

DIVISION MEMORANDUM

SGOD-2024- 560

To : **CHONA L. LASIB**
DINCHS-GUIDANCE COORDINATOR II

Subject : **PARTICIPATION TO THE USAID RENEW HEALTH PROJECT'S
TRAIN THE TRAINERS ON COMMUNITY-BASED MENTAL
HEALTH PROGRAM**

Date : September 13, 2024

1. Enclosed is the letter from the Office of the Undersecretary for Operations dated September 04, 2024 informing that the USAID Renew Health Project will conduct a Training of Trainers on Community – Based Mental Health Program (CBMHP) on September 16-20, 2024, at Park Inn by Radisson North EDSA, Quezon City.
2. This activity is designed for health and allied health professionals with mental health background and who, upon completion of the training can act as trainers for CBMHP.
3. In line with this, you are hereby directed to attend the Training of Trainers on Community – Based Mental Health Program (CBMHP) and cascade the said activity to the Schools Division Office.
4. The participants are expected to register through <https://bit.ly/urhcbmhtot24> on or before the September 13, 2024.
5. Travelling and other incidental expenses shall be charged to downloaded Program Support Funds/local funds subject to the usual accounting and auditing rules and regulations.
6. For information and strict compliance is desired.

MELANIE P. ESTACIO

OIC- Schools Division Superintendent

For and in the absence of the SDS

[Signature]
SOLLIE B. OLIVER, JD MATE
Chief ES-SGOD

DepEd Schools Division of Digos City
RECORDS SECTION

RELEASED
DATE: SEP 16 2024 TIME: 2:47

BY: *[Signature]*
SGOD/HNU/djps

37934



Republic of the Philippines
Department of Education
DAVAO REGION

Office of the Regional Director

REGIONAL MEMORANDUM
ESSD-2024-375

To : Schools Division Superintendents
Davao Oriental and Davao del Norte

Subject: PARTICIPATION TO THE USAID RENEWHEALTH PROJECT'S TRAIN
THE TRAINERS ON COMMUNITY-BASED MENTAL HEALTH
PROGRAM

Date : September 12, 2024

This is in reference to the attached memorandum from the Office of the Undersecretary for Operations dated September 4, 2024, which is self-explanatory.

The USAID RenewHealth Project will conduct **Train the Trainers on Community-Based Mental Health Program (CBMHP)** on **September 16-20, 2024**, which will be held at **Park Inn by Radisson North EDSA, Quezon City**. The activity is designed for health and allied health professionals with mental health background and who, upon completion of the training can act as trainers for CBMHP.

In line with this, the following are the identified participants for the Region:

Names	Designation	School/SDO
Mary Kristine C. Sagot	SDO - Alternate Focal Person on SMHP	Davao del Norte
Chona L. Lasib	Guidance Coordinator II	Digos City NHS, SDO - Digos City

Identified participants are expected to register through <https://bit.ly/urhcbmhtot24> on or before **September 13, 2024**.

Travelling and other incidental expenses shall be charged to downloaded Program Support Funds/local funds subject to the usual accounting and auditing rules and regulations.

Immediate and wide dissemination of this Memorandum is desired.

DEPARTMENT OF EDUCATION
RECORDS SECTION
RELEASED

ALLAN G. FARNAZO
Director IV

Enclosed: As stated.

ROE/smtc



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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

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9-11-24

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MEMORANDUM

OM-OUOPS-2024-09-09/73

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

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

SUBJECT : **USAID RENEWHEALTH PROJECT'S TRAIN THE TRAINERS ON COMMUNITY-BASED MENTAL HEALTH PROGRAM**

DATE : September 4, 2024

This is in reference with DM-OASOPS-2024-08-403 endorsing the attached letter of Dr. Ma. Regina Hechanova-Alampay, Chief of Party of the USAID RenewHealth Project, dated August 19, 2024 regarding their **community-based mental health program (Annex A)**. The program can provide support for learners who are moderately distressed and at-risk for mental health problems through developing their adaptive coping skills and enhancing their resilience.

The USAID RenewHealth Project will conduct the **Train the Trainers on Community-Based Mental Health** on **September 16-20, 2024**, within **Metro Manila**. The activity is designed for health and allied health professionals with mental health background and who, upon completion of the training, can act as trainers for CBMH. In the context of DepEd, the CBMH modules, topics, and concepts can be adopted and rolled out to support the implementation of the School Mental Health Program (SMHP).

