position Designation                   | Region                          | Cluster          |
|----|----------------------------------|----------------------------------------|---------------------------------|------------------|
| 1  | Ly Shema Neba Lasca              | Technical Assistant II                 | CAR                             | Luzon            |
| 2  | Raquel Benjamin                  | Technical Assistant I                  | Region 1                        | Luzon            |
| 3  | Ryan Christopher Buccat          | Medical Officer III                    | Region 2 - SDO Nueva Vizcaya    | Luzon            |
| 4  | Leah Barrameda                   | Nurse II                               | Region 4A - SDO Quezon          | Luzon            |
| 5  | Quennie Mae Salcedo              | Medical Officer III                    | Region 5 - SDO Iriga City       | Luzon            |
| 6  | Victor Noell Langit              | Medical Officer III                    | NCR - SDO Caloocan City         | Luzon and VisMin |
| 7  | Micah Dianne Margret M. Padrinao | Nurse II                               | NCR - SDO Valenzuela            | Luzon and VisMin |
| 8  | Jayson Soliman                   | Guidance Counselor II                  | Region 3 - SDO Tarlac Province  | Luzon and VisMin |
| 9  | Pearl Oliveth Intia              | Medical Office IV                      | Region 4A                       | Luzon and VisMin |
| 10 | Maria Anna Irene San             | Medical Officer IV                     | MIMAROPA                        | Luzon and VisMin |
| 11 | Jeza Mae Cerbolles               | Nurse II                               | Region 12 - SDO Cotabato        | Luzon and VisMin |
| 12 | Lee Nemson Edillon               | Technical Assistant II                 | Region 10                       | Luzon and VisMin |
| 13 | Ma. Katherine Jerdeleza          | Nurse II                               | Region 6 - SDO Guimaras         | VisMin           |
| 14 | Shareal Joy Camacho              | Guidance Counselor                     | Region 6 - SDO Iloilo City      | VisMin           |
| 15 | Lorimaine Macapobre              | Nurse II                               | Region 7 - SDO Toledo           | VisMin           |
| 16 | Maria Theresa Cabañero           | Nurse II                               | Region 7 - SDO Cebu Province    | VisMin           |
| 17 | Claudine Aujero                  | Nurse II                               | Region 8 - SDO Leyte            | VisMin           |
| 18 | Angelica Rodriguez               | Medical Officer IV                     | Region 8                        | VisMin           |
| 19 | Ahmad Ameenkar Wata III          | Medical Officer IV                     | Region 9                        | VisMin           |
| 20 | Mary Kristine C. Sagot           | Nurse II                               | Region 11 - SDO Davao Del Norte | VisMin           |
| 21 | Gil Ducena                       | Guidance Counselor III                 | CARAGA - SDO Agusan Del Norte   | VisMin           |
| 22 | Desiree Silmaro                  | Nurse II                               | CARAGA - SDO Agusan Del Norte   | VisMin           |
| 23 | Abdul Basser Mamaluba            | Nurse II, Division Mental Health Focal | BARMM                           | VisMin           |



Annex B

**COMMUNITY-BASED MENTAL HEALTH - KATATAGAN PLUS  
FACILITATOR'S TRAINING  
October 14-17 and November 4-7, 2025  
General Santos City and Pampanga**

