



Republic of the Philippines
Department of Education
Region II – Cagayan Valley
SCHOOLS DIVISION OF NUEVA VIZCAYA

October 16, 2025

DIVISION MEMORANDUM

No. 495 s. 2025

**COORDINATION WITH DEPARTMENT OF HEALTH – HEALTHY LEARNING
INSTITUTION (DOH-HLI) ON THE CONDUCT OF HANDS-ON CARDIO-
PULMONARY RESUSCITATION (HOCPR) AND MENTAL HEALTH
PEER FACILITATORS TRAINING ACTIVITIES**

To: Assistant Schools Division Superintendent
Chief-School Governance Operations Division
Chief-Curriculum Implementation Division
Public Schools District Supervisors/District In-Charge
All Others Concerned

1. **Rationale:** In line with the Department of Education's commitment to promote health, safety, and well-being among learners and school personnel, the Schools Division Office of Nueva Vizcaya, through the School Health and Nutrition Unit (SHNU), shall coordinate and participate in the implementation of the following capacity-building activities:

A. **“Strengthening Emergency Response Capacity on Basic Life Support (BLS) through Cardiopulmonary Resuscitation (CPR) Training for School Heads and HLI Focals”**

- a) **Date:** November 24–25, 2025
- b) **Objective:** To capacitate school heads and health leaders on immediate life-saving interventions through CPR and AED use.
- c) **Venue:** Highlander hotel

B. **“Conduct of School Mental Health Peer Facilitators Training in Alignment with the Katatagan Plus School Mental Health Program”**

- a) **Date:** November 26–28, 2025
- b) **Objective:** To equip school staff with the skills to recognize, respond, and refer students with mental health concerns while promoting a supportive and resilient school environment.
- c) **Venue:** Highlander hotel

2. These initiatives are aligned with the thrusts of DepEd's **OK sa DepEd Program** and **Health and Nutrition flagship activities** under the Universal Health Care (UHC) framework.

3. **Coordination and Participation:** The Schools Division Office of Nueva Vizcaya shall coordinate with the Provincial Health Office (PHO), Department of Health (DOH), and CVCHD for the technical and facilitation support during the



Address: Quezon St., Don Domingo Maddela, Bayombong, Nueva Vizcaya, 3700
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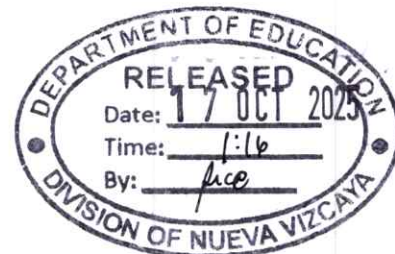
conduct of the said trainings. **All identified participants are required to attend and actively participate throughout the sessions.**

4. **Funding and Logistics:** Expenses relative to **venue, accomodation, meals, and materials** shall be charged to **local funds of DOH-HLI**. Whereas **Travel expenses** of participants shall be charged against **School local funds**, subject to the usual accounting and auditing rules and regulations.

5. For further queries, kindly contact **Ryan Christopher A. Buccat, MD, Medical Officer III at 09275463220.**

6. For information, guidance and strict compliance

ORLANDO L. MANUEL PhD., CESO V
Schools Division Superintendent





Republic of the Philippines

Department of Education

Region II - Cagayan Valley

SCHOOLS DIVISION OF NUEVA VIZCAYA

LIST OF PARTICIPANTS FOR "STRENGTHENING EMERGENCY RESPONSE CAPACITY ON BASIC LIFE SUPPORT (BLS) THROUGH CARDIOPULMONARY RESUSCITATION (CPR) TRAINING FOR SCHOOL HEADS AND HLI FOCALS" (MARCH 24-25, 2025) AND "CONDUCT OF SCHOOL MENTAL HEALTH PEER FACILITATORS TRAINING IN ALIGNMENT WITH THE KATATAGAN PLUS SCHOOL MENTAL HEALTH PROGRAM" (MARCH 26-28)