Thirty-five (35) personnel from DepEd and the BARMM Education Ministry (e.g., school health and nutrition (SHN) personnel, guidance counselors) **are invited to participate** in the said training (**Annex B**). After the Train the Trainers, the said personnel are expected to be part of a pool of trainers for CBMH who can be tapped when the program is adopted and/or rolled out in DepEd in support of the SMHP beginning next year.

In this regard, BARMM Education Ministry and Regional Offices (ROs) are requested to:

1. identify participants from the ROs and SDOs who best qualify for the training (e.g., participants should possess basic skills or have undergone prior trainings that enable them to become effective trainers on mental health/substance use prevention), and
2. to advise the said participants to register through <https://bit.ly/urhcbmhtot24> on or before **September 11, 2024 (Wednesday)**.



The participants are required to attend all days covered by this training. The USAID RenewHealth Project will cover the lodging, food, and training costs of the participants. Meanwhile, the travel expenses of the participants shall be charged to local funds. DepEd ROs and SDOs may charge travel expenses to the program support funds for the SMHP. ROs and SDOs are requested to augment travel expenses as needed. Expenses incurred are subject to the usual accounting, budgeting, and auditing procedures.

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).

Should you have further questions or clarifications, please contact **Ms. Carmella Mergenio**, Technical Assistant II, Bureau of Learner Support Services-School Health Division (BLSS-SHD), through telephone no. (02) 8632-9935 or email at carmella.mergenio@deped.gov.ph.

[BLSS-SHD/CLM]



12/F Luz Building, 130 Gen. Luna St., Legaspi Village, Makati City, Philippines
www.urc-chs.com

August 19, 2024

ASEC. DEXTER GALBAN

Asst Secretary, Operations
Department of Education

Attention: **ATTY. SUZETTE T. GANNABAN-MEDINA**
Officer-in-Charge, Director IV
Bureau of Learner Support Services

Dear Asec. Galban,

Good day!

I am writing to you on behalf of the USAID RenewHealth Project on Expanding Access to Community-Based Drug Recovery (CBDR) services in the Philippines. We are happy to have partnered with you in the development of the Lusog Isip Online portal and the recently concluded National Training program on Mental Health Crisis Response and Management. In that workshop, an critical issue was the lack of mental health intervention for students at-risk beyond mental health first aid. In light of this, we are happy to partner with you in terms of capacity building for an early behavioral health intervention called Katatagan Plus.

Katatagan Plus is aimed to provide support for students who are moderately distressed and at risk for mental health problems.. The program aims to assist learners in developing adaptive coping skills such as emotion regulation, stress management, interpersonal skills and problem-solving skills in order for them to become more resilient. The Katatagan Plus program follows the biopsychosocialspiritual model of Philippine Council for Mental Health (PCMH) framework of the Department of Health that recognizes that mental health has a biological, psychological, social and spiritual dimensions.

The Katatagan Plus aims to address the demand for a school-based mental health programs that can be delivered by non-specialists. It was pilot-tested among high school students in NCR and Region 8 and findings reveal that participants significantly improved their adaptive coping and wellbeing. Depression and substance use also significantly decreased.

Given the evidence on the program, we are happy to extend to the Department of Education the following:

- 1) **10 slots for Katatagan Plus Faciliators' Training** on August 27 to 30, 2024 (live out in Oracle Hotel, QC)
Target participants: NCR guidance counselors, guidance advocates
Registration link: <https://forms.gle/Jne2wX35gPfXjX2R8>
Deadline: August 23, 2024
- 2) **30 slots in the Train the Trainers on Community Based Mental Health on September 16-20, 2024** (live in – TBD)
Target participants: School Mental Health personnel, guidance counselors who can act as trainers for KPlus
Registration link: <https://forms.gle/moQ5VHVvZFFHGk2r8>
Deadline: August 30, 2024

> Jordan
> Bea
> Carme
> Mina

URC is affiliated with Center for Human Services, a nonprofit 501(c)(3) organization.

25 Filed

Katatagan Plus!

A Community Based Mental Health Program Training for Facilitators

August 27-30, 2024

Background

The focus on mental health has emerged as a priority area for the Philippines. However, a challenge is the lack of mental health professionals in the country. Recognizing this, the Philippine Council for Mental Health Strategic Plan highlights the importance of strengthening community based mental health initiatives as a key pillar and the integration of substance use and mental health services.