**SCHEDULE OF ACTIVITIES**

| Date / Time         | Activity                                                                                                                                                                                                                                             | Person Responsible            |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Day 0</b>        |                                                                                                                                                                                                                                                      |                               |
| 9:00 AM – 12:00 PM  | Arrival of PMT (DepEd Central, Host Region), Coaches and RPs from RenewHealth                                                                                                                                                                        | Program Management Team (PMT) |
| 12:00 PM – 1:00 PM  | Lunch                                                                                                                                                                                                                                                | -                             |
| 1:00 PM – 5:00 PM   | Preparatory work and refresher for Coaches                                                                                                                                                                                                           | RenewHealth                   |
| <b>Day 1</b>        |                                                                                                                                                                                                                                                      |                               |
| 7:30 AM – 9:00 AM   | Arrival of Participants<br>Registration                                                                                                                                                                                                              | Program Management Team (PMT) |
| 9:00 AM – 9:30 AM   | Opening Program <ul style="list-style-type: none"> <li>• Preliminaries</li> <li>• Welcome Remarks</li> <li>• Introduction to the training</li> <li>• Presentation of Indicative Program of Activities</li> <li>• Leveling of Expectations</li> </ul> | Program Management Team (PMT) |
| 9:30 AM – 10:30 AM  | DEPED (SMHP, MHRCM, LHAS)                                                                                                                                                                                                                            | DepEd CO                      |
| 10:30 AM – 10:45 AM | Health Break                                                                                                                                                                                                                                         | -                             |
| 10:45 AM – 11:30 PM | DEPED (SMHP, MHRCM, LHAS)                                                                                                                                                                                                                            | DepEd CO                      |
| 11:30 AM – 12:00 PM | Mental Health Literacy and Prevalence- Belief, Knowledge and Explanations                                                                                                                                                                            | Coaches                       |
| 12:00 PM – 1:00 PM  | Lunch Break                                                                                                                                                                                                                                          | -                             |
| 1:00 PM – 1:30 PM   | Understanding Mental Health & Disorders- Anxiety, Depression and Substance Abuse                                                                                                                                                                     | Coaches                       |
| 1:30 PM – 2:00 PM   | Understanding Suicide - CSSRS                                                                                                                                                                                                                        | Coaches                       |
| 2:00 PM – 3:00 PM   | Mental Health First Aid - ALGEE                                                                                                                                                                                                                      | Coaches                       |
| 3:00 PM – 3:15 PM   | Heath Break                                                                                                                                                                                                                                          | -                             |
| 3:15 PM – 4:15 PM   | MHFA Simulation – Role Playing                                                                                                                                                                                                                       | Coaches                       |
| 4:15 PM – 5:00 PM   | DEPED (SMHP, MHRCM, LHAS)                                                                                                                                                                                                                            | DepEd CO                      |
| <b>Day 2</b>        |                                                                                                                                                                                                                                                      |                               |
| 8:00 AM – 8:30 AM   | Management of Learning <ul style="list-style-type: none"> <li>• Leveling of Expectations</li> <li>• Program Objectives</li> <li>• Program Matrix</li> <li>• Session Norms</li> </ul>                                                                 | Program Management Team (PMT) |



|                     |                                                                                                                                                                                      |                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| 8:30 AM – 9:00 AM   | Introduction to Katatagan Plus-Program<br>overview Presentation of Pilot Data                                                                                                        | RenewHealth                      |
| 9:00 AM – 10:00 AM  | Katatagan Plus Module 1 - Simulation                                                                                                                                                 | Coaches                          |
| 10:00 AM – 10:15 AM | Health Break                                                                                                                                                                         | -                                |
| 10:15 AM – 11:15 AM | Simulations of Module 2                                                                                                                                                              | Coaches                          |
| 11:15 AM – 12:00 PM | Simulations of Module 3                                                                                                                                                              | Coaches                          |
| 12:00 PM – 1:00 PM  | Lunch Break                                                                                                                                                                          | -                                |
| 1:00 PM – 2:00 PM   | Simulations of Module 4                                                                                                                                                              | Coaches                          |
| 2:00 PM – 3:00 PM   | Simulations of Module 5                                                                                                                                                              | Coaches                          |
| 3:00 PM – 3:15 PM   | Health Break                                                                                                                                                                         | -                                |
| 3:15 PM – 4:15 PM   | Simulations of Module 6                                                                                                                                                              | Coaches                          |
| 4:15 PM – 5:15 PM   | Simulations of Module 7                                                                                                                                                              | Coaches                          |
| 5:15 PM – 6:15 PM   | Simulations of Module 8                                                                                                                                                              | Coaches                          |
| <b>Day 3</b>        |                                                                                                                                                                                      |                                  |
| 8:00 AM – 8:30 AM   | Management of Learning <ul style="list-style-type: none"> <li>• Leveling of Expectations</li> <li>• Program Objectives</li> <li>• Program Matrix</li> <li>• Session Norms</li> </ul> | Program Management<br>Team (PMT) |
| 8:30 AM – 10:00 AM  | Integration of Learnings - Katatagan<br>Plus                                                                                                                                         | Program Management<br>Team (PMT) |
| 10:00 AM – 10:30 AM | Self-Care                                                                                                                                                                            | -                                |
| 10:30 AM – 11:30 AM | Post Test/Evaluation                                                                                                                                                                 | Program Management<br>Team (PMT) |
| 11:30 AM – 12:00 PM | Action Planning                                                                                                                                                                      | Program Management<br>Team (PMT) |
| 12:00 PM            | Closing Lunch/Recession                                                                                                                                                              | -                                |





Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

RECEIVED  
30 SEP 2025  
Date: \_\_\_\_\_ Time: \_\_\_\_\_  
925/1576  
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**MEMORANDUM**  
**OM-OUGOPS-2025-08-05237**

FOR : **REGIONAL DIRECTORS**  
REGIONS VI, VII, VIII, IX, X, XI, XII, CARAGA  
**BARMM EDUCATION MINISTER**

FROM : **MALCOLM S. GARMAGAN**  
Undersecretary for Governance and Operations

SUBJECT : **TRAINING OF FACILITATORS ON COMMUNITY-BASED MENTAL HEALTH PROGRAM**

DATE : August 27, 2025

The Department of Education (DepEd) is committed to promoting and protecting the mental health and well-being of learners by fulfilling its mandates under R.A 11036 or the Mental Health Act and R.A 12080 or the Basic Education Mental Health and Wellbeing Promotion Act. Pursuant to the said mandates, the Bureau of Learner Support Services – School Health Division (BLSS-SHD) established the **School-Based Mental Health Program (SMHP)** which aims, among others, to strengthen the effective delivery of mental health services.

