



Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION



June 07, 2024

REGIONAL MEMORANDUM

No. 588, s. 2024

To: Schools Division Superintendents
 All Others Concerned

PARTICIPATION FOR THE DEVELOPMENT, REFINEMENT AND FINALIZATION OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT GUIDES FOR ALS

1. Enclosed is a copy of Memorandum OM-OUOPS-2024-09-03549 signed by Atty. Revsee A. Escobedo, Undersecretary for Operations, and Dr. Dexter A. Galban, Assistant Secretary for Operations, dated May 30, 2024 titled "**PARTICIPATION FOR THE DEVELOPMENT, REFINEMENT AND FINALIZATION OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT GUIDES FOR ALS**".
2. In line with this, Ms. Angelita Z. Modesto of SDO Manila shall represent the region on the following activities:

Title of Activity	Date of Activity	Venue
Conduct of Writeshop on the Development of Mental Health Psychosocial Support Guides for ALS	June 17-21, 2024	Davao City
Conduct of Writeshop on the Refinement of Mental Health Psychosocial Support Guides for ALS	July 1-5, 2024	Zambales City
Conduct of Writeshop on the Finalization of Mental Health Psychosocial Support Guides for ALS	August 5-9, 2024	Zamboanga City

3. For further details, please refer to the enclosures.
4. Immediate dissemination and compliance to the Memorandum is desired.

JOCELYN DR. ANDAYA
 Director IV

Encl.: As stated



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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM
OM-OUOPS-2024-091-0473

TO : REGIONAL DIRECTORS
SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED

FROM : *Revsee A. Escobedo*
ATTY. REVSEE A. ESCOBEDO
Undersecretary for Operations

Dr. Dexter A. Galban
DR. DEXTER A. GALBAN
Assistant Secretary for Operations

SUBJECT : PARTICIPATION FOR THE DEVELOPMENT, REFINEMENT, AND
FINALIZATION OF MENTAL HEALTH AND PSYCHOSOCIAL
SUPPORT GUIDES FOR ALS

DATE : May 30, 2024

The Bureau of Learner Support Services - School Health Division (BLSS-SHD), in collaboration with the Bureau of Learning Delivery (BLD), Bureau of Alternative Education (BAE), and Bureau of Curriculum Development (BCD), will conduct a **Three-Series Writeshop for the Development, Refinement, and Finalization of Mental Health and Psychosocial Support (MHPSS) Guides for Alternative Learning System (ALS)**, specifically for teenage mothers.

With this, BLSS-SHD invites the identified personnel in **Annex A** to participate in the following activities:

Title of Activity	Date of Activity	Venue
Conduct of Writeshop on the Development of Mental Health Psychosocial Support Guides for ALS	June 17-21, 2024	Davao City
Conduct of Writeshop on the Refinement of Mental Health Psychosocial Support Guides for ALS	July 1-5, 2024	Zambales City
Conduct of Writeshop on the Finalization of Mental Health Psychosocial Support Guides for ALS	August 5-9, 2024	Zamboanga City

Attached is the **concept note** of the writeshop series, for your reference.

Please take note of the following **reminders**:

- a. Travel expenses of the field participants shall be charged to the downloaded funds for this purpose. Regional Offices and Schools Division Offices are



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requested to augment funds in cases of deficiencies and shortages. These shall be subject to the usual accounting and auditing rules and regulations.

- b. Offices concerned are requested to grant compensatory time-off (CTO) to participating personnel, as applicable, computed against the actual days that they participate in the activity, in accordance with existing Civil Service Commission rules and regulations. Grant of CTO may be applicable to situations such as when personnel need to travel a day before the opening (Sunday) or a day after the closing (Saturday) due to the availability of flights, or when a day or some days within the duration of the activity fall/s under (a) [local] holiday(s).
- c. Subsequent announcements related to the activities for the finalization of the policy shall be made through separate issuances or correspondences from the BLSS.
- d. Participants are requested to **confirm** by answering the **form** via <https://bit.ly/MHPSSforALS> on or before **June 10, 2024 (Monday)**.

For questions and clarifications, you may contact **Jonna Feliz Roldan**, *Technical Assistant II* of BLSS-SHD, through email (schoolmentalhealth@deped.gov.ph), telephone (02) 8632-9935, or Viber (0917 546 1993).

Thank you.

