



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF BOHOL
City of Tagbilaran



October 22, 2019

DIVISION MEMORANDUM
NO. 492 s. 2019

**SEMINAR-WORKSHOP ON MENTAL HEALTH IN A SOCIAL MEDIA WORLD:
BASIC SUPPORT SKILLS FOR TEACHERS**

To: Education Program Supervisors/Coordinators,
District Supervisors/Coordinating Principals
School Heads of Secondary Schools

1. Attached is the copy of the letter from Bohol Island State University (BISU) - Calape Campus inviting fifty (50) participants from DepEd - Bohol for the SEMINAR-WORKSHOP ON MENTAL HEALTH IN A SOCIAL MEDIA WORLD: BASIC SUPPORT SKILLS FOR TEACHERS on October 29-30, 2019 at BISU- Calape Campus, Calape, Bohol.
2. This no registration 2-day live out seminar-workshop will start at 8:00 AM and end at 5 PM but registration will start at 7:00 in the morning
3. Identified public high schools (see attached list) are required to send one (1) participant of the said activity either Guidance Counselor/Designate/Advocate.
4. Travel and other incidental expenses are chargeable to Division/School/Local/MOOE funds subject to the usual accounting and auditing rules and regulations.
5. For your guidance and immediate dissemination.


NIMFA D. BONGO, Ph.D., CESO V
Schools Division Superintendent

Participants For The Seminar-Workshop On Mental Health In A Social Media World: Basic Support Skills For Teachers (BISU-Calape Campus, October 29-30, 2019)

- 1 San Jose NHS-Talibon
- 2 Pres. Carlos P. Garcia NHS
- 3 Campao HS-Getafe
- 4 Cangawa HS-Buenavista
- 5 Inabanga HS-Inabanga
- 6 Southern Inabanga HS-Inabanga
- 7 Nahawan NHS-Clarin
- 8 Cawayanan HS-Tubigon
- 9 Tubigon West NHS-Cahayag Tubigon
- 10 Sandingan HS-Loon
- 11 Loon South NHS-Loon
- 12 Busao NHS-Maribojoc
- 13 Fatima HS-Cortes
- 14 Bantolinao HS-Antequera
- 15 San Isidro NHS-San Isidro
- 16 Hanopol HS-Hanopol, Balilihan
- 17 Catigbian NHS-Catigbian
- 18 Baclayon NHS-Baclayon
- 19 Tabalong HS-Dauis
- 20 Lourdes NHS-Panglao
- 21 Danao NHS-Danao
- 22 San Agustin NHS-Sagbayan
- 23 Japer Memorial HS-Sagbayan
- 24 Mantacida HS-Catigbian
- 25 Eugenio V. Amores MHS-Sagbayan

- 26 Sikatuna Agricultural HS-Talibon
- 27 Tulang HS-Getafe
- 28 Clarin School of Fisheries-Clarin
- 29 Tubigon West Central HS-Tubigon
- 30 Calape NHS-Calape
- 31 Mayor A. Tuazon MHS-Calape
- 32 Fermin Tayabas HS-Calape
- 33 Cabilao HS-Loon
- 34 Gov. Borja MHS-Loon
- 35 Pagnitoan HS-Maribojoc
- 36 Canlaas HS-Antequera
- 37 Candungao HS-San Isidro
- 38 Cabanugan HS-San Isidro
- 39 Cong. Pablo Malasarte MHS-Balilihan
- 40 Corella NHS-Corella
- 41 Dauis HS-Dauis
- 42 Biking HS-Dauis
- 43 San Jose NHS-Inabanga
- 44 Panghagban HS-Buenavista
- 45 Haguilanan HS-Catigbian
- 46 Hagbuaya HS-Catigbian
- 47 Lourdes HS-Cortes
- 48 Sikatuna NHS-Sikatuna
- 49 Cabul-an HS-Buenavista
- 50 Cuaming HS-Inabanga




Republic of the Philippines
BOHOL ISLAND STATE UNIVERSITY
Calape Campus, Calape Bohol

Vision: A premier Science & Technology university for the formation of world class and virtuous human resource for the sustainable development in Bohol and the country.
Mission: Committed to provide quality and innovative education in strategic sector for the development of Bohol and the country.

October 8, 2019

NIMFA D. BONGO, Ed.D., CESO V

Schools Division Superintendent
DepEd, Division of Bohol
Tagbilaran City

Through: **DR. LOPE S. HUBAC** - 
Education Program Supervisor
Values Education
DepEd, Tagbilaran City

Dear Dr. Bongo:

Greetings of peace.

"Every suicide is a tragedy. It is estimated that over 800,000 people die by suicide and that there are many suicide attempts for each death. The impact on families, friends and communities is devastating and far-reaching, even long after persons dear to them have taken their own lives.. (WHO)."

The three office in-charge of BISU – Calape Campus, *Extension, Research and Guidance* were discerning on how to respond to this challenging times of our history in Bohol due to high rise of suicide incidence, which happens almost every week. In this regard, we would like, then, to respond to your request through the Office of *Dr. Lope S. Hubac* and to further create a linkage with your Guidance Designates in the Province of Bohol for capacity-building.

