



Republic of the Philippines  
**Department of Education**  
 NATIONAL CAPITAL REGION

**REGIONAL MEMORANDUM**  
**ORD-2024-889**

**TO :** **SCHOOLS DIVISION SUPERINTENDENTS**  
**NEAP-R FOCAL PERSONS**  
**ALL OTHERS CONCERNED**

**FROM :** **OFFICE OF THE REGIONAL DIRECTOR**

**SUBJECT :** **TRAINING FOR GUIDANCE COUNSELORS ON SUICIDE PREVENTION (CAPACITY BUILDING PROGRAM FOR GUIDANCE COUNSELORS PHASE 2)**

**DATE :** **September 04, 2024**

1. Attached is Memorandum DM- OUOPS- 2024- 09-0595 dated July 17, 2024, signed by Wilfredo E.Cabral, OIC- Undersecretary for Human Resource and Organizational Development and Atty. Revsee A. Escobedo, Undersecretary for Operations titled “Training for Guidance Counselors on Suicide Prevention (Capacity Building Program for Guidance Counselors Phase 2)” to be conducted on September 9-13, 2024 at Swiss-Belhotel Blulane, Chinatown, Manila.

2. In this connection, the following guidance counselors are requested to attend:

Name	Designation	RO/SDO
Alejandre, Lorena R.	Guidance Counselor III	NCR
Ampo, Kim G.	Guidance Counselor III	NCR
Daga, Maria Emma T.	Guidance Counselor III	NCR
Din, Jesusa V.	Guidance Counselor III	NCR
Samantila, Elvira G.	Guidance Counselor III	NCR
Aguinaldo, Cleopatra Daisy T.	Guidance Counselor II	NCR
Castillo, Lorena Maria D.	Guidance Counselor II	NCR
Correa, Darryl C.	Guidance Counselor I	NCR
Rodriguez, Ma. Lovenia H.	Guidance Counselor I	NCR

3. All participants are expected to complete the Pre-registration Form through this link: [bit.ly/CapBuildRGCsP2](https://bit.ly/CapBuildRGCsP2) as soon as possible.

4. Travel expenses shall be charged to the School Mental Program Support funds downloaded to the DepEd Regional Office for this activity subject to the usual accounting and auditing rules and regulations.



Address: 6 Misamis St., Bago Bantay, Quezon City  
 Email address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
 Website: [depedncr.com.ph](http://depedncr.com.ph)

Doc. Ref. Code	RO-ORD-F005	Rev	00
Effectivity	01.26.23	Page	1 of 1





Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

---

5. For any queries or clarifications, kindly contact Connie P. Gepanayao, MD, FPPS School Health and Nutrition Unit through email at [hnu.ncr@deped.gov.ph](mailto:hnu.ncr@deped.gov.ph) or cellphone number 09189411154.
6. Immediate dissemination of this Memorandum is desired.

**JOCELYN DR ANDAYA**  
Director IV



Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

**MEMORANDUM**

**OM-OUOPS-2024-09-08955**

**TO : REGIONAL DIRECTORS  
SCHOOLS DIVISION SUPERINTENDENTS  
HUMAN RESOURCE DEVELOPMENT DIVISION CHIEFS  
NEAP-R FOCAL PERSONS  
ALL OTHERS CONCERNED**

**FROM : WILFREDO E. CABRAL**  
*Regional Director  
OIC, Office of the Undersecretary for Human Resource and  
Organizational Development*

*[Signature]*  
**ATTY. REVSEE A. ESCOBEDO**  
*Undersecretary for Operations*

**SUBJECT : TRAINING FOR GUIDANCE COUNSELORS ON SUICIDE  
PREVENTION (CAPACITY BUILDING PROGRAM FOR GUIDANCE  
COUNSELORS PHASE 2)**

