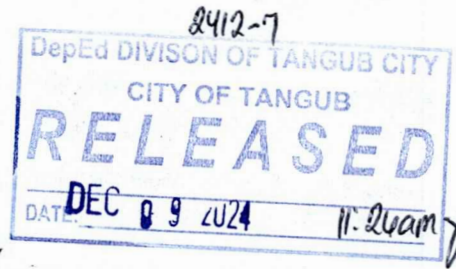




Republic of the Philippines
Department of Education
 Region X
SCHOOLS DIVISION OF TANGUB CITY



December 2, 2024

DIVISION MEMORANDUM
 No. 401, s. 2024

DIVISION TRAINING ON R.A.C.E. AGAINST SUICIDE FOR GUIDANCE
 DESIGNATES AND SCHOOL HEADS

To: Assistant Schools Division Superintendent
 Chief Education Supervisors (CID and SGOD)
 Public Schools District In-Charge
 Elementary and Secondary School Heads
 Elementary and Secondary School Guidance Designates
 All Others Concerned

1. Pursuant to Section 25 of the IRR of RA 11036 or the Mental Health Law, which mandates educational institutions to develop policies and programs for mental health, the SDO Tangub City aims to establish a functional Suicide Prevention Toolkit for all schools. This toolkit will include procedures for addressing individuals at risk for suicide. To effectively implement this, the Division will provide training program on **R.A.C.E. Against Suicide** to enhance the competencies of guidance designates and school heads in handling suicide and mental health cases.
2. The participants of this training are the **guidance designates/school mental health coordinators (Batch 1 – December 16, 2024)** and **school heads (Day 2 – December 17, 2025)** which will be held at Conference Hall, Tangub City National High School.
3. Attached is the Training Matrix (Annex A) and List of Participants (Annex B) for your reference.
4. Meals and Snacks shall be charged against Learner Support funds (BLSS-Mental Health) subject to usual accounting and auditing policies, rules, and regulations.
5. Immediate and wide dissemination of this Memorandum is desired.

SHAMBAEH A. ABANTAS-USMAN, PhD, CESO VI
 Schools Division Superintendent

Enclosed: As stated
 Reference: RA 11306
 To be indicated in the Perpetual Index
 Under the following subjects:
 MENTAL HEALTH AWARENESS

JLDP – Division Training on RACE Against Suicide
 December 2, 2024



Address: Anecito Siete St. Mantic, Tangub City
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ANNEX A of Division Memorandum No. 40 S. 2024

**R.A.C.E. AGAINST SUICIDE FOR GUIDANCE DESIGNATES
 AND SCHOOL HEADS**
 Training Matrix

TIME	TOPIC/ACTIVITY	PERSONS INVOLVE
7:30am – 8:00am	Registration	TWG
8:00am – 8:20am	Preliminaries - Pambansang Awit - Invocation - Tangub City Hymn - Misamis Occidental Hymn - Region 10 March	AVP
8:20am – 8:30am	Acknowledgement of Participants	Master of Ceremony
8:30am – 8:40am	Welcome Remarks	SHAMBAEH A. ABANTAS-USMAN, PhD, CESO VI Schools Division Superintendent
8:40am-10:20am	Module 1.1. Suicide and the school - The Problem of youth Suicide - The Framework of School-Based Suicide Prevention - Knowledge and Warning Signs of Suicide	ARNOLD C. MONTEFALCON Guidance Counselor II STEPHEN T. AMEN Nurse II
10:20am-10:30am	WELLNESS BREAK	
10:30am-12:00nn	Module 1.2. How To RACE Against Suicide - Assess Suicide Risk Using the C-SSRS (Columbia Suicide Severity Rating Scale)	JOHN LYRIC D. POLIGRATES Guidance Counselor II
12:00nn-1:00pm	LUNCH BREAK	
1:00pm-3:00pm	Crisis Management Activity (Prevention, Intervention & Postvention)	JOHN LYRIC D. POLIGRATES Guidance Counselor II
3:00pm – 3:20pm	WELLNESS BREAK	
3:20pm – 3:30pm	Case Analysis	Facilitators
3:30pm – 5:00pm	OPEN FORUM / DISCUSSION	
END OF DAY		

