



Republic of the Philippines
Department of Education
CARAGA REGION



SEP 12 2024

REGIONAL MEMORANDUM

ESSD – 2024 – 7925

To: Schools Division Superintendent
SDO Agusan del Norte
All Others Concerned

TRAINING OF TRAINERS ON USAID RENEWHEALTH PROJECT'S COMMUNITY-BASED MENTAL HEALTH PROGRAM

1. In reference to the Office of the Undersecretary for Operations (OUOPS) Memorandum dated September 4, 2024, USAID will conduct a Training of Trainers on Community-Based Mental Health Program on September 16-20, 2024, at Park Inn by Radisson North EDSA, Quezon City

2. In this regard, the following personnel are requested to attend this training:

Division	Name	Position/ Designation
Agusan del Norte	Desiree T. Silmaro	Nurse II / Division Mental Health Focal Person
	Gil C. Ducena	Guidance Counselor III, Nasipit National Vocational School (NNVS)

3. Travelling expenses of participants shall be charged to the School Mental Health Program support funds subject to the usual accounting and auditing rules and regulations.

4. Attached is a copy of the said Memorandum for your reference.

5. For your information and dissemination.

MARIA INES C. ASUNCION
Director III
Officer-In-Charge
Office of the Regional Director

Encl.: As stated

Reference: As stated

To be indicated in the Perpetual Index
under the following subjects:

SCHOOL MENTAL HEALTH PROGRAM

TRAINING

ESSD/jcc
09/10/2024



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2024-09-14359

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Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

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]



17/F Luz Building, 110 Gamboa 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 Plusprogram 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/moQ5VHVvaZFFHGk2r8>
Deadline: August 30, 2024

> Jordan
> Bea
> Carmu
> Muna

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

25 Field

102139

Selected participants are required to attend all days covered by this training as they are expected to develop skills fit to be capable trainers in the conduct the program for its cascade. For the Live-out training, USAID RenewHealth will cover for food and training expenses, excluding travel and transportation costs of participants to and from the venue. For the Live-in training, USAID RenewHealth will cover lodging, food and training costs excluding travel and transportation costs of participants. Kindly request participants to confirm their registration and attendance by signing the respective links.

We have attached more information on the Katatgan Plus program and design of Kplus facilitators workshop and the TOT. For any questions or inquiries, please contact Ms. Trixia Co, our team lead for Interventions and Capacity Building through tco@urc-chs.com and 09178046148.

Thank you and we look forward to partnering with you on this pioneering endeavor!

Sincerely,



Ma. Regina Hechanova-Alampay, PhD, RPsy
Chief of Party
USAID RenewHealth

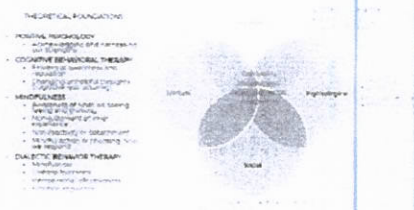
Katatagan Plus!
A Community Based Mental Health Program Training for Facilitators
August 27-30, 2024

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

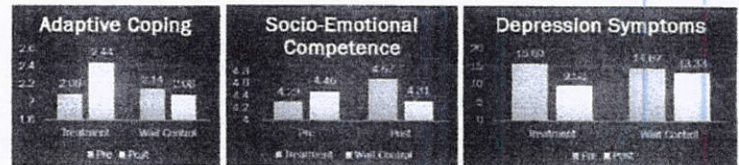
KOMUNIKASYON at MAAYOS NA PAKIKIPAG-UGNAYAN	Interpersonal Skills	Explain the role of mindful attention in relationships. Differentiate effective listening and communication.
KINABUKASAN	Synthesis	Identify learnings across modules and create personal action plan

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:

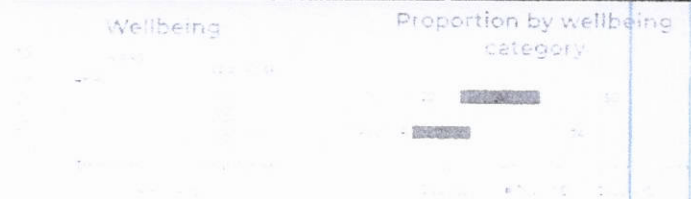
For College Students

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.



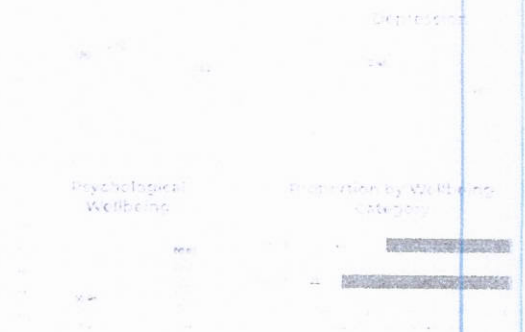
Significant improvements in WELLBEING and decrease proportion of those in DEPRESSION and POOR WELLBEING categories post-program



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 Estioko
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 Eguzquiza
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



17/F Luz Building, 116 Gamboa 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
9:40 – 10:00	Break	
10:00 – 12:00	Understanding Mental Health & Disorders- Anxiety, Depression and SU	Trixia Co
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	Jaymar Patana
2:00 – 3:00	Understanding Suicide – Myths Suicide Screening (CSSRS)	Fessa Egusquiza
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
10:00 – 10:15	Break	
10:15 – 12:00	Mental Health First Aid- ALGEE	Ryan Raneses
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	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

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*	Girly 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.