



Republic of the Philippines
Department of Education
Region V
SCHOOLS DIVISION OF SORSOGON

DIVISION MEMORANDUM

No. 60, s. 2025

TO : Assistant Schools Division Superintendent
CID and SGOD Chiefs
Public Schools District Supervisors
Secondary School Heads
School Health Section Personnel
All Others Concerned

FROM : **JOSE L. DONCILLO, CESO V**
Schools Division Superintendent

DATE: : March 3, 2025

SUBJECT : **CAPACITY BUILDING OF GUIDANCE COUNSELORS, GUIDANCE COUNSELORS-DESIGNATE & SCHOOL NURSES ON THE DIVISION MENTAL HEALTH PROGRAMS FOR LEARNERS AND PERSONNEL**

1. Pursuant to **Republic Act No. 10036** or the Mental Health Act of 2018 which mandates to promote mental health/raise awareness on mental health issues, identify and provide support and services for individuals at risk and facilitate access, including referral mechanisms of individuals with mental health conditions to treatment and psychosocial support, this Office informs the concerned personnel on the conduct of Capacity Building of Guidance Counselors, Guidance Counselors-Designate & School Nurses on the Division Mental Health Programs for Learners and Personnel on March 13-14, 2025, at Villa Isabel Hotel, Sorsogon City
2. Attached is the copy of the indicative program of activities and the list of participants.
3. Travel and incidental expenses incurred are chargeable to MOOE subject to the usual accounting and auditing rules and regulations.
4. For information and guidance of all concerned.



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4700
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Website: depedsorsogon.com.ph



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Attachment A

Indicative Program of Activities

TIME	DAY 1	RESOURCE PERSON
8:00am – 9:00am	Arrival/Registration	
9:00am- 9:30am	Preliminaries <ul style="list-style-type: none"> • Invocation • Welcome Remarks • Introduction of participants 	
9:30am- 10:00am	Expectation and Training overview	
10:00am –10:15am	Health Break	
10:15am – 12:00nn	Session 1: Roles and Responsibilities of Guidance Counselor and Guidance Counselor- Designate in school setting.	Jodie Marie R. Jadie, RGC
12:00 – 1:00 pm	Health Break/lunch	
1:00pm – 2:00pm	Session 2: The Role of Guidance in Child Protection Committee Functionality	Jodie Marie R. Jadie, RGC
2:00pm – 3:15pm	Session 3: Handling Students with Suicidal Thoughts	Jhonlery D. Recome, RGC
3:15pm – 3:30 pm	Health Break	
3:15pm - 5:00pm	Session 4: Mental Health Crisis Management and Referral Mechanism	Jhonlery D. Recome, RGC
	Debriefing/End of day Evaluation	
TIME	DAY 2	
8:00am – 8:30am	Arrival/Registration	
8:30am - 8:40am	Management of Learning	
8:40am – 10:00am	Session 4: Dealing with Burnout	Jazel S. Calleja, MD
10:00 am –10:15 am	Working Health Break	
10:15am – 12:00nn	Session 5: Stress Management & Self Care	Jazel S. Calleja, MD
12:00nn – 1:00pm	Lunch Break	
1:00pm -3:30pm	Session 6: Universal Mental Health Screening (CARS)	Desiree O. Boncales, RGC
3:30pm -3:45pm	Health Break/snacks	
3:45pm – 4:30pm	Session 7: GLIMPSES: Tabaco National High School Guidance Office in School Setting	Rosella D. Aberion, RGC
4:30pm – 5:00pm	Debriefing, Ways forward & Awarding of Certificates to facilitators & participants	Sheila Maria G. Morada, RN