**DATE : July 17, 2024**

1. In accordance with RA 11036 *Mental Health Act*, the Department of Education (DepEd) shall pursue strategies that promote the realization of mental health and well-being in educational institutions. Further, DepEd shall guide the schools in providing support and services for learners at risk, and facilitating access of learners to treatment and psychosocial support.
2. Pursuant to RA 11713 *Excellence in Teacher Education Act of 2021*, DepEd through the National Educators Academy of the Philippines (NEAP) is mandated to provide quality professional development programs to teachers, school leaders, and other teaching-related personnel.
3. Contributing to the Department's Basic Education Development Plan 2030, particularly its strategy of nurturing and protecting learners' mental and psychosocial health, the NEAP conducted Phase 1 of the Capacity Building Program for Guidance Counselors. It consisted of six batches, which ran from the 4<sup>th</sup> quarter of 2023 to the 1<sup>st</sup> quarter of 2024.



Room 101, Rizal Building, DepEd Complex, Meralco Avenue, Pasig City 1600  
Telephone Nos.: (02) 8633-5313; (02) 8631-8492  
Email Address: [oure@deped.gov.ph](mailto:oure@deped.gov.ph) | Website: [www.deped.gov.ph](http://www.deped.gov.ph)

Doc. Ref. Code	OM-OUOPS	Rev	01
Effectivity	03.23.23	Page	1 of 3



Certificate No. PMP 1246  
2233-1046



4. To capacitate the guidance counselors who have not yet attended the said training, the Bureau of Learner Support Services (BLSS) and NEAP, in partnership with the Unilab Foundation, will conduct a **Training for Guidance Counselors on Suicide Prevention (Capacity Building Program for Guidance Counselors Phase 2)** to help them become effective gatekeepers in the school setting.
5. The program aims to:
  - a. Recognize risk factors and warning signs that may indicate a learners' need for mental health support.
  - b. Demonstrate understanding on utilizing different techniques and tools to deliver counseling remotely and face-to-face.
  - c. Identify essential qualities, techniques, and ethical considerations relevant to the roles of guidance counselor and counseling supervision in suicide prevention and mental health support.
6. The Training for Guidance Counselors on Suicide Prevention (Capacity-Building Program for Guidance Counselors Phase 2) will be conducted from **September 9-13, 2024**, within Metro Manila.
7. The Training will be attended by RGCs assigned in schools who are occupying Guidance Counselor Plantilla items and duly Registered Guidance Counselor (RGC) assigned to the Schools Division Offices (SDOs) and Regional Offices (ROs) who are serving as focal persons. In line with DM-OUHROD-2024-0463, the identified participants are listed in **Annex A**. The program matrix for the Training is attached as **Annex B**.
8. For confirmation of attendance, all Training participants must register on this link: [bit.ly/CapBuildRGCsP2](https://bit.ly/CapBuildRGCsP2) on or before **August 16, 2024, Friday**.
9. The costs of the board and lodging of the participants shall be charged against the BLSS-SHD FY 2024 LSP Continuing Funds. Meanwhile, the travel expenses of the participants may be charged to the School Mental Health Program Support Funds, which were downloaded to DepEd Regional Offices. Expenses incurred are subject to the usual accounting, budgeting, and auditing procedures.
10. Meals and accommodations are as follows:

MEALS	Day 1 (Mon)	Day 2 (Tues)	Day 3 (Wed)	Day 4 (Thurs)	Day 5 (Fri)
Breakfast		✓	✓	✓	✓
AM Snacks		✓	✓	✓	✓
Lunch	✓	✓	✓	✓	✓
PM Snacks	✓	✓	✓	✓	
Dinner	✓	✓	✓	✓	

11. 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 participants to compensate for time rendered that is supposed to be for personal use and rest.

12. All participants are required to bring their own laptop, laptop charger and extension cord as completion of outputs will be accomplished in the venue. Please be reminded as well to bring maintenance medications if you have any.
13. Attached to this memorandum are the following:
  - Annex A: List of Participants
  - Annex B: Program Matrix
14. Should you have further questions or clarifications, please contact **Ms. Carmella Mergenio, Rpm** of BLSS-SHD (02 8632-9935 | [carmella.mergenio@deped.gov.ph](mailto:carmella.mergenio@deped.gov.ph)) or **Ms. Millie Jane Fudolig, RGC, Rpm** of NEAP-PDD (02 8715-9919 | [millie.fudolig@deped.gov.ph](mailto:millie.fudolig@deped.gov.ph)).
15. Immediate dissemination of and appropriate action on this memorandum is desired.

