



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Benguet

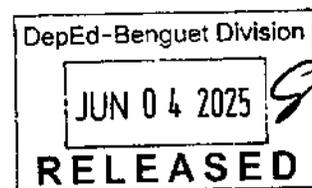
3 June 2025

DIVISION MEMORANDUM

No. 239s. 2025

**PROFESSIONAL SKILLS AND KNOWLEDGE DEVELOPMENT FOR
TEACHERS PRIMARILY ON STRENGTHENING MENTAL HEALTH
EDUCATION**

To: Assistant Schools Division Superintendent
Concerned PSDSs/PSDIs
Concerned School Heads
All others concerned



1. This office will conduct the **Professional Skills and Knowledge Development for Teachers Primarily on Strengthening Mental Health Education** on **June 9-10, 2025 (Batch 1)** and **June 11-12, 2025 (Batch 2)** at **The Plaza Garden Hotel, Europa Compound cor. Legarda Rd., Marcos Highway, Baguio City**. The participants are expected to **be at the venue at exactly 8:00 am or earlier** on **June 9, 2025 (for Batch 1)** and **June 11, 2025 (for Batch 2)**.
2. The activity aims to:
 - a) Increase awareness of mental health issues and promote strategies for creating safe and supportive academic environments.
 - b) Equip teachers with practical skills for stress management, emotional resilience, and professional self-care.
 - c) Foster a culture of collaboration and peer support to promote mental wellness in the school community.
3. Kindly see attachment for the list of participants and activity matrix.
4. This memorandum shall serve as **authority to travel on official business** for the identified participants. Moreover, participants and Program Management Team on **June 12, 2025** shall be entitled to **1-day service credit/1-day COC** for rendering service on a holiday.
5. All identified participants are required to attend the said activity. However, in the event that the identified participant cannot attend on his/her scheduled date, he or she shall submit a letter of justification and must have a replacement.



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6. Board and lodging and meals and snacks shall be chargeable against HRD Funds while other travel and incidental expenses shall be charged to local funds subject to the usual accounting and auditing rules and regulations.
7. First meal to be served on **Day 1** (June 9-Batch 1 and June 11-Batch 2) will be **breakfast** and last meal on Day 2 (June 10-Batch 1 and June 12-Batch 2) will be **PM snacks**. **Check-in time** for accommodation on June 9 (Batch 1) and June 11 (Batch 2) will be at **3:00 PM** and **check-out time** on June 10 (Batch 1) and June 12 (Batch 2) will be at **11:00 AM**.
7. For further queries regarding the activity, please contact **Roselle Kristine D. Waguis**, Nurse II-SDO at FB Messenger Name **Is Tine** or at CP No. **0998-550-8992** or email at **rosellekristine.waguis@deped.gov.ph**
8. For dissemination and compliance.


ESTELA P. LEON-CARIÑO EJD, CESO III
Regional Director 
and Concurrent Officer-in-Charge
Office of the Schools Division Superintendent

SGOD/LBA/SHNU



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Enclosure 1. List of Participants

Batch 1- June 9-10, 2025

	DISTRICT	NAME	SCHOOL
1	ATOK	REGINA NULLAS	FILOMENA P. CATING ES
2	ATOK	JENNY GRACE EGSAN	ATOK NHS
3	ATOK	RUBIEJEAN ANTONIO	ATOK NHS
4	ATOK	YOLANDA ANDISO	ATOK NHS
5	ATOK	DAISY GAWIDAN	BOSLENG ES
6	ATOK	PHEARL CUPIDO	CAMP 30 NHS
7	ATOK	MERIAM DICOS	FRANKLIN GUY HAIGHT NHS
8	ATOK	SONIA OLANGCAY	BALANSI ARENOS ES
9	BAKUN	BRIDGETTE TULLAO	SINACBAT NHS
10	BAKUN	BRIGETTE BITAYAN	SINACBAT NHS
11	BAKUN	ALEJANDRINA MALUTE	SINACBAT NHS
12	BAKUN	MARIE GRACE PULQUISO	PALIDAN IS
13	BAKUN	CATHERINE SACLA	AMPUSONGAN ES
14	BAKUN	CHARLOTTE TANACIO	AMPUSONGAN NHS
15	BAKUN	BRENDA BUGTONG	AMPUSONGAN ES
16	BUGUIAS	MARIE PANGOWEN	LAM-AYAN IS
17	BUGUIAS	TINA ATAS	LOO ES
18	BUGUIAS	AVELINA LACADEN	AMLIMAY IS
19	BUGUIAS	MARCELA DICLAS	GUIOENG ES
20	BUGUIAS	ESTRELLA TABDI	LENGAOAN-WAKING IS
21	BUGUIAS	ROSALIE ANHIBEY	LAM-AYAN IS
22	BUGUIAS	DOMINGA HENRY	BAD-AYAN IS
23	BUGUIAS	GIOVANNI P. CAYAT	SINIPSIP ES
24	BOKOD	CAROLINE CALION	EKIP ES
25	BOKOD	JOAN LIGMAYO	BANTAS SUANDING ES