The USAID RenewHealth project in partnership with the Ateneo Bulatao Center and Ateneo Center for Organization Research and Development (CORD) presents a community-based mental health (CBMH) program being developed by the project called Katatagan Plus, a mental health intervention for mild and moderately distressed. The program aims to help participants develop adaptive coping skills such as emotion regulation, stress management, interpersonal skills and problem-solving skills in order for them to become more resilient. In addition, Katatagan Plus follows the biopsychosocialspiritual model of Philippine Council for Mental Health (PCMH) framework of the Department of Health that recognizes that mental health has a biological, psychological, social and spiritual dimensions.

Biopsychosocialspiritual Framework



About the Program

Katatagan Plus aims to address the demand for community-based mental health programs that can be delivered by non-specialists. The program is intended especially for individuals 35 years old and below who have higher mental health concerns. However, it can be used for those experiencing difficult circumstances such as chronic illness or adversity.

It has 8 modules anchored on theories and techniques aimed to develop and strengthen resilience including Positive Psychology, Mindfulness, Cognitive Behavioral Therapy and Dialectic Behavior Therapy. Each of the 8 modules are stand-alone and could be used to design a service user's treatment plan depending on their individual needs.

MODULE	ACTIVE INGREDIENT	SESSION OBJECTIVES By the end of the session, participants should be able to:
KALAKASAN	Self-efficacy, Mindfulness,	Identify their strengths and cultivate these strengths
KATAWAN	Mindfulness, Stress Management	Manage their physical reactions and apply healthy self-soothing behaviors
KAPANATAGAN NG DAMDAMIN	Distress Tolerance	Identify and accept negative emotions and apply
WASTONG LIBANGAN	Recovery and refusal skills	Help people identify maladaptive behaviors, assess and avoid risk of dependence
KALOOBAN	Reframing	Manage their thoughts and emotions
KALUTASAN at KAAGAPAY	Problem-Solving Social Support	Apply steps in problem solving and identify social support

KOMUNIKASYON at MAAYOS NA PAKIKIPAG-UGNAYAN	Interpersonal Skills	Explain the role of mindful attention in relationships. Differentiate effective listening and communication.
KINABUKASAN	Synthesis	Identify learnings across modules and create personal action plan

In early 2024, the program was pilot tested in different settings and populations to build evidence on its efficacy. Results from the pilot evaluation showed the following results:

For College Students

Randomized Control Trial among College Students (n=61, WC=21, treatment=40)

Significant improvements in ADAPTIVE COPING and decrease in DEPRESSION SYMPTOMS in the treatment group but not in the control group.



Significant improvements in WELLBEING and decrease proportion of those in DEPRESSION and POOR WELLBEING categories post-program

For High School Students (n=70)

Significant improvements in ADAPTIVE COPING and decrease in SUBSTANCE USE SYMPTOMS and DEPRESSION SYMPTOMS before and after attending the program.

Significant improvements in WELLBEING and decrease proportion of those in DEPRESSION and poor wellbeing categories post-program

For Employees in Workplaces (n=26)

Significant improvements in ADAPTIVE COPING, SOCIO-EMOTIONAL COMPETENCE and decrease in SUBSTANCE USE.

Significant improvements in PSYCHOLOGICAL WELLBEING. Change in proportion of those with poor wellbeing before and after the program

For Persons Who Use Drugs (PWUDS) in Communities

(n=22)

Significant improvements in ADAPTIVE COPING, SOCIO-EMOTIONAL COMPETENCE and PSYCHOLOGICAL WELLBEING before and after the program.

TRAINING FOR FACILITATORS ON KATATAGAN PLUS

This capacity building workshop seeks to assist partners in capacitating mental health service providers to deliver screening and early intervention for clients with mental health concerns.

Objectives

By the end of this 3.5-day workshop, participants should be able to:

- 1) Describe the priority mental health concerns of Filipinos and co-morbidities between substance use and mental health;
- 2) Describe the needs of mental, neurologic and substance (MNS) users;
- 3) Explain an integrated client flow for MNS
- 4) Conduct suicide screening and appropriate protocol for at-risk clients;
- 5) Demonstrate skills in providing CBMH program

Target Participants

1. Health (nurses), mental health (psychologists, psychometricians), allied health (HR practitioners) or substance use practitioners who are handling employee welfare functions
2. Tasked/willing to provide MNS services for LGUs/ Schools/ Workplaces