ARNIEL B. MEHOY
 Master of Ceremony



Republic of the Philippines
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ANNEX B of Division Memorandum No. 40 S. 2024

**R.A.C.E. AGAINST SUICIDE FOR GUIDANCE DESIGNATES
 AND SCHOOL HEADS**

TECHNICAL WORKING GROUP AND FACILITATORS
 Division Office
 List of Participants

NAME	DESIGNATION
SHAMBAEH A. ABANTAS-USMAN, PhD, CESO VI	Schools Division Superintendent
ERLINDA G. DAEL, PhD, CESE	Assistant Schools Division Superintendent
LORNA C. PEÑONAL	Chief ES, SGOD
SHIELDON F. HONCULADA	EPS-I, SGOD
JUN CLIFFORD C. ESTRELLA	Division Dentist
STEPHEN T. AMEN	Division Nurse
CECILLE LOULLE A. GULBE	Division Nurse
WINNIE MENDOZA	Division Nurse
MOHAMAD T. BATINGOLO	Project Development Officer II
ARNIEL B. MEHOY	Project Development Officer I
ARNOLD C. MONTEFALCON	Guidance Counselor II
JOHN LYRIC D. POLIGRATES	Guidance Counselor II
RENE BOY G. ROXAS	Senior Education Program Specialist
LIEGH S. ENAYO	Education Program Specialist II
REDEEMER D. DENAPO	Senior Education Program Specialist
BRIDE JOY M. CANDANO	Education Program Specialist II

GUIDANCE DESIGNATES / SCHOOL MENTAL HEALTH COORDINATORS
 Batch 1 (December 16, 2024)

NAME	SCHOOL	DISTRICT
FLORIFE F. BERMAFE	BALUC ES	CENTRAL A
MARYLE ROSE T. RETUYA	KATAGAN ES	CENTRAL A
CORAZON U. OLIVER	KAUSWAGAN ES	CENTRAL A
JOCELYN E. DURIAS	KIMAT ES	CENTRAL A
EDGARDO G. MALAUBANG JR.	LUMBAN ES	CENTRAL A
CELSA B. DAPITON	MATHS	CENTRAL A
LEIZEL C. CANDANO	SAN APOLINARIO ES	CENTRAL A
PAULINA G. ALBOROTO	STA. CRUZ ES	CENTRAL A
CHARLENE E. PALMERO	STO. NIÑO ES	CENTRAL A
YOLLY T. OMBAC	TANGUB CITY CS	CENTRAL A



