



Republic of the Philippines  
**Department of Education**  
SOCCSKSARGEN REGION  
SCHOOLS DIVISION OF SARANGANI

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08 Oct 2025

**DIVISION MEMORANDUM**  
SGOD-2025-192

**CONDUCT OF SUICIDE PREVENTION AND MENTAL WELLNESS  
CAPACITY BUILDING AND RETREAT OF SCHOOL HEALTH PERSONNEL**

To: Assistant Schools Division Superintendent  
Public School District Supervisors  
Public Elementary and Secondary District Nurses  
School Health Section Personnel  
All Others Concerned

1. The School Governance Operations Division, through the School Health Section, will conduct a **two-day Capacity Building and Retreat** on **October 13-14, 2025, at Venue 88, General Santos City.**
2. This activity aims to provide the following, as to wit:
  - 2.1 Strengthen the capacity of school health personnel in suicide prevention by enhancing their skills in risk recognition, initial response, and coordination with mental health service providers.
  - 2.2 Recognize the emotional toll and stress they often experience in carrying out their duties.
  - 2.3 Offers a safe and nurturing space where participants can relax, reflect, and recharge through mindfulness-based and stress-relieving activities.
  - 2.4 Aligned with DepEd's commitment to promoting holistic mental health support—both for learners and for the personnel who serve them.
3. Enclosed are the activity matrix and list of participants for easy reference
4. Food and accommodation will be borne from the MHPSS Fund, while the travel and other incidental expenses of the participants shall be charged against local funds, subject to the usual accounting and auditing rules and regulations.
5. For inquiries, contact Dr. Lyn Frances Dominique P. Gumban MO III at 09182276157 or Renz Louis Bautista, Mental Health Focal at 09098243043
6. For information and strict compliance.

**RUTH L. ESTACIO PhD, CESO V**  
Schools Division Superintendent



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Encl.: As stated

Reference: N o n e

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

**PROGRAMS**

Adriano A. Daligdig/SGOD/MLA – conduct of suicide prevention and mental wellness  
capacity building and retreat of school health personnel  
0977/October 8, 2025



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**Enclosure 1: List of Participants**

NO	NAME	DESIGNATION OF TARGET PARTICIPANT
1	DR. LYN FRANCES DOMINIQUE P. GUMBAN	Medical Officer III
2	MICHAEL O. SALTING, DMD	Division Dentist
3	MONETTE FAYE P. MACAMAY, DMD	Division Dentist
4	ESTYLINDA G. TUDAYAN, RN	Division Nurse In-Charge
5	MILYN P. GUMBAN, RN	Nurse II - Alabel 1 District
6	MARYROSE WENNA D. EA, RN	Nurse II - Alabel 2 District
7	ARNOLD D. TUBUNGBANUA, RN	Nurse II - Alabel 3 District
8	VENICE R. AHYENG, RN	Nurse II - Glan 1 District
9	MICHELLE B. PADRIGO, RN	Nurse II - Glan 2 District
10	INDER S. FERNANDEZ, RN	Nurse II - Glan 3 District
11	PAMELA Y. DOSPUEBLOS, RN	Nurse II - Glan 4 District
12	ANNIE D. BALANAG, RN	Nurse II - Kiamba 1 District
13	MARIA LUZ M. SACEDA, RN	Nurse II - Kiamba 2 District
14	JOHN MYLE M. SIBAYAN, RN	Nurse II - Kiamba 3 District
15	CRISELDA P. DUATIN, RN	Nurse II - Maasim 1 District
16	LONNIE CARL M. NIERRA, RN	Nurse II - Maasim 2 District
17	RENZ LOUIS R. BAUTISTA, RN	Nurse II - Maasim 3 District
18	SUZETTE B. LUBONTING, RN	Nurse II - Maitum 1 District
19	NACIGENES R. MATEO, RN	Nurse II - Maitum 2 District
20	MIRAME L. MIRANDA, RN	Nurse II - Malapatan 1 District
21	ROCHELLE T. ESPERAT, RN	Nurse II - Malapatan 2 District
22	MITZI M. WATA, RN	Nurse II - Malapatan 3 District
23	SUZETTE P. SUFICIENCIA, RN	Nurse II - Malungon 1 District
24	GENEVIEVE C. ERIGBUAGAS, RN	Nurse II - Malungon 2 District
25	ARNOLD B. PAGADUAN, RN	Nurse II - Malungon 3 District
26	VICTOR REY Y. GELLA, RN	Nurse II - Malungon 4 District
27	RUTH L. ESTACIO, PhD, CESO V	Schools Division Superintendent
28	ATTY. NELYN B. FRINAL	Assistant Schools Division Superintendent
29	MA. SHIRLEY M. CARDINAL	SGOD Chief
30	ADRIAN DALIGDIG	EPS
31	ARACELI J. DINOPOL	Division M & E
32	MARLON M. AGAD	Division DRRM Coordinator
33	THESSA COREEN T. BUDOLLO	COS/TWG
34	FELIPE B. TUYOGON, Jr.	SEPS-PRS
35	OXIDEZA G. CATADA	Registered Guidance Counselor (Resource Speaker)



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36	MARREBETH C. DUYAG	Resources Speaker
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**Email Address:** [sarangani@deped.gov.ph](mailto:sarangani@deped.gov.ph)



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**Enclosure 2: Activity Matrix**

ACTIVITY MATRIX		
TIME	ACTIVITY	PERSON IN-CHARGE
<b>DAY 1</b>		
8:00 - 8:30am	Registration	
8:30 - 9:00am	Preliminaries	
	*Phil. National Anthem	AVP
	*Prayer	AVP
	*Regional Hymn	AVP
	*Sarangani Hymn	AVP
	*Checking of Attendance	
	*Welcome Message	<b>Estylinda G. Tudayan, RN</b>
	*Statement of Purpose	<b>Dr. Lyn Frances Dominique P. Gumban</b>
	*Messages	<b>Ruth L. Estacio, CESO V, PhD.</b> Schools Division Superintendent
		<b>Atty. Nelyn B. Frinal</b> Assistant Schools Division Superintendent
		<b>Ma. Shirley M. Cardinal</b> SGOD Chief
9:00 - 9:30am	Wellness Break	
9:30 - 10:00am	Overview of the Objectives	
10:00 - 12:00nn	<b>Session 1:</b> Orientation on Mental Health and Suicide Prevention in School	Resource Speaker
12:00 - 1:00pm	<b>Lunck Break</b>	
1:00 - 2:30pm	<b>Session 2:</b> Communication and Initial Response Techniques and Referral Systems	Resource Speaker
2:30 - 3:00pm	Wellness Break	
3:00 - 5:00pm	<b>Session 3:</b> Self Care Management	Resource Speaker
5:00 - 5:10pm	Mindfulness Session : Breathing and Relaxation	
<b>DAY 2</b>		
8:00 - 9:00am	Morning Reflection and Sharing	
9:00 - 10:30am	<b>Session 2:</b> A Time to Reflect, Refocus and Reconnect	Resource Speaker
10:30 - 10:45am	Wellness Break	
10:45 - 12:00nn	<b>Continuation-Session 3</b>	Resource Speaker
12:00 - 1:00pm	Lunch Break	
1:00 - 2:30pm	Workshop: Drafting School Action Plans	
2:30 - 3:00pm	Post-Assessment and Evaluation	
3:00 - 5:00pm	Closing Program and Certificate Distribution	
5:00:00pm	<b>GOING HOME</b>	