Annex A:

**LIST OF PARTICIPANTS**

**I. Program Management Team**

OFFICE	NAME	POSITION
BLSS-SHD	Dr. Ann P. Quizon	Supervising Health Program Officer
BLSS-SHD	Carmella Joyce L. Mergenio	Technical Assistant II
BLSS-SHD	Jordan P. Concepcion	Technical Assistant II
BLSS-SHD	Amina Aisa H. Boncales	Technical Assistant II
BLSS-SHD	Belle Beatrice D. Hombrebueno	Technical Assistant II
BLSS-SHD	Jon Jovi Osdaña	Technical Assistant II
BLSS-SHD	Shirley T. Laurel	Administrative Assistant II
NEAP-PDD	Millie Jane T. Fudolig	Senior Education Program Specialist
NEAP-PDD	Fleura Karina C. Lorenzo	Technical Assistant II
NEAP-PDD	Jojet T. Gabriel	Administrative Support II
NEAP-PDD	1 representative	TBD
NEAP QAD	1 representative	TBD

**II. Core Team**

	NAME	REGION	POSITION
1.	Annabella G. Dingwasen	I	Guidance Counselor III
2.	Sheridan Manamtam	I	Guidance Counselor III
3.	Ma. Katleen Maye A. Haban	II	Guidance Counselor III
4.	Airene P. Dayrit	III	Guidance Coordinator
5.	Julie E. Dangan	III	Guidance Counselor III
6.	Maria Niña M. Mariñas	III	Guidance Counselor II
7.	Riessa Leah B. Gonzales	IV - A	Guidance Counselor III
8.	Sheena Wella G. Arguelles	IV-A	Guidance Coordinator III
9.	Floyd A. Socrates	MIMAROPA	Guidance Counselor III
10.	Kurt Essa A. Rastrullo	V	Guidance Counselor II
11.	Kareen B. Arcenas	VI	Guidance Counselor III
12.	Charles Mathew T. Japitan	VII	Guidance Counselor II
13.	Junides O. Aro	VII	Guidance Counselor II
14.	Kathleen D. Omoso	VII	Guidance Service Specialist I
15.	Nerizza Conie E. Camacho	VII	Guidance Counselor III
16.	Nicah Maan C. Acojido	VII	Guidance Service Specialist I
17.	Julienne Rose P. Saballa	VIII	Guidance Coordinator III
18.	Mark Risty S. Tan-awon	IX	Guidance Counselor I
19.	Joan B. Cañeda	X	Guidance Coordinator III

20.	Melecare M. Carrillo	XI	Guidance Counselor III
21.	Ryan A. Betoya	XII	Guidance Counselor II
22.	Generuth M. Bagaforo	CARAGA	EPS II
23.	Doddie Marie L. Duclan	CAR	EPS
24.	Harlene Rose V. Mamiit	NCR	Guidance Coordinator I
25.	Maria Laarni Carla C. Paranis	NCR	EPS