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YOLLY T. OMBAC	TANGUB CITY CS	CENTRAL A
CHARLENE PUEBLAS	TANGUB CITY NHS	CENTRAL B
SITTIE BADRIA M. DATU-DACULA	TANGUB CITY NHS	CENTRAL B
RAZEL E. BACOTOT	TANGUB CITY NHS	CENTRAL B
BEVERLY TROMPETA	TANGUB CITY NHS	CENTRAL B
EDNA M. OGAT	BANGLAY ES	NORTH A
VIRIGINIA T. ETANG	BANGLAY NHS	NORTH A
JOJITA P. JAY	CAPALARAN ES	NORTH A
<i>*Guidance Designate*</i>	CAPALARAN WEST ES	NORTH A
TERESITA M. FIEL	HOYOHOY ES	NORTH A
ARLENE N. UNGAB	SALIMPUNO ES	NORTH A
NANNET C. OVALO	STA. MARIA CS	NORTH A
<i>*Guidance Designate*</i>	STA. MARIA NHS	NORTH A
LADY LOU Y. BAYOYOS	TITURON ES	NORTH A
IAN JOHN L. PADILLA	VILLABA ES	NORTH A
<i>*Guidance Designate*</i>	BARANGAY TRES ES	NORTH B
JULIE D. TAGA-AN	BONGABONG ES	NORTH B
ESMERALDA B. FUENTES	BONGABONG NHS	NORTH B
HERMOCILIA J. ELMEDULAN	ISIDRO D. TAN ES	NORTH B
<i>*Guidance Designate*</i>	MALORO IS	NORTH B
REBECCA S. DIZON	MANGA ES	NORTH B
MARICEL A. SAMSON	MINSUBONG ES	NORTH B
MERLYN P. YAMA	POLAO IS	NORTH B
FRANCIS AINAH R. ERAP	CANIANGAN NHS	SOUTH A
NICETAS B. MONSUBRE	GARANG ES	SOUTH A
MARITEL P. ANG	LABUYO ES	SOUTH A
<i>*Guidance Designate*</i>	MAQUILAO IS	SOUTH A
RHONNA L. SABANAL	MAQUILAO IS	SOUTH A
JUMILIE F. ABALLE	PRENZA ES	SOUTH A
ANNA MICHELLE CAÑETE	SAN ANTONIO ES	SOUTH A
<i>*Guidance Designate*</i>	TAGUITE ES	SOUTH A
JOCELYN C. BARQUILLA	VIDASTO CARRILLO MES	SOUTH A
ARLENE N. LOPEZ	AQUINO ES	SOUTH B
LIEZEL P. ELCAMEL	BINTANA IS	SOUTH B
BIENVESA D. CABILES	GUINALABAN ES	SOUTH B
<i>*Guidance Designate*</i>	LORENZO TAN MCS	SOUTH B
<i>*Guidance Designate*</i>	LORENZO TAN NHS	SOUTH B
<i>*Guidance Designate*</i>	LORENZO TAN NHS	SOUTH B
NYMPHA G. TACHADO	PANGABUAN BEACH ES	SOUTH B
SARRAH JEAN F. GENOBIA	BALATACAN BEACH PS	SOUTHWEST A



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PILAR S. MORALES	BALATACAN ES	SOUTHWEST A
DJOAN B. TO-ONG	BOCATOR ES	SOUTHWEST A
KENSHIN C. TORTUGO	GUINABOT ES	SOUTHWEST A
MARY BERNADITH S. SUDDING	PANALSALAN ES	SOUTHWEST A
GLENN S. MANLUPIG	PANGABUAN IS	SOUTHWEST A
FLORELYN P. RULE	SAN VICENTE ES	SOUTHWEST A
ELMIE C. SINGGIT	SILANGIT ES	SOUTHWEST A
SERAFIN MENDOZA	SILANGIT NHS	SOUTHWEST A
<i>*Guidance Designate*</i>	TUGAS ES	SOUTHWEST A
CYLAH MAE E. NAOJA	TUMATYAG PS	SOUTHWEST A
NESJOY M. CAMBERIHAN	KAMPIT PS	SOUTHWEST B
BRENDA M. TORILLO	MATUGNAO ES	SOUTHWEST B
<i>*Guidance Designate*</i>	OWAYAN ES	SOUTHWEST B
JESSEVEL S. CALLEDO	PAITON IS	SOUTHWEST B
JOVINYL S. PUEBLAS	SICOT ES	SOUTHWEST B
NELYN M. LABIGAN	SIMASAY ES	SOUTHWEST B
CHARLENE H. SUMINGUIT	SIMASAY NHS	SOUTHWEST B
LADY RUTH F. GERUNDIO	SUMIRAP CS	SOUTHWEST B
EMADYL BONIE D. CASUYON	SUMIRAP NHS	SOUTHWEST B
<i>*Guidance Designate*</i>	SUMIRAP NHS	SOUTHWEST B

68 SCHOOL HEADS
Batch 2 (December 17, 2024)

*** NOTHING FOLLOWS ***