DISTRICT	#	SCHOOL	SCHOOL ID	PARTICIPANTS
ALFONSO CASTANEDA	1	Balintugon Elementary School	104193	Sharmaine B. Balatbat
	2	Lipuga Elementary School	104204	Julia A. Pasigian
	3	Mandunot Elementary School	104205	Jo Anne C. Agbayani
	4	Marikit East Elementary School	104206	Ma. Jumarlyn M. Marmolejo
AMBAGUIO	5	Pelaway Elementary School - Annex	156020	Michael V. Serquina
	6	Balong Elementary School	502194	Kathrina Jane D. Badua
	7	Dacilig Elementary School	103988	Noralyn M. Bahel
	8	Hukhukung Primary School	281559	Mercy O. Agnahe
	9	Napo Elementary School	103995	Agnes H. Bulante
	10	Salingsingan Elementary School	103998	Felina M. Wayagon
ARITAO	11	Tiblac High School	300525	Marco-Jin D. Lacangan
	12	Anayo Elementary School	103905	Estrelia C. Anchales
	13	Baan Elementary School	103907	Edwardson C. Larosa
	14	Cesarino M. Tubiera Elementary School	156002	Ludivico R. Lagisma Jr.
	15	Felix G. Saludo Elementary School	156023	Jesson Russel N. Nadera
	16	Latar Elementary School	103921	April Ann N. Juliana
BAGABAG	17	B. A. Bugayong Elementary School	103933	Arnel Mar D. Agacer Jr.
	18	JP Castillo Elementary School	103943	Maricel Torio

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	19	Pogonsino Annex Elementary School	156019	Freterose Cariaz
	20	Tabban Primary School	103947	Nerizza Baltazar
BAMBANG	21	GK Aliaga Elementary School	156018	Rengelyn I. Manuel
	22	Nangcalapan Primary School	103960	Michael O. Bangsoyao
	23	Salicpan Elementary School	103962	Milabelle D. Cayat
	24	St Niño Primary School	103979	Jenifer B. Salcedo
BAYOMBONG	25	Ammococan Elementary School	103981	Elsie M. Saquing
	26	Bansing Elementary School	156013	Glenn Harold E. Madamba
	27	Ipil-Cuneg Elementary School	104008	Fenny T. Jose
	28	Labbu Elementary School	104010	Joed I. Wayas
	29	Pawak Elementary School	104013	Sonny Lantion
DIADI	30	Villa Adriano Primary School	104000	Angeline M. Fernandez
	31	Langka Primary School	104024	Jefrey P. Laporga
	32	Pallagao Primary School	104029	Melody Espinosa
	33	Villa Aurora Elementary School	104034	Rudrick S. Echurre
DUPAX DEL NORTE	34	Giayan Elementary School	104043	Christine C. Gampew
	35	Mantatta Primary School	104049	Joyce G. Billao
	36	Nagakay Elementary School	104051	Lunita C. Tayaban
	37	New Gumiad Elementary School	104052	Romerlyn Balualua-Queliza
DUPAX DEL SUR	38	Yabbi Elementary School	104055	Frando L. Atilas
	39	Abaca Elementary School	104056	SHEANA MAE M. JOSE
	40	Betawang Elementary School	104058	MYLA N. GUZMAN

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KASIBU	41	Castro Elementary School	104061	NOREFEI B. UMIS
	42	Ecameging Elementary School	104063	GERALDIN A. BESSO
	43	Lukidnon Elementary School	104068	RICHARD S. CAANAWAN
	44	Kinabuan Elementary School	104067	Annie D. Banih
	45	Sanguit Elementary School	104071	LENIE M. DELA CRUZ
	46	Talbec Elementary School	104072	LENY LYNE P. MANUEL
	47	Alimit Integrated School	501696	JULIBETH B. MADUMME
	48	Bilet Elementary School	104076	MEA H. SINGAO
	49	Camamasi Primary School	104080	FELICIMA E. ALBANO
	50	Domang Elementary School	104086	MARITES K. AGALOOS
	51	Kakiduguen Elementary School	104087	LUCIA G. DIMWAG
	52	Logpond-Sabungan PS	104090	REY ANTHONY B. WATAN
KAYAPA	53	Nantawakan Primary School	104096	DOMNA B. LOGGOY
	54	Papalungan Elementary School	104098	SHIRLEY B. BUTIC
	55	Papaya Elementary School	104099	HAZEL FAITH P. HUMIWAT
	56	Pudi Primary School	104102	ANGIE LEAH P. TIGO
	57	Tukod Primary School	104105	REMEDIOS U. GULLA
	58	Upper Parai Primary School	104101	SHIELLA B. BUNGAY
	59	Acacia Elementary School	104109	AURORAH L. BANIH
	60	Ban-Et Elementary School	104114	CARLITA T. GAL-UD
	61	Banao Elementary School	104113	EDELITO B. PLUCENA
	62	Kayapa Proper West Elementary School	104117	NIEVES M. KIMO



