



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

March 2, 2026

DIVISION MEMORANDUM

No. 105 s. 2026

CONDUCT OF MENTAL HEALTH KATATAGAN PLUS: UNDERSTANDING SUICIDE (A Two-Phase Capacity-Building and Awareness Program on Suicide Prevention and Psychological Resilience)

To: Assistant Schools Division Superintendent
Chief-School Governance Operations Division
Chief-Curriculum Implementation Division
All Others Concerned

1. In support of the Department of Education's commitment to promote learner well-being and strengthen school-based mental health services, this Office announces the conduct of **Mental Health KATATAGAN PLUS: Understanding Suicide**, a two-phase capacity-building and awareness program designed to enhance suicide prevention, intervention, and psychosocial support in schools.
2. The activity shall be conducted on the following schedules at the **SDO Nueva Vizcaya Conference Hall**:
 - A. **Phase 1 – Foundational Training on Suicide Awareness and Immediate Response: March 6, 2026**
 - B. **Phase 2 – Advanced Intervention, Referral, and Postvention: August 20, 2026**
3. Participants to this activity are the School Health Personnel: **Nurses of Elementary and Secondary, Medical and Dental Team**
4. Expenses relative to the conduct of this activity shall be charged against available division or school funds, subject to existing accounting and auditing rules and regulations.
5. For further queries, kindly contact **Ryan Christopher A. Buccat, MD, Medical Officer III at 09275463220**
6. Immediate dissemination and strict compliance with this memorandum is enjoined.




ORLANDO E. MANUEL PhD., CESO V
Schools Division Superintendent
03-2026-146



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**MENTAL HEALTH KATATAGAN PLUS: Understanding Suicide
A Two-Phase Capacity-Building and Awareness Program on Suicide
Prevention and Psychological Resiliencel.**

SCHOOL HEALTH AND NUTRITION UNIT SDO NUEVA VIZCAYA

NAME	DESIGNATION
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
Herminia B. Basilio, RN	Nurse II
Rannylene May T. De Leon, RN	Nurse II
Florence L. Bulayo, RN	Nurse II
Mary-Ann E. Cabangon, RN	Nurse II
Trixia Maureen D. Cabatin, RN	Nurse II
Jonalyn B. Panis, RN	Nurse II
Shairuz Caesar B. Dugay, RN	Nurse II
Mignonette Erim O. Dulay, RN	Nurse II
Karen Ann C. Gregorio	Nurse II
Elvie A. Ranchez, RN	Nurse II
Bernette Ann R. Sebbey, RN	Nurse II
Ali A. Vilar, RN	Nurse II



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PROGRAM OF ACTIVITIES
MENTAL HEALTH KATATAGAN PLUS: Understanding Suicide
Phase 1 and Phase 2 Implementation

PHASE 1

Mental Health KATATAGAN PLUS: Foundational Training on Suicide Awareness and Immediate Response

Date: March 6, 2026

Venue: SDO NV Conference Hall

Time	Activity	Details / Person Responsible
08:00 – 08:30 AM	Registration of Participants	Secretariat
08:30 – 08:40 AM	Opening Program	• Prayer • National Anthem • Welcome Remarks
08:40 – 08:50 AM	Welcome Remarks	Romulo A. Ancheta, PhD Chief, SGOD
08:50 – 09:00 AM	Message of Support	Orlando E. Manuel PhD., CESO V Schools Division Superintendent
09:00 – 09:15 AM	Rationale of the Activity	Dr. Ryan Christopher A. Buccat, Medical Officer III – SHNU
09:15 – 10:30 AM	Session 1: Mental Health in the School Setting	Overview of Mental Health, Current Situation of Learners
10:30 – 10:45 AM	Health Break	—
10:45 – 12:00 NN	Session 2: Understanding Suicide	Risk Factors, Warning Signs, Myths and Facts
12:00 – 01:00 PM	Lunch Break	—
01:00 – 02:15 PM	Session 3: Immediate Response and Psychological First Aid	Basic Helping Skills for Learners at Risk
02:15 – 03:00 PM	Workshop	Case Scenarios and Role Playing
03:00 – 03:15 PM	Health Break	—
03:15 – 04:00 PM	Open Forum and Sharing of Insights	Facilitators / SHNU Team
04:00 – 04:30 PM	Synthesis of Learnings	Documentation Team
04:30 – 05:00 PM	Closing Message	SHNU / SGOD Representative
05:00 PM	Adjournment	—



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PHASE 2

Mental Health KATATAGAN PLUS: Advanced Intervention, Referral, and Postvention

Date: August 20, 2026

Venue: SDO NV Conference Hall

Time	Activity	Details / Person Responsible
08:00 – 08:30 AM	Registration of Participants	Secretariat
08:30 – 08:40 AM	Opening Program	• Prayer • National Anthem • Welcome Remarks
08:40 – 08:50 AM	Welcome Remarks	Romulo A. Ancheta, PhD Chief, SGOD
08:50 – 09:00 AM	Message of Support	Orlando E. Manuel PhD., CESO V Schools Division Superintendent
09:00 – 09:15 AM	Recap of Phase 1	SHNU Facilitator
09:15 – 10:30 AM	Session 4: School-Based Suicide Prevention Programs	Building Protective Factors and Resilience (KATATAGAN Framework)
10:30 – 10:45 AM	Health Break	—
10:45 – 12:00 NN	Session 5: Referral Pathways and Case Management	Coordination with Health Facilities and Guidance Services
12:00 – 01:00 PM	Lunch Break	—
01:00 – 02:15 PM	Session 6: Postvention and Crisis Recovery in Schools	Managing Aftermath and Preventing Contagion
02:15 – 03:15 PM	Workshop	Development of School Mental Health Action Plans
03:15 – 03:30 PM	Health Break	—
03:30 – 04:15 PM	Presentation of Action Plans	Selected School Representatives
04:15 – 04:45 PM	Synthesis and Commitment Setting	SHNU / SGOD
04:45 – 05:00 PM	Closing Message	Schools Division Superintendent / Representative
05:00 PM	Adjournment	—



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