[BLSS-SHD/JFCR]



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ANNEX A
List of Participants

Conduct of Writeshop on the Development of Mental Health Psychosocial Support Guides for ALS June 17-21, 2024 Davao City				
No.	Name	Region	Division	Designation
1.	Reymond N. Villare	I	Dagupan City	Principal
2.	Edgar Capuno	II	Nueva Vizcaya	Principal
3.	Crispino L. Parule Jr.	III	Malolos City	Principal
4.	Wilfred G. Dela Cruz		Malolos City	Head Teacher
5.	Levy Hernal		Nueva Ecija	Principal
6.	Maria Vinnah C. Delgado	IV-A	Batangas City	Education Program Specialist
7.	Albert Joseph G. Ceniza		Rizal	Head Teacher
8.	Eugene Sierra	IV-B	Antipolo City	Principal
9.	Francis C. Macalinao		Calapan City	Principal
10.	Marites B. Basilla	V	Albay	Guidance Counselor
11.	Roger Z. Rochar	VI	Sagay City	ASDS
12.	Charmaine G. Rubio	VII	Tanjay City	EPS
13.	Julan M. Daguil	VIII	Leyte	Principal
14.	Boysie A. Santiago	IX	Zamboanga City	Head Teacher
15.	Maribel G. Calo	X	Cagayan de Oro City	Education Program Specialist
16.	Gladys Ann F. Aldaya	XI	Davao de Oro	ALS Coordinator
17.	Meilani L. Lazo	XII	Saranggani	Division Assessment Coordinator
18.	Rodgie L. Paduganan	CARAGA	Cabadbaran City	Principal
19.	Brenda P. Contada	CAR	Baguio City	Principal
20.	Angelita Z. Modesto	NCR	Manila	PSDS

Conduct of Writeshop on the Refinement of Mental Health Psychosocial Support Guides for ALS July 1-5, 2024 Zambales City				
No.	Name	Region	Division	Designation
1.	Reymond N. Villare	I	Dagupan City	Principal
2.	Edgar Capuno	II	Nueva Vizcaya	Principal
3.	Crispino L. Parule Jr.	III	Malolos City	Principal
4.	Wilfred G. Dela Cruz		Malolos City	Head Teacher
5.	Levy Hernal		Nueva Ecija	Principal
6.	Maria Vinnah C. Delgado	IV-A	Batangas City	Education Program Specialist
7.	Albert Joseph G. Ceniza		Rizal	Head Teacher
8.	Anselma E. Lopez	IV-B	Antipolo City	Teacher
9.	Francis C. Macalinao		Calapan city	Principal
10.	Marites B. Basilla	V	Albay	Guidance Counselor

11.	Roger Z. Rochar	VI	Sagay City	ASDS
12.	Charmaine G. Rubio	VII	Tanjay City	EPS
13.	Julan M. Daguil	VIII	Leyte	Principal
14.	Boysie A. Santiago	IX	Zamboanga City	Head Teacher
15.	Maribel G. Calo	X	Cagayan de Oro City	Education Program Specialist
16.	Gladys Ann F. Aldaya	XI	Davao de Oro	ALS Coordinator
17.	Meilani L. Lazo	XII	Saranggani	Division Assessment Coordinator
18.	Rodgie L. Paduganan	CARAGA	Cabadbaran City	Principal
19.	Brenda P. Contada	CAR	Baguio City	Principal
20.	Angelita Z. Modesto	NCR	Manila	PSDS

Conduct of Writeshop on the Finalization of Mental Health Psychosocial Support Guides for ALS August 5-9 2024 Zamboanga City				
No.	Name	Region	Division	Designation
1.	Reymond N. Villare	I	Dagupan City	Principal
2.	Edgar Capuno	II	Nueva Vizcaya	Principal
3.	Crispino L. Parule Jr.	III	Malolos City	Principal
4.	Wilfred G. Dela Cruz		Malolos City	Head Teacher
5.	Levy Hernal		Nueva Ecija	Principal
6.	Maria Vinnah C. Delgado	IV-A	Batangas City	Education Program Specialist
7.	Albert Joseph G. Ceniza		Rizal	Head Teacher
8.	Eugene Sierra		Antipolo City	Principal
9.	Francis C. Macalinao	IV-B	Calapan City	Principal
10.	Marites B. Basilla	V	Albay	Guidance Counselor
11.	Roger Z. Rochar	VI	Victoria City	ASDS
12.	Charmaine G. Rubio	VII	Tanjay City	EPS
13.	Julan M. Daguil	VIII	Leyte	Principal
14.	Boysie A. Santiago	IX	Zamboanga City	Head Teacher
15.	Maribel G. Calo	X	Cagayan de Oro City	Education Program Specialist
16.	Gladys Ann F. Aldaya	XI	Davao de Oro	ALS Coordinator
17.	Meilani L. Lazo	XII	Saranggani	Division Assessment Coordinator
18.	Rodgie L. Paduganan	CARAGA	Cabadbaran City	Principal
19.	Brenda P. Contada	CAR	Baguio City	Principal
20.	Angelita Z. Modesto	NCR	Manila	PSDS