### III. Participants

	Full Name	Region	DepEd Position Title
1.	Ananayo, Randolph M.	CAR	Guidance Counselor II
2.	Andres, Ma. Danica P.	CAR	Guidance Counselor II
3.	Balanon, Rhodelia J.	CAR	Guidance Counselor III
4.	Balneg, Jestoni B.	CAR	Education Program Specialist
5.	Base, Agapita K.	CAR	Guidance Counselor II
6.	Belgica, Maribel T.	CAR	Guidance Counselor III
7.	Budo, Eunice D.	CAR	Guidance Counselor III
8.	Dolnagon, Tina C.	CAR	Guidance Counselor III
9.	Fetiza, Jocelyn J.	CAR	Guidance Counselor III
10.	Lesino, Estefany D.	CAR	Guidance Counselor III
11.	Maria Trinidad M. Panglao	CAR	Guidance Counselor III
12.	Matias, Brenda M.	CAR	Guidance Counselor III
13.	Aquino-Jimenez, Mayclaire	CAR	Project Development Officer IV
14.	Basnillo, Jocelyn S.	Caraga	Guidance Counselor II
15.	Cullamat, Ivy Jane T.	Caraga	Guidance Counselor I
16.	Tuazon, Roxanne May .	Caraga	Guidance Counselor II
17.	Tillo, Antonette F.	Caraga	Guidance Counselor I
18.	Aguinaldo, Cleopatra Daisy T.	NCR	Guidance Counselor II
19.	Alejandre Lorena R.	NCR	Guidance Counselor III
20.	Ampo, Kim G.	NCR	Guidance Counselor III
21.	Castillo, Lorena Maria D.	NCR	Guidance Counselor II
22.	Correa, Darryl C.	NCR	Guidance Counselor I
23.	Daga, Maria Emma T.	NCR	Guidance Counselor III
24.	Din, Jesusa V.	NCR	Guidance Counselor III
25.	Rodriguez, Ma. Lovenia H.	NCR	Guidance Counselor I
26.	Samantila, Elvira G.	NCR	Guidance Counselor III
27.	Biagtan, Maria Amor Vena	Region I	Guidance Coordinator III
28.	Mabanag, Bianca Katrina, R.	Region I	Guidance Coordinator III
29.	Navarro, Rowena P.	Region I	Guidance Counselor III
30.	Tacdol, Nika Paula P.	Region I	Guidance Counselor III
31.	Volante, Donna A	Region I	Guidance Counselor III
32.	Domingo, Mia Flor Mia L.	Region II	Guidance Counselor II



33.	Adi, Juliet V.	Region II	Guidance Counselor III
34.	Acupan, Harlene, A.	Region II	Guidance Counselor III
35.	Conde, Ligaya A.	Region II	Guidance Counselor III
36.	Lazaro, Ronalyn R.	Region II	Guidance Counselor III
37.	Maguigad, Ana Riza Padua	Region II	Guidance Counselor III
38.	Palattao, Fely Ann A.	Region II	Guidance Counselor III
39.	Ramos, Vilma S.	Region II	Guidance Counselor III
40.	Rodriguez, Judy Ann Mila S.	Region II	Guidance Counselor III
41.	Troyo, Maida V.	Region II	Guidance Counselor III
42.	Vergara, Leilani Ruadap	Region II	Guidance Counselor III
43.	Villar, Avon Grace, T.	Region II	Guidance Counselor II
44.	Rubia, Leane Kimber	Region III	Guidance Counselor III
45.	Adriano, Gay S.	Region III	Guidance Coordinator II
46.	Ajose, Rowena Dr.	Region III	Guidance Counselor III
47.	Asor, Gina A.	Region III	Guidance Counselor II
48.	Aujero, Maan C.	Region III	Guidance Counselor III
49.	Bernabe, Andrea F.	Region III	Guidance Coordinator I
50.	Calma, Annalyn P.	Region III	Guidance Counselor III
51.	Centeno, Rosalyn Q.	Region III	Guidance Coordinator I
52.	Cruz, Maribel M.	Region III	Guidance Coordinator I
53.	De Jesus, Nelly M.	Region III	Guidance Counselor II
54.	Dionisio, Crissalyn Joy A.	Region III	Guidance Counselor II
55.	Ibe, Carolina B.	Region III	Guidance Counselor III
56.	Itas, Danilo D.	Region III	Guidance Counselor II
57.	Legaspi, Hazel Karren Z.	Region III	Guidance Counselor II
58.	Maderas, April M.	Region III	Guidance Counselor III
59.	Maninang, Joana M.	Region III	Guidance Counselor III
60.	Manuel, Aurora M.	Region III	Guidance Counselor III
61.	Maranan, Shiela S.	Region III	Guidance Counselor III
62.	Medina, Liza Marie Z.	Region III	Guidance Counselor III
63.	Mendoza, Annabelle M.	Region III	Guidance Counselor III
64.	Mendoza, Emita R.	Region III	Guidance Counselor II
65.	Merenciano, Regina M.	Region III	Guidance Counselor I
66.	Perona, Amorfil G.	Region III	Guidance Counselor III
67.	Ramos, Anita S.	Region III	Guidance Counselor II
68.	Sabiano, Ryan M.	Region III	Guidance Counselor III
69.	Sabino, Mary Jane S.	Region III	Guidance Counselor III
70.	Simon, Donald G.	Region III	Guidance Counselor III
71.	Singian Saturnino Ibon	Region III	Guidance Coordinator III
72.	Amurao, Jojo A.	Region IV-A	Guidance Counselor III
73.	Gabriel, Camila Louise	Region IV-A	Guidance Counselor III