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63	Cabanglasan Elementary School	104119	CRISANTA B. WASIT
64	Cabayo Integrated School	501942	ELEONOR U. DAVIS
65	Kayapa Proper Elementary School	104125	SAQUING P. TIMAMA
66	Alang Salacsac Elementary School	104126	RENALYN A. SERAFINO
67	Oliweg Elementary School	104137	LORENA C. TINDAAN
68	Pangawan Elementary School	104138	ABRAHAM B. SINGGANGAN
69	Talicabcab Elementary School	104143	ROMELYN A. CALANTAS
70	Tuppan Elementary School	104145	DIZON DAGIW-AN
71	Busat Elementary School	104151	KRISTINE ANNE M. DALEON
72	Cabinnuangan Elementary School	104152	MARICEL S. DAODAO
73	Tutung Elementary School	104163	Jonibeth T. Damitan
74	Atbu Elementary School	104189	Marie Donna B. Arevalo
75	Cauco Elementary School	104197	Elvira A. Cueva
76	Laved Primary School	104203	Niki P. Tucay
77	Bantin Elementary School	104194	Roselyn A. Puguan
78	Unib Primary School	104212	Wilfredo D. Paclit
79	Baguingey Elementary School	104176	Elsie G. Puddog
80	Namughu Elementary School	137334	Krizza Lei D. Pale
81	Gov. Juan Manzano Elementary School	104218	Ronald Aquino
82	Labbunan Elementary School	156010	Lea Alaman
83	Villa Par-Pale Elementary School	104222	Jerome Garcia

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SCHOOL HEALTH AND NUTRITION UNIT SDO NUEVA VIZCAYA

NAME	DESIGNATION
SDO-Based Employees	
Ryan Christopher A. Buccat, MD	Medical Officer III
Epifania Tumaliuan, DMD	Dental Officer II
Aaron Paul Bernas, DMD	Dental Officer II
Rudy S. Agustin, RN	Nurse II
Hazel B. Arreo, RN	Nurse II
Lovelyn C. Cambaliza, RN	Nurse II
Icarus S. Canam, RN	Nurse II
Wilson D. Hindac, RN	Nurse II
Ben Clarion R. Llantada, RN	Nurse II
Julius Michael R. Panganiban, RN	Nurse II
Tricia Maria C. Pascua, RN	Nurse II
Marilou C. Roderos, RN	Nurse II
Jennifer D. Sano, RN	Nurse II
Sigrid Aleli M. Taipan, RN	Nurse II
Shiela S. Zapata, RN	Nurse II
School Nurse Deployment Program	
Suzette Anne P. Abad, RN	Nurse I
May Antoinette G. Ang, RN	Nurse I
Jonel G. Avanzado, RN	Nurse I
Frence Daius B. Balantin, RN	Nurse I
Regina D. Ballatong, RN	Nurse I
Jane Q. Basilio, RN	Nurse I
Kimberly R. Camania, RN	Nurse I
Lucky Erickson B. Carbonell, RN	Nurse I
Jenamae F. Daran, RN	Nurse I
Marie Angeli S. Felipe, RN	Nurse I
Mildred T. Luna, RN	Nurse I
Rizza Mae S. Mejia, RN	Nurse I
Phil Madeliene D. Panganiban, RN	Nurse I
Valentina Christine S. Rodriguez, RN	Nurse I
Cladelsil Marie D. Vitalista, RN	Nurse I