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26	BOKOD	MARISSA SABELING	BANTAS SUANDING ES
27	BOKOD	GLENN SUMALI	KAWAL ES
28	BOKOD	CHERRYL BASING-AT	BANAO ES
29	BOKOD	CHRISTOPHER BAGNI	AMBANGEG NHS
30	BOKOD	YOLANDA DODON	BOKOD NHS
31	BOKOD	BRIGETTE BINTUDAN	BOKOD NHS
32	ITOGON I	CONCEPCION DACQUIAS	TUDING ES
33	ITOGON I	MERCY SANIL	BINGA ES
34	ITOGON I	MERRYL AGAYAM	TINONGDAN ES
35	ITOGON I	RICHELLE DIOAYAN	UCAB ES
36	ITOGON I	JANET MILO	LOACAN ES
37	ITOGON I	EDNA MANGINGA	PACALSO ES
38	ITOGON I	MARIETA BALONG	MIDAS ES
39	ITOGON II	MELBA ABILANG	ALEJANDRO ALTIGA SR. ES
40	ITOGON II	ADLER SALICQUIO	VIRAC IS
41	ITOGON II	LILY DE VERA	BALATOC ES
42	ITOGON II	FREDA AMIAO	GOLDFIELD ES
43	ITOGON II	CLARENCE CANITE	ITOGON CS
44	ITOGON II	EVANGELINE TAGAPAN	FIANZA ES
45	ITOGON II	DOMINGA CELESTINO	MANGANESE IS
46	KABAYAN	LAUREN MAE NAISOD	TAWANGAN ES
47	KABAYAN	DAN BULMAN	LEBENG ES
48	KABAYAN	LUCILLE MANALO	KAMORA NHS
49	KABAYAN	MECHELLE PILAY	ABUCOT IS
50	KABAYAN	SARAH DOMIS	KABAYAN BARRIO ES
51	KABAYAN	GUENDOLYN TACAY	MONGOTO ES
52	KABAYAN	WILA RHEA SALLY	BIO B. MODOL ES
53	KABAYAN	BERNALYN PALGUE	CHAPIDES ES



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PROGRAM MANAGEMENT TEAM BATCH 1- June 9-10, 2025

NAME	POSITION	OFFICE/ SCHOOL	DESIGNATION
1. MIKEE LAINE A. DECARAN/ JEANETTE BATTATENG	MO III ADMIN SUPPORT II-COS	SDO	Facilitator/ Inspectorate
2. ROSELLE KRISTINE D. WAGUIS/ YVETTE ABANCE	NURSE II ADMIN SUPPORT II-COS	SDO	Facilitator/ Inspectorate
3. KARREN GAQUI	NURSE II	EVELIO JAVIER MNHS	Facilitator/ Welfare Officer
4. REINA GAEA DUYAO	NURSE II	TWIN PEAKS NHS	Facilitator/ Welfare Officer
5. MA. VICTORIA MARZAN	NURSE II	TACDIAN ES	Facilitator/ Welfare Officer