74.	Suministrado, Lerma	Region IV-A	Guidance Counselor III
75.	Gondra, Amor	Region IV-A	Guidance Counselor III
76.	Teodoro, Cheryl	Region IV-A	Guidance Counselor III
77.	Gonzalez, Nina M.	Region IV-A	Guidance Counselor III
78.	Menite, Iris V,	Region IV-A	Guidance Counselor III
79.	Basas, Jean	Region IV-A	Guidance Counselor III
80.	Morales, Den S.	Region IV-A	Guidance Counselor III
81.	Aquino, Jade Ann V.	Region IV-A	Guidance Counselor III
82.	Borgoños-Pales, Mariz P.	Region IV-A	Guidance Counselor III
83.	Cruz, April Joy P.	Region IV-A	Guidance Counselor III
84.	De Vera, Vigiline A.	Region IV-A	Guidance Counselor III
85.	Gan, Rio G.	Region IV-A	Guidance Counselor III
86.	Lanorio, Ela L.	Region IV-A	Guidance Counselor III
87.	Manalo, Ronalyn F.	Region IV-A	Guidance Counselor III
88.	Mapalad, Mitchel S.	Region IV-A	Guidance Counselor III
89.	Portes, Sarah Catrina D.	Region IV-A	Guidance Counselor II
90.	Teodoro, Cheryl Delos Santos	Region IV-A	Guidance Counselor III
91.	Tibayan, Earl Sanderson G.	Region IV-A	Guidance Counselor III
92.	Mejos, Abby Grace E.	Region IV-B	Guidance Counselor I
93.	Manalo, Dyna P.	Region IV-B	Guidance Counselor II
94.	Montes, Vivien C.	Region IV-B	Guidance Counselor I
95.	Abenes, Annelyn B.	Region IX	Guidance Counselor III
96.	Antes, Harold, T.	Region IX	Guidance Counselor III
97.	Astillero, Ronaldo, F.	Region IX	Guidance Counselor II
98.	Caguimbay, Noniel L.	Region IX	Guidance Counselor II
99.	Dandoy, Phoebe Jean Sugabo	Region IX	Guidance Counselor II
100.	Embol, Faith Mikee J.	Region IX	Guidance Counselor II
101.	Guinea, Jinky Marie R.	Region IX	Guidance Counselor II
102.	Kuizon, Merelie B.	Region IX	Guidance Counselor II
103.	Omamalin, Marrielle Joshua V.	Region IX	Guidance Counselor II
104.	Pacatang, Cristy Ross A.	Region IX	Guidance Counselor II
105.	Rosales, Heather M.	Region IX	Guidance Counselor III
106.	Jadie Shiela	Region V	Guidance Counselor III
107.	Alcantara, Romela A.	Region V	Guidance Counselor II
108.	Ancheta, Mary Porteria H.	Region V	Guidance Counselor II
109.	Asido, Rhodalyn P.	Region V	Guidance Counselor II
110.	Barretto, Rhoderick M.	Region V	District Guidance Coordinator
111.	Basilla, Marites C.	Region V	Guidance Counselor III
112.	Bayrante, Rose Angeline V.	Region V	Guidance Counselor III
113.	Buena, Teresa V.	Region V	Guidance Counselor III
114.	Cacatian, Jemima E.	Region V	Guidance Counselor II