LEARNING AND DEVELOPMENT INTERVENTION DESIGN

Title: Strengthening Emergency Response Capacity on Basic Life Support Through Cardiopulmonary Resuscitation (CPR) for School Heads and HLI Focals
Date: November 24-25, 2025
Venue: Nueva Vizcaya

I. BACKGROUND/ RATIONALE:

Basic Life Support (BLS) is the foundation of emergency care. It comprises immediate life-saving interventions that can be performed by trained individuals before advanced medical help arrives. Globally, and in the Philippines, time-sensitive emergencies such as cardiac arrest, drowning, respiratory failure, trauma, and choking are among the leading causes of preventable mortality. In many cases, the presence of a trained responder who can provide immediate BLS can mean the difference between life and death.

School heads are strategically positioned to be first responders, especially in school communities where accidents, injuries, or health emergencies may occur, and where immediate access to emergency medical services may not always be available. However, many school heads still lack formal and updated training on BLS or may not be confident enough to execute life-saving procedures during real-life emergencies.

By capacitating school heads with BLS skills, schools and communities are empowered to respond effectively to emergencies, particularly in settings where immediate medical assistance may not be accessible. Strengthening their capacity will help reduce preventable deaths through early intervention, while also reinforcing school-based health and safety systems. Ensuring that school leaders are prepared to act decisively and competently in critical situations is vital to protecting the welfare of learners and personnel alike.

Given the increasing frequency of accidents, disasters, and health emergencies in both rural and urban school settings, there is an urgent need to institutionalize BLS training among school heads. This initiative supports the government's thrust for universal health care, emergency preparedness, and community empowerment.

II. OBJECTIVES:

A. General Objective:

To enhance the emergency response capacity of LMES personnel with Basic Life Support (BLS) through Cardiopulmonary Resuscitation Training, thereby supporting the creation of safe and health-ready school environments.

B. Specific Objectives:

- To equip school personnel with fundamental CPR, choking rescue, and AED usage techniques.
- To improve efficiency and response time during health-related emergencies in school settings.
- To establish monitoring mechanisms to evaluate BLS application and effectiveness in real-life scenarios.
- To foster a proactive health emergency management culture within the school community.



III. LEARNING OUTCOMES

- Apply foundational Basic Life Support (BLS) emergency response techniques with proficiency, demonstrating competence in life-saving interventions.
- Demonstrate enhanced skills in emergency response, specifically in performing cardiopulmonary resuscitation (CPR), managing choking incidents, and correctly utilizing Automated External Defibrillators (AEDs).

IV. CONTENTS

- Principles of Emergency Care and Introduction to BLS
- Cardiopulmonary Resuscitation (CPR) and Use of Automated External Defibrillator (AED)
- Respiratory Arrest, Rescue Breathing, and Foreign Body Airway Obstruction Management

V. METHODOLOGY

1. Lecture-Based Methodology

- Training Session: Introduction to BLS and its importance.
- Training delivery: Lectures and presentations, group discussions, role playing, interactive activities.

2. Practical Application

- Incorporating return demonstrations into training sessions allows participants to actively practice and showcase their newly acquired skills, providing an opportunity for immediate feedback and reinforcement to enhance their learning and confidence.

VI. OPERATIONAL DETAILS:

Date and Venue	November 24-25, 2025 Nueva Vizcaya		
Category of Participants	School Staff from 83 Implementing Schools		
Total Pax	130		
Resource Person/Facilitators	PHO Nueva Vizcaya, PDOHO Nueva Vizcaya, SDO Nueva Vizcaya		
Support Staff	DOH HPU		
Proposed Budget			
Item	Cost	Quantity/Pax	Amount
Dinner and Accommodation (Day 0)	1,125.00	130 pax	146,250.000
Board and Lodging (Day 1)	2,000.00	130 pax	260,000.00
Tokens (Resource Speakers)	2,000.00	15 pax	30,000.00
Office Supplies			
• Bondpaper	250.00	3 reams	750.00
• Ink Set	1,000.00	2 sets	2,000.00
• Vellum Board	35.00	31 packs	1,080.00
TOTAL			P 440,080.00
Source of Fund	SAA No. 2025-03-001375 (HPU - Healthy Learning Institutions)		



VII. EVALUATION OF THE ACTIVITY

A Level 1 Evaluation tool will be used to assess participant engagement and the activity's effectiveness, offering insights into how well objectives were met and its impact on attendees.