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Attachment B

List of Participants

	NAME	SCHOOL	POSITION
1	Deborah Klin S. Ativo	Alegria Integrated School (Barcelona)	GC Designate
2	Charito P. Bagares	Barcelona National Comprehensive HS	GC I
3	Angela S. Azore	Celso F. Falcotelo NHS (Barcelona)	GC Designate
4	Erma A. Altavano	San Antonio NHS (Barcelona)	GC Designate
5	Genalyn C. Oseo	Beguín NHS (Bulan)	GC Designate
6	Meilen D. Labalan	Bulan National High School	GC Designate
7	Chie A. Gutierrez	Butag School of Fisheries (Bulan)	GC Designate
8	Remmon J. Gime	Cadandanan NHS (Bulan)	GC Designate
9	Analyn R. Melitante	Calpi Integrated School (Bulan)	GC Designate
10	Gemes Ryan L. Co	Danao National High School (Bulan)	GC Designate
11	Naomi Gicaro	Faustino G. Glua High School (Bulan)	GC Designate
12	Nancy G. Ginete	Gate National High School (Bulan)	GC Designate
13	Jean T. Masujer	J.P. Laurel High School (Bulan)	GC Designate
14	Flor Socorro	Quezon National High School (Bulan)	GC Designate
15	Mary Jane G. Funa	San Francisco National HS (Bulan)	GC Designate
16	Lovely Jane G. Panganiban	San Isidro National HS (Bulan)	GC Designate
17	Joseph O. Gelio	San Juan Bago High School (Bulan)	GC Designate
18	Nida Fuaso	Buhang National High School (Bulusan)	GC Designate
19	Sharon Bandola	Bulusan National High School	GC Designate
20	Jenell P. Paghubasan	San Roque National HS (Bulusan)	GC Designate
21	Ma. Irene E. Pura	Bagacay National HS (Gubat)	GC Designate
22	Elizabeth Besid	Bentuco NHS (Gubat)	GC Designate
23	Ernest Renan Sarmiento	Bulacao National High School (Gubat)	GC Designate
24	Angelo M. Bongon	Gubat National High School	GC Designate
25	Roel Del Rosario	Jupi National High School (Gubat)	GC Designate
26	Ma. Judy Estavillo	Rizal National High School (Gubat)	GC Designate
27	Ma. Teresa G. Navarro	Batang Integrated School (Irosin)	GC Designate



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	NAME	SCHOOL	POSITION
28	Frederick G. Hagos	Gabao National HS (Irosin)	GC Designate
29	Ma. Theresa G. Pancho	Gallanosa National HS (Irosin)	GC III
30	Elmer Gamba	Irosin north NHS (Irosin)	GC Designate
31	Marivic Vidar	Patag Integrated School (Irosin)	GC Designate
32	Randy G. Doctor	Biriran National HS (Juban)	GC Designate
33	Daisy A. Holasco	Calateo Integrated School (Juban)	GC Designate
34	Karen H. Nanoz	Guruyan High School (Juban)	GC Designate
35	Marissa Galvan	Juban High School	GC Designate
36	Cyril Victoria	Lajong National HS (Juban)	GC Designate
37	Marilou Caballera	Olimpio A. Guarin Jr. NHS (Juban)	GC Designate
38	Jimson Candelaria	Sablayan High School (Juban)	GC Designate
39	Yolanda G. Macildo	Calintaan Integrated School (Matnog)	GC Designate
40	Malou Ferrer	Culasi National HS (Matnog)	GC Designate
41	Frev E. Barberan	Matnog National High School	GC II
42	Catherine B. Lucillo	Sisigon Integrated School (Matnog)	GC Designate
43	Cristina Nares	Sua National High School (Matnog)	GC Designate
44	Julie-Ann S. Legaspi	Tiong Hen So Memorial HS (Matnog)	GC Designate
45	Edna D. Domasig	Calao National HS (Pto Diaz)	GC Designate
46	Bernard D. Feolino	Manlabong National HS (Pto. Diaz)	GC Designate
47	Maricel Domalaon	Pto. Diaz National High School	GC Designate
48	Arlene Huerto	San Rafael Integrated Hs (Pto. Diaz)	GC Designate
49	Flordeliz F. Fulgar	Sta. Magdalena National HS	GC Designate
50	Ceres F. Furio	Talaonga National HS (Sta. Magdalena)	GC III
51	Mary Rose B. Fabrigar	Casiguran TVS	GC Designate
52	Desiree P. Llaneta	Del Carmen Memorial HS (Casiguran)	GC Designate
53	Eva E. Sibonga	San Juan National HS (Casiguran)	GC Designate
54	Alona Azueta	Bagong Sirang HS (Castilla)	GC Designate
55	Guadalyn L. Jardin	Buenavista NHS (Castilla)	GC Designate
56	Evangeline L. Laroga	Castilla NHS	GC Designate
57	Elvira Lachica	Cumadcad NHS (Castilla)	GC I
58	Christine M. Adivino	Dinapa National HS (Castilla)	GC Designate
59	Merla Z. Torres	Macalaya National HS (Castilla)	GC Designate