Every single life lost to suicide is one too many. Yes, we would like to act together, and the right time to act is now. Indeed, it is a call upon all stakeholders to help together in order to make suicide prevention an imperative. On September 27, 2019, we agreed during the meeting of the said three Offices in-charge, *Dr. Lope and the Pagpakabuhi* representative, *Dr. Fruserma A. Uy*, that we will come up with **MENTAL HEALTH IN A SOCIAL MEDIA WORLD: BASIC SUPPORT SKILLS FOR TEACHERS** with the theme: *"Renewed Thinking and Feeling."*

This will be attended by fifty (50) selected Guidance Designates of DepEd and some Faculty in BISU – Calape, which will be on October 29-30, 2019 at the Student Activity Center, BISU – Calape Campus, San Isidro, Calape, Bohol from (8:00 AM to 5:00 PM. – 2-day live out). This is in adherence to our promotion of the *"RA 11036, which is an Act of Establishing a National Mental Health Policy for the purpose of enhancing the delivery of Integrated Mental Health Services (IMHS), promoting & protecting the rights of persons utilizing psychiatric, neurologic, psychosocial health services,.."* (Mental Health Act) The objectives of this intervention program, are as follows:

1. Promote and enhance better understanding of mental health and the Mental Health Act Law (RA 11036);
2. Understand mental health in a Social Media World and its effects;

3. Acquire knowledge and skills on basic support skills for teachers;
4. Learn how to spot the symptoms and manifestations of the mental health problems;
5. Nurture wellness and resiliency thru positive psychology;
6. Integrate strategies promoting mental health in educational institution, the work place and in communities


The initial activity will be conducted by the Professional experts and advocates, **Dr. Ronald del Castillo, PsyD, MSc, MPH**, Associate Professor of Health Policy & Administration, UP Manila, **Earnest Tan, RGC**, Quezon City and **Dr. Joy A. Bueno, Psychiatrist**, Provincial Hospital, Tagbilaran City.

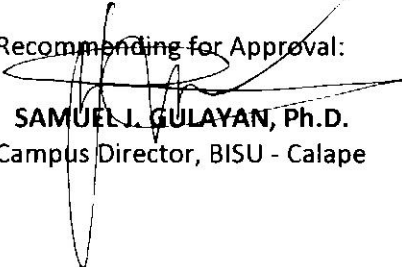
We all share the same objectives, that of providing the best for our youth and help them realize their full potential. We hope you will be with us in this ennobling endeavor of BISU. Thank you.

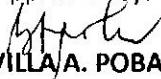
Respectfully yours,


MARIA DINA E. GOLOSINO, MA, RGC
 Guidance Counselor


PROF. KATRINE MAE B. MANTE
 Chairperson, Research


PROF. MA. ARZEL M. AGUANZA
 Chairperson, Extension & Training

Recommending for Approval:

SAMUEL J. GULAYAN, Ph.D.
 Campus Director, BISU - Calape

Approved by:

REGUCIVILLA A. POBAR, Ph.D.
 President, BISU

- Cc. Dr. Lope S. Hubac, Supervisor, DepEd
 Dr. Fruserma A. Uy, M.D., Pagpakabuhi Representative
 Dr. Maria Lilibeth G. Castil, Ph.D., Vice-President, ARA, BISU
 Ms. Julie T Maestrado, RGC, Guidance Counselor, DepEd

P.S. As per Request by the speaker (Dr. del Castillo), the participants are required to bring pocket wifi and laptop for the necessary internet connection during his talk on October 29, 2019. Thank you.



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October 7, 2019

REGUCIVILLA A. POBAR, Ph.D.
 University President
 Bohol Island State University (BISU)
 Tagbilaran City

Thru: **SAMUEL J. GULAYAN, Ph.D.**
 Campus Director, BISU – Calape Campus

Dear Dr. Pobar:

Salutation.

The high rise of suicide incidence in Bohol Province, which happens almost every week, excluding the unreported cases is calling our attention to respond to this alarming mental health condition. Most of those victims of suicide are young individuals. The way forward is to act together, and the time to act is now. I believe it is a call upon all stakeholders to help support this advocacy and make suicide prevention an imperative. Through this communication, we would like, then, to create linkages with other agencies and institution like your university in Calape Campus in order to conduct a capacity-building for our Guidance Designates in Bohol Province - that enables them to acquire basic support skills in promoting mental health awareness to our young students. One of our counselors in DepEd referred the name of your counselor in BISU-Calape Campus, who is actively involved in this advocacy.

May I, therefore, request through your Extension, Research and Guidance Offices of BISU – Calape for Mental Health Program, which hopefully a sustaining support with our Guidance Designates. We would like, then, to have an initial seminar-workshop on this month of mental health this coming October 2019.

We will take care of the travelling and other incidental expenses of our fifty (50) initial participants for any seminar-workshop you can sponsor that addresses issues on social media addiction, alienation, depression, suicide, etc. Secondly, we might also share necessary school supplies and materials available in our office. We are also open if your faculty will conduct possible researches in partnership with our office on this relevant issue.

Finally, I would like to congratulate your noble contributions by educating your young students and empower them to have a sound mental health. I am looking forward to your positive response. Thank you in advance.

Respectfully yours,

LOPE S. HUBAC
 Education Program Supervisor
 Values Education

Noted by:

NIMFA D. BONGO, Ed.D., CESO V
 Schools Division Superintendent

cc: samuel J. Gulayan, Ph.D.
 Campus Director, BISU - Calape Campus

REPUBLIC OF THE PHILIPPINES
 BOHOL ISLAND STATE UNIVERSITY
 MAIN CAMPUS, TAGBILARAN CITY
RECEIVED
 BY CLARISSE D. MAGALLANES
 10/8/19