115.	Cuña-San Buenaventura, Remilyn Camila	Region V	Guidance Counselor III
116.	Estrella, Mercy C.	Region V	Guidance Counselor II
117.	Lorca, Johnly B.	Region V	Guidance Counselor II
118.	Lorca, Monica M.	Region V	Guidance Counselor II
119.	Mago, Marie Arizapa	Region V	Guidance Counselor I
120.	Malano, Berne Garcia	Region V	Guidance Counselor II
121.	Perez, Maria Victoria D.	Region V	Guidance Counselor III
122.	Marzan, Edilyn R.	Region V	Guidance Counselor II
123.	Narido, Babylyn M.	Region V	Guidance Counselor II
124.	Pacardo, Sheenalyn P.	Region V	Guidance Counselor II
125.	Sanchez, Rossel B.	Region V	Guidance Counselor II
126.	Sernande, Rolando B.	Region V	Guidance Counselor II
127.	Silos, Melvin A.	Region V	Guidance Counselor II
128.	Soltes, Junece O.	Region V	Guidance Counselor II
129.	Villezar, Jennette F.	Region V	Guidance Counselor II
130.	Alindog, Jenelyn D.	Region VI	Guidance Counselor I
131.	Andrada,Ruby Rose V.	Region VI	Guidance Counselor III
132.	Bolivar, Ma. Jobelle Lorraine P.	Region VI	Guidance Counselor I
133.	Botalon, Jeff Russel S.	Region VI	Guidance Counselor II
134.	Delfin, Junenalyn Grace C.	Region VI	Guidance Counselor III
135.	Deramas, Emzee Mae M.	Region VI	Guidance Counselor III
136.	Fuentes, Madel M.	Region VI	Guidance Counselor III
137.	Gibraltar, Jemma A.	Region VI	Guidance Counselor III
138.	Harder, Gladys B.	Region VI	Guidance Counselor III
139.	Junco, Anelene A.	Region VI	Guidance Counselor III
140.	Lao, Kristien Leyn A.	Region VI	Guidance Counselor III
141.	Lopez, Jonna I.	Region VI	Guidance Counselor III
142.	Magbanua, Claire B.	Region VI	Guidance Counselor III
143.	Molina, Maria Elena D.	Region VI	Guidance Coordinator III
144.	Pambo, Elizabeth A.	Region VI	Guidance Counselor III
145.	Ramos, Emelyn Bandada	Region VI	Guidance Counselor III
146.	Sevillo, Jackson Ray S.	Region VI	Guidance Counselor III
147.	Alqueza, Summer R.	Region VII	Guidance Counselor II
148.	Ay-Ad, Vina Rose Daquipil	Region VII	Guidance Counselor II
149.	Bagolor, Fiel Angelie, P.	Region VII	Guidance Counselor II
150.	Cabacog, Pete M.	Region VII	Guidance Counselor II
151.	Casipong,Loviemer S.	Region VII	Guidance Counselor II
152.	Espina, Maricille M.	Region VII	Guidance Counselor II
153.	Famulagan, Mae A.	Region VII	Guidance Counselor II
154.	Gaborno, Irene H.	Region VII	Guidance Counselor II
155.	Lacaba, Renelda B.	Region VII	Guidance Coordinator III