Program Design

Date / Time		Methodology
Day 1: Integrated MH and SU		
8:00 – 8:30	Registration and Distribution of Pre-test	Jayson Soliman
8:30 – 9:00	Welcome Remarks Introduction to the workshop	Gina Hechanova
9:00 – 9:10	Photo Ops	
9:10 – 9:20	Icebreaker	Blessie Mabilangan
9:20 – 9:40	Mental Health Literacy and Prevalence- Belief, Knowledge and Explanations	Daniel Esticko
9:40 – 10:00	Break	
10:00 – 12:00	Understanding Mental Health & Disorders- Anxiety, Depression and SU	Gutzdozer Tancio
12:00 – 1:00	Lunch	
1:00 – 1:30	Integrated client flow for MNS and referral protocols	Jaymar Patana
1:30 – 2:00	Mental Health Screening Tools	Fessa Egusquiza
2:00 – 3:00	Understanding Suicide – Myths Suicide Screening (CSSRS)	Kim Andaya
3:00 – 3:30	Break	
3:30 – 5:00	Principles and Ethics in providing MNS Services	Rizazon Ng

	Protocols on Suicide	
Day 2: Mental Health First Aid		
8:00 – 8:30	Energizer/ Recap	Blessie Mabilangan
8:30 – 10:00	MHPSS Skills- Supportive Communication	Sophia Lim
10:00 – 10:15	Break	
10:15 – 12:00	Mental Health First Aid- ALGEE	Ryan Ong
12:00 – 1:00	Lunch	
1:00 – 2:00	MFHA Demonstration	Fessa Egusquiza Blessie Mabilangan
2:00 – 4:00	MHFA Simulation- Role playing of Faci	Ryan Raneses
3:15 – 3:30	Working Break	
4:00 – 4:45	Introduction to Katatagan Plus- Program Overview Presentation of Pilot Data	Trixia Co
4:00 – 5:00	Assignment of Modules for Day 3 Simulation	Jayson Soliman
Day 3: Simulation of Katatagan Plus		
8:00 – 9:15	Simulations of Module 1- Demonstration by Coach	Coach
9:15 – 10:30	Simulations of Module 2	Small Groups
10:30 – 10:45	Break	
10:45 – 12:00	Simulations of Module 3	Small Groups
12:00 – 1:00	Lunch	
1:00 – 2:15	Simulations of Module 4	Small Groups
2:15 – 3:30	Simulations of Module 5	Small Groups
3:30 – 3:45	Break	
3:45 – 5:00	Simulations of Module 6	Small Groups
Day 3.5: Continuation of Simulations and Action Planning		
8:00 – 9:15	Simulations of Module 7	Small Groups
9:15 – 10:30	Simulations of Module 8	Small Groups
10:30 – 10:45	Break	
	Post Test	
10:45 – 11:00	Integration of Learnings- Katatagan Plus! (as facilitator)	Fessa Egusquiza
11:00 – 11:30	Implementation Planning	Gina Hechanova
11:30 – 12:00	Distribution of Certificates	Trixia Co

Program design by USAID RenewHealth Project, implemented by URC

3:15 – 3:30	Working Break	
4:00 – 4:45	Introduction to Katatagan Plus- Program Overview Presentation of Pilot Data	Fessa Egusquiza
4:45 – 6:00	Simulations of Module 1- Demonstration by Coach	Coach
Day 3: Simulation of Katatagan Plus		
8:00 – 9:00	Simulations of Module 2	Small Groups
9:00 – 10:00	Simulations of Module 3	Small Groups
10:00 – 10:15	Break	
10:15 – 11:15	Simulations of Module 4	Small Groups
11:15 – 12:15	Simulations of Module 5	Small Groups
12:15 – 1:15	Lunch	
1:15 – 2:15	Simulations of Module 6	Small Groups
2:15 – 3:15	Simulations of Module 7	Small Groups
3:15 – 3:30	Break	
3:30 – 4:30	Simulations of Module 8	Small Groups
4:30 – 5:00	Catch up time/ Debriefing	
Day 4: Coaching of Katatagan Plus		
8:00- 8:30	Integration of Learnings- Katatagan Plus! (as facilitator)	Trixia Co
8:30- 9:00	Recap of Integrated client flow for MNS and referral protocols	Jaymar Patana
9:00- 9:30	Introduction to TOT for CBMH Workshop Objectives	Trixia Co
9:30-10:00	Break	
10:00 – 11:00	Coaching and Effective Feedback	Ryan Raneses
11:00 – 12:00	Presentation Skills	Fessa Egusquiza
12:00 -1:00	Break	
1:00 -2:00	Program Monitoring, Implementation and Management	Jaymar Patana
2:00-3:30	Implementation Planning (per office/ agency/ LGU) Presentations	Small Group Discussions
3:30- 4:00	Break	
4:00-5:00	Assignment of Modules for Presentation	Trixia Co
Day 5: Training of Trainers		
8:00 – 8:45	Topic 1: Needs and Experiences of Persons with lived experience & Current landscape of CBMH in the PH	Breakout Groups
8:45 – 9:30	Topic 2: Integrated client flow for MNS and referral protocols	Breakout Groups
9:30 – 10:00	Break	Breakout Groups
10:00 – 10:45	Topic 3: Principles and Ethics in providing MNS Services	Breakout Groups
10:45- - 11:30	Topic 4: Mental Health Screening (SRQ, PHQ)	Breakout Groups
11:30 – 12:30	Lunch	
12:30 – 1:15	Topic 5: Suicide Screening	Breakout Groups
1:15 – 2:00	Topic 6: Suicide Screening Protocols	Breakout Groups