CONCEPT NOTE

I. Background

The Department of Education prioritizes the promotion and protection of the mental health and general welfare of learners and its personnel, with DepEd Order No. 14, s. 2020, also known as the Required Health Standards in Basic Education Offices and Schools, highlights the provision of Mental Health and Psychosocial Support Services to improve and strengthen the mental resilience of all learners. These were likewise emphasized in the MATATAG Agenda, which is to TAKE good care of our learners by promoting their well-being and supporting teachers to teach better.

According to the World Health Organization¹, suicide is the 4th leading cause of death among 15-29 year-olds, and 77% of global suicides occur in low- and middle-income countries. Psychiatrists² link a strong correlation between adolescents' time spent online and their mental health. Those who spend more time on social networking, television, and the internet have a higher risk of developing depressive symptoms that may have contributed to suicide, suicidal attempts, and suicidal ideations.³

Mental health conditions could be life-threatening and a lifelong struggle that requires a strong support system that will build the groundwork for better mental health and well-being. Protecting learners from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are among our goals.

Good mental health is required because it helps them adjust well and develop good behaviors, communication skills, and intellectual, emotional, and social skills that lead to self-assured adults. Thus, the importance of mental health must be recognized at every stage of life, from childhood to adolescence and adulthood. Another important part of having good mental health is building resilience. This is when one can cope with unexpected changes and challenges in life by drawing on inner strength and using all options around.

II. Objective:

At the end of the program implementation review, the participants will be able to develop Self-Directed Learning Materials (SDLM) on Mental Health and Psychosocial Support Programs for teenage mothers.

¹ World Health Organization, "Suicide," 2023, <https://www.who.int/news-room/fact-sheets/detail/suicide>.

² Yihong Zhao, "Brain structural co-development is associated with internalizing symptoms two years later in the ABCD cohort," *Journal of Behavioral Addictions*, 12 (2023): 80-93.

³ Jonathan Chu, "Screen time and suicidal behaviors among U.S. children 9-11 years old: A prospective cohort study," *Preventive Medicine*, 169 (2023): 107452.

III. Participants

Participants	No. of Participants	Specific Attendees (Positions only)
Central Office	9	Personnel from the following offices: 1. Bureau of Learners Support Services - School Health Division 2. Bureau of Learning Delivery 3. Bureau of Alternative Education 4. Bureau of Curriculum Development
RO, SDO	20	Non-teaching personnel (identified writers)
Resource Persons	3	External partners to be identified

IV. Proposed Program of Activities

Conduct of Writeshop on the Development of Mental Health Psychosocial Support Guides for ALS June 17-21, 2024 Davao City	
TIME	ACTIVITY / TOPIC
Day 1 (June 17)	
8:00AM - 12:00NN	Travel time, Arrival, & Registration
12:00NN - 1:00PM	Lunch Break
1:00PM - 1:15PM	Preliminaries
1:15PM - 1:20PM	Welcome Remarks
1:20PM - 1:30PM	Mental Health Activity
1:30PM - 2:30PM	Standards on the Development of Self-Directed Learning Modules
2:30PM - 2:45PM	PM Snacks
2:45PM - 3:45PM	Standards on the Development of Self-Directed Learning Modules (cont.)
3:45PM - 4:45PM	Mental Health Leveling
4:45PM - 5:00PM	Open Forum
Day 2 (June 18)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:25AM	Presentation of the Mapped Curriculum Entry Points
10:25AM - 10:40AM	AM Snacks
10:40AM - 12:00NN	Discussion of the Mechanics and Process Flow on the Development of SDLM
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Workshop
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Workshop (cont.)
Day 3 (June 19)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity