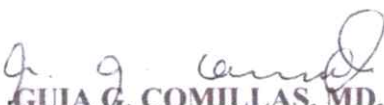
VIII. PROGRAM ACTIVITIES:

TIME	ACTIVITY	Responsible Person
8:00-8:30 AM	Registration	Facilitator
8:30-8:45 AM	Preliminaries	Facilitator
8:45-9:00 AM	Welcome Remarks	Focal Person
9:00-9:30 AM	Course Overview	Focal Person
9:30-10:00 AM	Lecture on Hands-Only CPR	Focal Person
10:00-10:15 AM	BREAK	
10:15-12:00	Continuing the lecture in Hands-Only CPR	Focal Person
12:00-1:00	LUNCHBREAK	
12:00-3:00 PM	Continuing the lecture in Hands-Only CPR	Focal Person
3:00-3:15	BREAK	
3:15-5:00	Awarding of Certificate and Closing Remarks	Focal Person

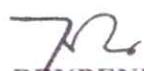
Prepared by:


WINDEED D. TUMANENG
Health Program Officer I

Noted by:


GUIA G. COMILLAS, MD, MPH
Medical Officer V - LHSD Chief

Approved by:


FERDINAND M. BENBENEN, MD, DPCP, MHA, FPSMS
Director IV



LEARNING AND DEVELOPMENT INTERVENTION DESIGN

TITLE: Conduct of School Mental Health Peer Facilitators Training in Alignment with the Katatagan Plus School Mental Health Program
DATE: November 26-28, 2025
VENUE: Nueva Vizcaya

I. BACKGROUND / RATIONALE

The mental health of young students is a critical factor in their overall development and academic success. Early intervention and support can significantly enhance students' ability to cope with stress, build resilience, and foster a positive school environment. However, many students in elementary schools, particularly in Grades 1-6, may struggle with mental health challenges that go unnoticed or unaddressed due to a lack of resources, awareness, and trained personnel.

In Nueva Vizcaya, where schools are close-knit and resources are often limited, empowering students to support each other can be a highly effective strategy. School heads and health designates, who are already leaders among their schools, are in an ideal position to serve as mental health peer facilitators. By equipping these focal persons with the necessary training and skills, we can create a supportive and proactive network within the school system that addresses mental health issues early and effectively.

Through this program, we aim to address the mental health needs of students in a holistic and sustainable manner. The training will cover key areas such as recognizing signs of mental distress, active listening, providing initial support, understanding and intercepting suicidal tendencies and knowing when and how to refer cases to professional help. Additionally, it will emphasize the importance of self-care and maintaining personal mental well-being.

In light of this, the school mental health focal in Grades elementary schools is an essential initiative to promote mental well-being among young students in Nueva Vizcaya. By leveraging the influence and leadership of SPG officers, this program will build a resilient and supportive school community capable of addressing mental health challenges proactively and compassionately.

II. OBJECTIVES:

a. General Objective:

- To increase understanding of mental health issues among students, teachers, and the broader school community

b. Specific Objectives:

- To create a school culture where mental health is openly discussed and students feel safe seeking help;
- To equip teaching and non-teaching personnel with practical skills to identify, support, and refer peers experiencing mental health challenges; and
- To empower teaching and non-teaching personnel with leadership and facilitation skills that will benefit them and their peers both within and outside the school environment.



III. LEARNING OUTCOMES

Participants are expected to:

- Demonstrate a foundational understanding of mental health, including common issues, myths, and facts.
- Identify and describe the warning signs and symptoms of mental health challenges in their peers.
- Apply active listening, empathy, and appropriate referral skills to support peers in need.
- Practice leadership and facilitation skills through role-playing and other activities.
- Help foster a supportive and mentally healthy school environment.