Thus, DepEd Region XII is set to conduct a **Training of Facilitators on Community-Based Mental Health Program**. This initiative aims to equip field personnel with the necessary competencies and skills in psychosocial intervention and community-based mental health.

This program is strategically designed to ensure proactive and effective interventions in both school and community settings, focusing on building competencies in direct support provision and establishing efficient referral pathways. School Health personnel will be trained as a facilitator in providing adequate psychosocial support for learners and individuals in need in their respective communities.

This activity will be rolled out for the **VisMin Cluster** on **October 15-17, 2025, in General Santos City**. Attached are the following for your reference: List of Participants (Annex A), and Indicative Program (Annex B).

In this regard, this Office requests to:

1. Identify **participant/s per SDO**, as indicated in Annex A, to attend the said training, priority are the SMHP Coordinators; and
2. Advise the identified participant/s to register through the link: **<https://forms.office.com/r/Gxt8EWNHNH>** on or before **September 12, 2025**.

Participants are required to attend all days of the training. Transportation expenses shall be charged to the downloaded LSP PSF for SMHP of the respective Regional Offices, subject to the usual accounting, budgeting, and auditing rules and regulations.

For questions and further clarifications, please contact BLSS-School Health Division on telephone number **(02) 8632-9935** or via email at **blss.shd@deped.gov.ph**.



Annex A

**LIST OF PARTICIPANTS**  
 Training of Facilitators on Community-Based Mental Health Program  
**VisMin Cluster**  
**October 15-17, 2025**  
**General Santos City**

|                         | REGION/OFFICE   | NO. OF PAX | REMARKS                                                  |
|-------------------------|-----------------|------------|----------------------------------------------------------|
| Participants            | Region XII      | 18         | 2 per SDO; 2 from RO                                     |
|                         | Region VI       | 21         | 1 participant per SDO, priority are the SMHP Coordinator |
|                         | Region VII      | 20         |                                                          |
|                         | Region VIII     | 13         |                                                          |
|                         | Region IX       | 8          |                                                          |
|                         | Region X        | 14         |                                                          |
|                         | Region XI       | 11         |                                                          |
|                         | CARAGA          | 12         |                                                          |
|                         | BARMM           | 11         |                                                          |
|                         | Central Office  | 1          |                                                          |
| Program Management Team | Central Office  | 4          |                                                          |
|                         | Region/SDO      | 6          |                                                          |
| Resource Persons        | RenewHealth     | 3          |                                                          |
| Coaches                 | Various Regions | 19         |                                                          |
| TOTAL                   |                 | 161        |                                                          |