SPEAKERS BATCH 1- June 9-10, 2025

1. Leah S. Corpuz, PhD- LASC Learning Solutions
2. Nhorly U. Domenden, Phd, EdD- Wundt Psychological Institute

Batch 2- June 11-12, 2025

	DISTRICT	NAME	SCHOOL
1	KIBUNGAN	ANGELA GIMENO	PALINA IS
2	KIBUNGAN	NENITA ABANCE	LUBO IS
3	KIBUNGAN	IZELA LICUDAN	SAGPAT IS
4	KIBUNGAN	EMYTHES TAULI	TACADANG IS
5	KIBUNGAN	TERESITA GAMMAT	SAPDAAN PS
6	KIBUNGAN	JULIA VICTORINO	SAPDAAN PS
7	KIBUNGAN	SHERYL LIGAWEN	ES-ESA SOBLINO ALODOS ES
8	KAPANGAN	INES BALIANG	KAPANGAN NHS
9	KAPANGAN	MARTISSA TOMAS	GBDAIS
10	KAPANGAN	MARITIS BELINO	TADAYAN BS
11	KAPANGAN	LULINDA DIWAS	PUDONG ES
12	KAPANGAN	EVANGELINE PINONG	BALAKBAK ES
13	KAPANGAN	AMIL BAGUILAT	TADAYAN BS



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15	LA TRINIDAD	LESTER AGUSTIN	PUGUIS NHS
16	LA TRINIDAD	CINDY ESTEBAN	PUGUIS NHS
17	LA TRINIDAD	IMELDA TAY-EO	BUYAGAN ES
18	LA TRINIDAD	GRACE SIPOL	LTCS
19	LA TRINIDAD	DEO SUDAYPAN	LTCS
20	LA TRINIDAD	BRENDALYN VIDAD	PUGUIS ES
21	LA TRINIDAD	MAC TANNER ALMAZAN	PUGUIS ES
22	LA TRINIDAD	ELISA AMISTOSO	DON PULAS ES
23	LA TRINIDAD	MARIE CHRIS BADIVAL	LTNHS
24	MANKAYAN	NORIEN BUGTONG	BAGUYOS PS
25	MANKAYAN	LUZVIMINDA SANUAN	PALATONG ES
26	MANKAYAN	GINA MATIAS	CAEW ES
27	MANKAYAN	ERLINDA TAMAKEN	BALILI ES
28	MANKAYAN	ANTONIA SIMEON	LEPANTO ES
29	MANKAYAN	FAITH LESLY CADAWENG	MANKAYAN CENTRAL SCHOOL
30	MANKAYAN	ANALYN DANGGOL	AM AM ES
31	MANKAYAN	MARIETA MARQUEZ	LA-ANGAN ES
32	SABLAN	VILMA RIMANDO	SABLAN NHS
33	SABLAN	ROSEMARIE PASI	SABLAN NHS
34	SABLAN	MILTRUDES PANATEN	OMAS AMPAGUEY IS
35	SABLAN	ROMYLYN COLAS	OMAS AMPAGUEY IS
36	SABLAN	LIZA PETER	PALALI ES
37	SABLAN	ELIZABETH TOVERA	JOSE GONZALES ES
38	SABLAN	MEYTHA TIPAYNO	SABLAN NHS
39	TUBA	ANABELLE LAWAGAN	TUBA CS
40	TUBA	LOURDES PALICDON	TALOY SUR ES
41	TUBA	BERNALYN HIDALGO	TWIN PEAKS NHS
42	TUBA	JOVELYN TOMILAS	CAMP 4 ES



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43	TUBA	ANNE NARAG	SAGUITLANG IS
44	TUBA	RYAN MILO	EVELIO JAVIER NHS
45	TUBA	CORAZON FERNANDO	KIWAS IS
46	TUBA	DONNABEL LUNA	KIWAS IS
47	TUBLAY	SHARMAINE ADJARO	TSHI
48	TUBLAY	REX LANOTE	TSHI
49	TUBLAY	WINSTON ABDON	TSHI
50	TUBLAY	NERIZA CALIAS	TNTHS
51	TUBLAY	GRACE PATING	PAOAD ES
52	TUBLAY	ISIDRA BARTOLOME	STO. NINO ES
53	TUBLAY	JUDY MANO	LANGBIS PS