17/F Luz Building, 115 Genibsa St., Legaspi Village, Makati City, Philippines
www.urc-chs.com

Train the Trainers on Community-based Mental Health
September 16-20, 2024

Objective:

To train potential facilitators from the national and local government agencies, LGUs, and schools on Katatagan Plus who will implement the intervention among service users in need of mental health interventions

Participants:

- Health, allied health professionals with mental health background
- Preferred to have background training on Screening, Brief Intervention and Referral to Treatment (SBIRT), and CBDR Interventions including but not limited to GINHAWA, KKDK, KKDK PDL

Date / Time		Methodology
Day 1: Integrated MH and SU		
8:00 – 8:30	Registration and Distribution of Pre-test	Jayson Soliman
8:30 – 9:00	Welcome Remarks Introduction to the workshop	Gina Hechanova
9:00 – 9:10	Photo Ops	
9:10 – 9:20	Icebreaker	Blessie Mabilangan
9:20 – 9:40	Mental Health Literacy and Prevalence- Belief, Knowledge and Explanations	Gina Hechanova
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3:00 – 3:30	Break	
3:30 – 5:00	Principles and Ethics in providing MNS Services Protocols on Suicide	Jayson Soliman
Day 2: Mental Health First Aid		
8:00 – 8:30	Energizer/ Recap	Blessie Mabilangan
8:30 – 10:00	MHPSS Skills- Supportive Communication	Jayson Soliman
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1:00 – 2:00	MFHA Demonstration	Fessa Egusquiza Blessie Mabilangan
2:00 – 4:00	MHFA Simulation- Role playing of Faci	Ryan Raneses

URC is affiliated with Center for Human Services, a nonprofit 501(c)(3) organization.

2:00 – 2:45	Topic 7: MHPSS Skills	Breakout Groups
2:45 – 3:00	Break	
3:00 – 3:45	Topic 8: Mental Health First Aid	Breakout Groups
3:45 – 4:30	Post test and Evaluations	Jayson Soliman
4:30 – 5:00	Closing and Awarding of Certificates	Plenary

ANNEX B

LIST OF PARTICIPANTS

NO.	OFFICE/ REGION	NAME/SLOTS
1-9	CO BLSS-SHD*	Girlie G. Azurin Senior Education Program Specialist
		Phanny S. Ramos Health Education and Promotion Officer III
		Gian Erik M. Adao Education Program Specialist II
		Carmella Joyce L. Mergenio Technical Assistant II
		Belle Beatrice D. Hombrebueno Technical Assistant II
		Jordan P. Concepcion Technical Assistant II
		Amina Aisa H. Boncales Technical Assistant II
		Jonna Feliz C. Roldan Technical Assistant II
		Clarissa F. Gabis Technical Assistant II
10-11	NCR*	2 representatives**
12	CAR*	1 representative**
13	I*	1 representative**
14	II*	1 representative**
15-16	III*	2 representatives**
17-18	IV-A*	2 representatives**
19	MIMAROPA*	1 representative**
20	V*	1 representative**
21-22	VI***	2 representatives**
23-24	VII***	2 representatives**
25-26	VIII***	2 representatives**
27	IX***	1 representative**
28-29	X***	2 representatives**
30-31	XI***	2 representatives**
32	XII***	1 representative**
33-34	Caraga***	2 representatives**
35	BARMM***	1 representative**

Notes:

*Check-in for participants from Luzon (CO BLSS-SHD, NCR, CAR, I, II, III, IV-A, MIMAROPA, and V) is September 16, 2024, Monday.

**SMHP coordinator/focal, SHN personnel, or guidance counselor(s) who can effectively serve as trainers on CBMH once it is adopted/rolled out by DepEd beginning next year

***Participants from Visayas (VI, VII, VIII) and Mindanao (IX, X, XI, XII, Caraga, BARMM) may check-in on September 15, 2024, Sunday.