8:25AM - 10:00AM	Workshop (cont.)
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Workshop (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Presentation of the Draft SDLM
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Presentation of the Draft SDLM (cont.)
Day 4 (June 20)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Incorporation of comments / suggestions on the 1st draft
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Incorporation of comments / suggestions on the 1st draft (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Incorporation of comments / suggestions on the 1st draft (cont.)
2:30PM - 2:45PM	PM Break
2:45PM - 5:00PM	Incorporation of comments / suggestions on the 1st draft (cont.)
Day 5 (June 21)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Presentation of the Edited Draft SDLM
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Presentation of the Edited Draft SDLM (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:00PM	Closing

Conduct of Writeshop on the Refinement of Mental Health Psychosocial Support Guides for ALS July 1-5, 2024 Zambales City	
TIME	ACTIVITY / TOPIC
Day 1 (July 1)	
8:00AM - 12:00NN	Travel time, Arrival, & Registration
12:00NN - 1:00PM	Lunch Break
1:00PM - 1:15PM	Preliminaries
1:15PM - 1:20PM	Welcome Remarks
1:20PM - 1:30PM	Mental Health Activity
1:30PM - 3:00PM	Revisiting DepEd Order on Mental Health
3:00PM - 3:15PM	PM Snacks
3:15PM - 5:00PM	Presentation of the Results of the Writeshop on the Development of SDLM



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Day 2 (July 2)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:25AM	Workshop
10:25AM - 10:40AM	AM Snacks
10:40AM - 12:00NN	Workshop (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Workshop (cont.)
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Workshop (cont.)
Day 3 (July 3)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Workshop (cont.)
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Presentation of the Updated Draft SDLM
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Presentation of the Updated Draft SDLM (cont.)
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Incorporation of comments/suggestions on the updated draft
Day 4 (July 4)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Incorporation of comments/suggestions on the updated draft (cont.)
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Incorporation of comments/suggestions on the updated draft (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Incorporation of comments / suggestions on the 1st draft (cont.)
2:30PM - 2:45PM	PM Break
2:45PM - 5:00PM	Incorporation of comments / suggestions on the 1st draft (cont.)
Day 5 (July 5)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Presentation of the Revised SDLM
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Presentation of the Revised SDLM (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:00PM	Closing

Conduct of Writeshop on the Finalization of Mental Health Psychosocial Support Guides for ALS August 5-9 2024 Zamboanga City	
TIME	ACTIVITY / TOPIC
Day 1 (August 5)	
8:00AM - 12:00NN	Travel time, Arrival, & Registration
12:00NN - 1:00PM	Lunch Break
1:00PM - 1:15PM	Preliminaries
1:15PM - 1:20PM	Welcome Remarks
1:20PM - 1:30PM	Mental Health Activity
1:30PM - 2:30PM	Standards on the Development of Self-Directed Learning Modules
2:30PM - 2:45PM	PM Snacks
2:45PM - 3:45PM	Standards on the Development of Self-Directed Learning Modules (cont.)
3:45PM - 4:45PM	Mental Health Leveling
4:45PM - 5:00PM	Open Forum
Day 2 (August 6)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:25AM	Presentation of the Mapped Curriculum Entry Points
10:25AM - 10:40AM	AM Snacks
10:40AM - 12:00NN	Discussion of the Mechanics and Process Flow on the Development of SDLM
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Workshop
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Workshop (cont.)
Day 3 (August 7)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Workshop (cont.)
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Workshop (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Presentation of the Draft SDLM
2:30PM - 2:45PM	PM Snacks
2:45PM - 5:00PM	Presentation of the Draft SDLM (cont.)
Day 4 (August 8)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Incorporation of comments / suggestions on the 1st draft
10:00AM - 10:15AM	AM Snacks

10:15AM - 12:00NN	Incorporation of comments / suggestions on the 1st draft (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:30PM	Incorporation of comments / suggestions on the 1st draft (cont.)
2:30PM - 2:45PM	PM Break
2:45PM - 5:00PM	Incorporation of comments / suggestions on the 1st draft (cont.)
Day 5 (August 9)	
8:00AM - 8:10AM	Preliminaries
8:10AM - 8:25AM	Mental Health Activity
8:25AM - 10:00AM	Presentation of the Edited Draft SDLM
10:00AM - 10:15AM	AM Snacks
10:15AM - 12:00NN	Presentation of the Edited Draft SDLM (cont.)
12:00NN - 1:00PM	Lunch
1:00PM - 2:00PM	Closing