156.	Lavadia, Genevieve M.	Region VII	Guidance Counselor II
157.	Lopez, Ma. Cecilia P.	Region VII	Guidance Counselor II
158.	Olandria, Eden Joy P.	Region VII	Guidance Counselor II
159.	Partosa, Rosyl Geraldine M.	Region VII	Guidance Services Specialist II
160.	Rebecca, Sharon S.	Region VII	Guidance Counselor II
161.	Tajantajan, Marianne R.	Region VII	Guidance Counselor II
162.	Vallecer, Flordeliza A.	Region VII	Guidance Counselor II
163.	Ybañez, Krisa M.	Region VII	Guidance Counselor II
164.	Gallego, Alexander A.	Region VIII	Guidance Counselor II
165.	Mantilla, Laarni Concordia A.	Region VIII	Guidance Counselor III
166.	Sison, Kristine Cyrelle Mae V.	Region VIII	Guidance Counselor I
167.	Duron, Shiela Marie B.	Region X	Guidance Coordinator II
168.	Dando, Xeniah Caryl C.	Region X	Guidance Coordinator III
169.	Gallardo, Maricris, T.	Region X	Guidance Counselor I
170.	Kwek, Aldwin Murphy	Region X	Guidance Counselor II
171.	Macarayo, Al Francis L.	Region X	Guidance Counselor III
172.	Macarayo, Melody D.	Region X	Guidance Counselor III
173.	Monero, Christina E	Region X	Guidance Coordinator III
174.	Monoy, Girlie S.	Region X	Guidance Coordinator III
175.	Octaviano, Catherine V.	Region X	Guidance Counselor II
176.	Quiapo, Frances Joan L.	Region X	Guidance Counselor III
177.	Sanson, Riza June M.	Region X	Guidance Counselor III
178.	Santos, Raquel C.	Region X	Guidance Counselor I
179.	Vergara, Evangeline P.	Region X	Guidance Counselor II
180.	Santos, Raquel C.	Region X	Guidance Counselor I
181.	Octaviano, Catherine V.	Region X	Guidance Counselor II
182.	Borromeo, Emma	Region X	Guidance Counselor II
183.	Florendo, Malou,	Region X	Guidance Coordinator III
184.	Marban, Pamela Louis F.	Region X	Guidance Counselor II
185.	Behis, Kendrid Marie Q.	Region X	Guidance Counselor II
186.	Panaguiton, Aldrin L.	Region X	Guidance Counselor II
187.	Santos, Raquel C.	Region X	Guidance Counselor I
188.	Lupiba, Ivan H.	Region XI	Guidance Counselor III
189.	Orosio, Junliet	Region XI	Guidance Counselor III
190.	Flores, Marilou	Region XI	Guidance Counselor III
191.	Besas, Vivian D.	Region XI	Guidance Counselor II
192.	Abastillas, Gladys L	Region XI	Guidance Counselor II
193.	Adlawan, Jazenn Jane A.	Region XI	Guidance Counselor II
194.	Amodia, Michelle H.	Region XI	Guidance Counselor II
195.	Balaguer, Reynz Edda Marie C.	Region XI	Guidance Counselor II
196.	Caminade, Ma. Lourdes B.	Region XI	Guidance Counselor II



197.	Cutin, Tresita T.	Region XI	Guidance Counselor III
198.	Efondo, Virginia P.	Region XI	Guidance Counselor III
199.	Español, Shella T.	Region XI	Guidance Counselor II
200.	Genovia, Shirley C.	Region XI	Guidance Counselor III
201.	Misterio, Nelyn H.	Region XI	Guidance Counselor II
202.	Paclibar, Maribel P.	Region XI	Guidance Counselor II
203.	Cinco, Maricel L.	Region XI	Guidance Counselor II
204.	Pintac, Carmencita Tamula	Region XI	Guidance Counselor II
205.	Santos, Eversweet R.	Region XI	Guidance Counselor III
206.	Tampipi, Annalou L.	Region XI	Guidance Counselor III
207.	Torres, Mae Laarni	Region XI	Guidance Counselor III
208.	Orge, Divina	Region XI	Guidance Counselor II
209.	Zafico, Jorge Jr G.	Region XI	Guidance Counselor II
210.	Bautista, Leah C.	Region XII	Guidance Counselor II
211.	Fernando, John Karl D.	Region XII	Guidance Coordinator I
212.	Gajo, Mary Frettie S.	Region XII	Guidance Counselor II
213.	Lumaad, Jovencio Carbonilla	Region XII	Guidance Counselor II