IV. METHODOLOGY

- Conduct interactive lectures and presentations highlighting mental health concepts, myths, and facts.
- Facilitate group discussions, case analyses, and role-playing to explore mental health disorders and lived experiences.
- Engage participants in reflective exercises, wellness activities, and guided self-care planning.
- Implement collaborative workshops and action-planning sessions to build community support systems.

V. CONTENTS

The training contents cover several topics related to mental health. These include:

- Mental Health Literacy
- Understanding Mental Health & Disorders
- Module: Katatagan Internal Strengths
- Stress Module
- Suicide Prevention
- Module: Katatagan External Strength
- Suicide Intervention
- Module: Katatagan Gratitude
- Suicide Postvention
- Person as supporter-ALGEE
- Selfcare
- Katawan Stress Coping Bio Genetic Exercise

VI. OPERATIONAL DETAILS

OPERATION DETAILS			
Participants	School Staff from 83 Implementing Schools		
Venue	Nueva Vizcaya		
Date	November 26-28, 2025		
Total	130		
Resource Person/Facilitator	CVCHD, SDO, and PHO		
Proposed Budget			
Item	Item cost	Qty/Pax	Amount



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Department of Health
CAGAYAN VALLEY CENTER FOR HEALTH DEVELOPMENT



Board and Lodging (2 days)	₱ 2,000.00	130 pax	₱ 520,000.00
Breakfast and Snack	₱ 350.00	130 pax	₱ 45,500.00
Tokens (Resource Speakers)	₱ 1,000.00	20 pax	₱ 20,000.00
Training Kits	₱ 100.000	83 kits	₱ 8,300.00
- Notebook			
- Ballpen			
Office Supplies			
- Bondpaper	₱ 250.00	6 reams	₱ 1,500.00
- Marker	₱ 180.00	5 boxes	₱ 900.00
- Ink Set	₱ 1,000.00	2 sets	₱ 2,000.00
- Linen paper	₱ 50	30 packs	₱ 1,500.00
TOTAL			₱ 599,700.00
Source of Fund	SAA-2025-03-001375 (HPU - Healthy Learning Institutions)		

VII. EVALUATION OF THE ACTIVITY:

Post-Activity Evaluation Tool Level 1

VIII. PROGRAM FLOW

DAY 1		
TIME	ACTIVITY	Responsible Person
8:00-8:30	Registration Opening Prayer and National Anthem Welcome Remarks	Facilitator
8:30-10:00	Mental Health Literacy	Focal Person
10:00-10:15	BREAK	
10:15-11:30	Understanding Mental Health & Disorders	Focal Person
11:30-12:00	Module: Katatagan Internal Strengths	Focal Person
1:00-2:00	LUNCH BREAK	
2:00-3:00	Stress Module	Focal Person
3:00-3:15	BREAK	
3:15-4:30	Suicide Prevention	Focal Person
4:30-5:00	Module: Katatagan External Strength	Focal Person
DAY 2		
8:00-8:30	Recap of Day 1	Focal Person
8:30-9:00	Suicide Intervention	Focal Person
9:00-10:00	Module: Katatagan Gratitude	Focal Person
10:00-10:15	BREAK	



Republic of the Philippines
Department of Health
CAGAYAN VALLEY CENTER FOR HEALTH DEVELOPMENT

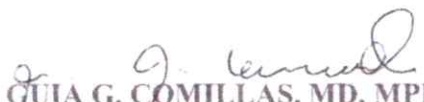


10:15-12:00	Suicide Postvention	Focal Person
12:00-1:00	LUNCHBREAK	
1:00-2:30	Person as supporter-ALGEE	Focal Person
2:30-3:00	Selfcare	Focal Person
3:00-3:15	BREAK	
3:00-4:30	Katawan Stress Coping Bio Genetic Exercise	Focal Person
4:30-5:00	Awarding of Certificate and closing remarks	Facilitator

Prepared by:


WINDEL D. TUMANENG
Health Program Officer I

Noted by:


QUIA G. COMILLAS, MD, MPH
Medical Officer V, LHSD Chief

Approved by:


FERDINAND M. BENBENEN, MD, DPCP, MHA, FPSMS
Director IV