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	NAME	SCHOOL	POSITION
60	Divina Torno	Mayon National HS (Castilla)	GC Designate
61	Ronalyn M. Lesano	Milagrosa National HS (Castilla)	GC Designate
62	Janet C. Lesano	Oras National HS (Castilla)	GC Designate
63	Jovencio F. Gaton Jr	Pandan High School (Castilla)	GC Designate
64	Cherry N. Lagunsin	Quirapi Integrated School (Castilla)	GC Designate
65	Rona B. Molina	San Rafael High School (Castilla)	GC Designate
66	Cora Tolosa	Banuang Gurang National HS (Donsol)	GC Designate
67	Ma. Sandy E. Encinares	Cabugao National HS (Donsol)	GC Designate
68	Ma. Luisa De Leon	DNCHS- Sta Cruz Extension HS (Donsol)	GC Designate
69	Catherine L. Ativo	Donsol National Comprehensive HS	GC I
70	Cherry Briones	Donsol Vocational High School	GC Designate
71	Nica Avisado	Donsol VHS – Gimagaan	GC Designate
72	Danica Herrea	Donsol VHS- Gogon Annex (Donsol)	GC Designate
73	Agnes A . Mortega	Bagatao National HS (Magallanes)	GC Designate
74	Jeselyn H. Detecio	Bartolome G. Lee Sr. IS (Magallanes)	GC Designate
75	Jamel John B. Villa	Biton High School (Magallanes)	GC Designate
76	Cindy G. Listana	Caditaan NHS (Magallanes)	GC Designate
77	Alita H. Banadera	Cagbolo NVHS (Magallanes)	GC Designate
78	Marlon A. Manago	Magallanes National High School	GC Designate
79	Rowena V. Golpo	Magallanes NVHS	GC Designate
80	Agape G. Huidem	Pawik Integrated School (Magallanes)	GC Designate
81	Aila Joy H. Arevalo	Pili National Hgih School (Magallanes)	GC Designate
82	Regina Cornelio	Siuton NHS (Magallanes)	GC Designate
83	Dan Jorge Losito	Abucay NHS (Pilar)	GC Designate
84	Iziel S. Milagrosa	Bantayan National HS (Pilar)	GC Designate
85	Irish Barasi	Bayasong National HS (Pilar)	GC Designate
86	Geneva G. Bermas	Lungib National HS (Pilar)	GC Designate
87	Marilyn M. Acbo	Manuel T. Sia Memorial School (Pilar)	GC Designate
88	Keisha Marie C. Chavez	Palanas National HS	GC Designate
89	Salve D. Alcantara	Pilar National Comprehensive HS	GC Designate
90	Julie A. Listana	Salvacion National High School (Pilar)	GC Designate
91	Joseph L. Magalona	San Rafael High School (Pilar)	GC Designate



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92	Joyce E. Jazareno	Tingco National HS (Pilar)	GC Designate
93	Agnes L. Dominguiano	Gallanosa National High School	Guidance Counselor II
94	Armando E. Almodiel jr.	SDO-Sorsogon	Nurse II
95	Teresa Pamela P. Angeles	SDO-Sorsogon	Nurse II
96	Jocelyn G. Ardales	SDO-Sorsogon	Nurse II
97	Marife G. Cadag	SDO-Sorsogon	Nurse II
98	Christine V. Deniega	SDO-Sorsogon	Nurse II
99	Marie Cecillie h. Detera	SDO-Sorsogon	Nurse II
100	Carlo G. Digo	SDO-Sorsogon	Nurse II
101	Cherry G. Gestuada	SDO-Sorsogon	Nurse II
102	Jose G. Indiongco	SDO-Sorsogon	Nurse II
103	Liezl C. Galit	SDO-Sorsogon	Nurse II
104	Gemma S. Inzon	SDO-Sorsogon	Nurse II
105	Sheila Maria G. Morada	SDO-Sorsogon	Nurse II
106	Girlye J. Salvatierra	SDO-Sorsogon	Nurse II
107	Elizabeth C. Tabuena	SDO-Sorsogon	Nurse II
108	Pauline Anglie Y. Cahilig	SDO-Sorsogon	Nurse II
109	Abbie Arristotle B. Escandor	SDO-Sorsogon	Nurse II
110	Evelyn T. Ermino	SDO-Sorsogon	Nurse II
111	Eleanor C. Latosa	SDO-Sorsogon	Nurse II
112	Glenn T. Ravanilla	SDO-Sorsogon	Nurse II
113	Rhea M. Baula	SDO-Sorsogon	Nurse II
114	Vanessa D. Escobedo	SDO-Sorsogon	Nurse II
115	Eleanor G. Franche	SDO-Sorsogon	Nurse II
116	Michael Angelo H. Nanoz	SDO-Sorsogon	Nurse II
117	Vic Catherine G. Nebria	SDO-Sorsogon	Nurse II
118	Monica N. Zacarias	SDO-Sorsogon	Nurse II
119	Marie Karla T. Anonuevo	SDO-Sorsogon	Nurse II



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