## PROGRAM MATRIX

**CAPACITY BUILDING FOR GUIDANCE COUNSELORS  
(TRAINING FOR GUIDANCE COUNSELORS ON SUICIDE PREVENTION)**

TIME	ACTIVITY
<b>DAY 0 (SUNDAY)</b>	
-	Arrival of Program Management Team (PMT), Core Team, and Resource Persons
1:00 PM – 5:00 PM	Pre-activity preparations
<b>DAY 1 (MONDAY)</b>	
8:00 AM – 10:00 AM	Orientation for the Core Team
10:00 AM – 10:30 AM	Health Break
10:30 AM – 12:00 PM	Continuation of the Orientation for the Core Team
12:00 PM – 1:00 PM	Lunch Break
1:00 PM – 2:00 PM	Registration of Participants
2:00 PM – 3:00 PM	Opening Program <ul style="list-style-type: none"> <li>• National Anthem</li> <li>• Ecumenical Prayer</li> <li>• DepEd QPS</li> <li>• Welcome Remarks</li> <li>• Introduction of Participants</li> <li>• Photo Documentation</li> <li>• Session Norms</li> </ul>
3:00 PM – 3:30 PM	Health Break
3:30 PM – 4:00 PM	Program Overview
4:00 PM – 4:30 PM	End-of-day Evaluation and Clearing House / Other Reminders
<b>DAY 2 (TUESDAY)</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>
8:30 AM – 10:00 AM	<b>SESSION 1</b> <b>Module 1: Basic Skills for All Personnel Suicide in the School</b>
10:00 AM – 10:30 AM	Health Break
10:30 AM – 12:00 PM	Continuation of Suicide in the School
12:00 PM – 1:00 PM	Lunch Break
1:00 PM – 2:30 PM	<b>SESSION 2</b> How to RACE Against Suicide
2:30 PM – 3:00 PM	Health Break

3:00 PM – 4:00 PM	Continuation of How to RACE Against Suicide
4:00 PM – 4:30 PM	Case Simulation
4:30 PM – 5:00 PM	End-of-day Evaluation and Clearing House / Other Reminders
<b>DAY 3 (WEDNESDAY)</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>
8:30 AM – 10:00 AM	<b>SESSION 3</b> <b>Module 2</b> Suicide Intervention
10:00 AM – 10:30 AM	Health Break
10:30 AM – 12:00 PM	Continuation of Suicide Intervention
12:00 PM – 1:00 PM	Lunch Break
1:00 PM – 2:30 PM	<b>SESSION 4</b> Basic Counseling Techniques
2:30 PM – 3:00 PM	Health Break
3:00 PM – 4:30 PM	<b>SESSION 5</b> Self-Care
4:30 PM – 5:00 PM	End-of-day Evaluation and Clearing House / Other Reminders
<b>DAY 4 (THURSDAY)</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>
8:30 AM – 10:00 AM	<b>SESSION 6</b> Referral System
10:00 AM – 10:30 AM	Health Break
10:30 AM – 12:00 AM	Continuation of Referral System
12:00 PM – 1:00 PM	Lunch Break
1:00 PM – 2:00 PM	<b>WORKSHOP 7</b> Professional Counseling Supervision
2:00 PM – 3:00 PM	Simulation and Feedback of Counselor Supervision
3:00 PM – 3:30 PM	Health Break
3:30 PM – 4:30 PM	Continuation of Simulation and Feedback of Counselor Supervision
4:30 PM – 5:00 PM	End-of-day Evaluation and Clearing House / Other Reminders
<b>DAY 5 (FRIDAY)</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>



	<ul style="list-style-type: none"><li>• Program Matrix</li><li>• Session Norms</li></ul>
8:30 AM – 10:00 AM	<b>WORKSHOP 8</b> Introduction of Program Development and Crafting of Guidance Program
10:00 AM – 10:30 AM	Health Break
10:30 AM – 12:00 PM	Presentation and Feedback of Guidance Program and Plan
12:00 PM – 1:00 PM	Lunch Break
1:00 PM – 2:00 PM	Closing Program