Annex B

**COMMUNITY-BASED MENTAL HEALTH - KATATAGAN PLUS  
FACILITATOR'S TRAINING  
October 14-17, 2025  
General Santos City**

**SCHEDULE OF ACTIVITIES**

| Date / Time                       | Activity                                                                                                                                                                                                                                             | Person Responsible            |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Day 0<br/>October 14, 2025</b> |                                                                                                                                                                                                                                                      |                               |
| 9:00 AM – 12:00 PM                | Arrival of PMT (DepEd Central, Host Region), Coaches and RPs from RenewHealth                                                                                                                                                                        | Program Management Team (PMT) |
| 12:00 PM – 1:00 PM                | Lunch                                                                                                                                                                                                                                                | -                             |
| 1:00 PM – 5:00 PM                 | Preparatory work and refresher for Coaches                                                                                                                                                                                                           | RenewHealth                   |
| <b>Day 1<br/>October 15, 2025</b> |                                                                                                                                                                                                                                                      |                               |
| 7:30 AM – 9:00 AM                 | Arrival of Participants<br>Registration                                                                                                                                                                                                              | Program Management Team (PMT) |
| 9:00 AM – 9:30 AM                 | Opening Program <ul style="list-style-type: none"> <li>• Preliminaries</li> <li>• Welcome Remarks</li> <li>• Introduction to the training</li> <li>• Presentation of Indicative Program of Activities</li> <li>• Leveling of Expectations</li> </ul> | Program Management Team (PMT) |
| 9:30 AM – 10:30 AM                | DEPED (SMHP, MHRM, LHAS)                                                                                                                                                                                                                             | DepEd CO                      |
| 10:30 AM – 10:45 AM               | Health Break                                                                                                                                                                                                                                         | -                             |
| 10:45 AM – 11:30 PM               | DEPED (SMHP, MHRM, LHAS)                                                                                                                                                                                                                             | DepEd CO                      |
| 11:30 AM – 12:00 PM               | Mental Health Literacy and Prevalence-Belief, Knowledge and Explanations                                                                                                                                                                             | Coaches                       |
| 12:00 PM – 1:00 PM                | Lunch Break                                                                                                                                                                                                                                          | -                             |
| 1:00 PM – 1:30 PM                 | Understanding Mental Health & Disorders- Anxiety, Depression and Substance Abuse                                                                                                                                                                     | Coaches                       |
| 1:30 PM – 2:00 PM                 | Understanding Suicide - CSSRS                                                                                                                                                                                                                        | Coaches                       |
| 2:00 PM – 3:00 PM                 | Mental Health First Aid - ALGEE                                                                                                                                                                                                                      | Coaches                       |
| 3:00 PM – 3:15 PM                 | Heath Break                                                                                                                                                                                                                                          | -                             |
| 3:15 PM – 4:15 PM                 | MHFA Simulation – Role Playing                                                                                                                                                                                                                       | Coaches                       |
| 4:15 PM – 5:00 PM                 | DEPED (SMHP, MHRM, LHAS)                                                                                                                                                                                                                             | DepEd CO                      |
| <b>Day 2<br/>October 16, 2025</b> |                                                                                                                                                                                                                                                      |                               |
| 8:00 AM – 8:30 AM                 | Management of Learning <ul style="list-style-type: none"> <li>• Leveling of Expectations</li> <li>• Program Objectives</li> </ul>                                                                                                                    | Program Management Team (PMT) |



|                         |                                                                                                                                                                                      |                               |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
|                         | <ul style="list-style-type: none"> <li>• Program Matrix</li> <li>• Session Norms</li> </ul>                                                                                          |                               |
| 8:30 AM – 9:00 AM       | Introduction to Katatagan Plus-Program<br>overview Presentation of Pilot Data                                                                                                        | RenewHealth                   |
| 9:00 AM – 10:00 AM      | Katatagan Plus Module 1 - Simulation                                                                                                                                                 | Coaches                       |
| 10:00 AM – 10:15 AM     | Health Break                                                                                                                                                                         | -                             |
| 10:15 AM – 11:15 AM     | Simulations of Module 2                                                                                                                                                              | Coaches                       |
| 11:15 AM – 12:00 PM     | Simulations of Module 3                                                                                                                                                              | Coaches                       |
| 12:00 PM – 1:00 PM      | Lunch Break                                                                                                                                                                          | -                             |
| 1:00 PM – 2:00 PM       | Simulations of Module 4                                                                                                                                                              | Coaches                       |
| 2:00 PM – 3:00 PM       | Simulations of Module 5                                                                                                                                                              | Coaches                       |
| 3:00 PM – 3:15 PM       | Health Break                                                                                                                                                                         | -                             |
| 3:15 PM – 4:15 PM       | Simulations of Module 6                                                                                                                                                              | Coaches                       |
| 4:15 PM – 5:15 PM       | Simulations of Module 7                                                                                                                                                              | Coaches                       |
| 5:15 PM – 6:15 PM       | Simulations of Module 8                                                                                                                                                              | Coaches                       |
| <b>Day 3</b>            |                                                                                                                                                                                      |                               |
| <b>October 17, 2025</b> |                                                                                                                                                                                      |                               |
| 8:00 AM – 8:30 AM       | Management of Learning <ul style="list-style-type: none"> <li>• Leveling of Expectations</li> <li>• Program Objectives</li> <li>• Program Matrix</li> <li>• Session Norms</li> </ul> | Program Management Team (PMT) |
| 8:30 AM – 10:00 AM      | Integration of Learnings - Katatagan Plus                                                                                                                                            | Program Management Team (PMT) |
| 10:00 AM – 10:30 AM     | Self-Care                                                                                                                                                                            | -                             |
| 10:30 AM – 11:30 AM     | Post Test/Evaluation                                                                                                                                                                 | Program Management Team (PMT) |
| 11:30 AM – 12:00 PM     | Action Planning                                                                                                                                                                      | Program Management Team (PMT) |
| 12:00 PM                | Closing Lunch/Recession                                                                                                                                                              | -                             |