PROGRAM MANAGEMENT TEAM BATCH 2- June 11-12, 2025

NAME	POSITION	OFFICE/ SCHOOL	DESIGNATION
1. MIKEE LAINE A. DECARAN/ JEANETTE BATTATENG	MO III ADMIN SUPPORT II-COS	SDO	Facilitator/ Inspectorate
2. ROSELLE KRISTINE D. WAGUIS/ YVETTE ABANCE	NURSE II ADMIN SUPPORT II-COS	SDO	Facilitator/ Inspectorate
3. JAPHET DENVER FAGYAN	NURSE II	AMPMMNHS	Facilitator/ Welfare Officer
4. LIZA DIMBANAN	NURSE II	BINGA NHS	Facilitator/ Welfare Officer
5. FE BELEN ACBAYAAN	NURSE II	VIRAC IS	Facilitator/ Welfare Officer

SPEAKERS BATCH 2- June 11-12, 2025

1. Leah S. Corpuz, PhD- LASC Learning Solutions
2. Nhorly U. Domenden, Phd, EdD- Wundt Psychological Institute



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Enclosure 2. Activity Matrix

DAY 1

Time	Activity	Learning Competencies
7:30 – 8:00	Registration and Assembly	
8:01 – 8:30	Opening Program Pre-test for Day 1	
8:31 – 9:45	Module 1 Healthy Work-Life Integration for Academic Professionals Leah S. Corpuz, PhD	After this module, it is expected that the participants will be able to: 1. Identify and analyze the key factors that contribute to a healthy work-life integration for academic professionals. 2. Apply practical strategies and techniques for managing work-related stress while maintaining personal well-being and professional effectiveness.
9:46 – 10:00	BREAK	
		After this module, it is expected that the participants will be able to:
10:01 – 12:00	Module 2a Core to Corners: Foundation of a Strong and Resilient Academic Community (Part 1: CORE) Nhorly U. Domenden, PhD, EdD	After this module, it is expected that the participants will be able to: 1. Understand the psychological and emotional factors that contribute to personal well-being and resilience in academic professionals. 2. Apply effective self-care strategies, such as mindfulness, time



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		management, and boundary-setting, to enhance personal resilience and prevent burnout.
12:01 – 1:00	LUNCH	
1:01 – 3:00	<p style="text-align: center;">Module 2b</p> <p style="text-align: center;">Core to Corners: Foundation of a Strong and Resilient Academic Community</p> <p style="text-align: center;"><i>(Part 2: CORNERS)</i></p> <p style="text-align: center;">Nhorly U. Domenden, Phd, EdD</p>	<p>After this module, it is expected that the participants will be able to:</p> <ol style="list-style-type: none"> 1. Identify key signs of mental health distress in colleagues and students and understand appropriate strategies for offering support. 2. Implement effective communication and active listening techniques to foster a supportive academic environment that promotes mental wellness.
3:01 – 3:15	BREAK	
3:16 – 4:30	Continuation of Module 2b	
4:31 – 4:45	Open Forum (QnA)	
4:46 – 5:00	Post Test for Day 1 Announcements for Day 2	
	Take Home Workshop on Google Form	

DAY 2

Time	Activity	Learning Competencies
7:30 – 8:00	Registration and Assembly	
8:01 – 8:30	Opening Program Pre-test for Day 2	
8:31 – 9:45	<p style="text-align: center;">Module 3</p> <p style="text-align: center;">Power UPI Building Power Habits for Mental Wellness</p>	<p>After this module, it is expected that the participants will be able to:</p> <ol style="list-style-type: none"> 1. Identify and evaluate key habits that promote mental wellness and resilience in



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	Leah S. Corpuz, PhD	both personal and professional life. 2. Develop and implement personalized power habits that enhance mental wellness and prevent burnout.
9:46 – 10:00	BREAK	
10:01 – 12:00	Continuation of Module 3 with Group Dynamics Activity	3. Distinguish between healthy and unhealthy habits, and commit to replacing unhealthy habits with healthier alternatives.
12:01 – 1:00	LUNCH	
1:01 – 3:00	Module 4 Promoting the Culture of Happiness in the Academic Environment Leah S. Corpuz, PhD	After this module, it is expected that the participants will be able to: 1. Recognize the impact of happiness on learning outcomes and academic performance for both students and educators. 2. Apply strategies to foster happiness and well-being both at home and in the school environment, creating a positive cycle that enhances personal and professional fulfillment.
3:01 – 3:15	BREAK	
3:16 – 4:30	Continuation of Module 4	
4:31 – 4:45	Open Forum (QnA)	
4:46 – 5:00	Post Test Closing Program	
Take Home Workshop on Google Form		



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