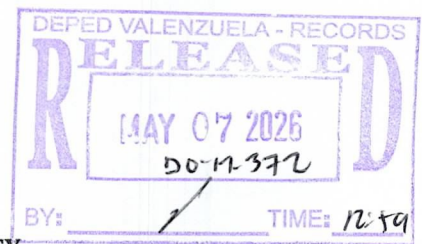




Republic of the Philippines  
**Department of Education**

NATIONAL CAPITAL REGION  
SCHOOLS DIVISION OFFICE OF VALENZUELA CITY



Office of the Schools Division  
Superintendent

**MEMORANDUM**

No. 0377 s. 2026

**ATTENDANCE TO THE CONDUCT OF RACE AGAINST SUICIDE**

To: Schools Division Superintendent  
Chief Education Supervisors - CID and SGOD  
Education Program Supervisors and Public Schools District Supervisors  
Public Secondary School Heads  
All Others Concerned

1. For the information and guidance of all concerned, attached is the Regional Memorandum No. 289, s. 2026, signed by Jocelyn DR. Andaya, Director IV, dated April 14, 2026, regarding the aforementioned activity which will be held on May 13-14, 2026 at Hotel DreamWorld North Edsa, contents of which are self-explanatory.

2. Participants to this activity are the following:

| NAME                                 | POSITION                                   |
|--------------------------------------|--------------------------------------------|
| Micah Dianne Margret M. Padrinao, RN | Nurse II – Mental Health Focal             |
| Basilio I. Cabasug II, RN, OTRP      | Nurse II – Mental Health Co-Focal          |
| Rhett Ryan M. Catada, RGC            | Guidance Counselor I – Gen. T. de Leon NHS |
| Sharon P. Ventura, RGC               | Guidance Counselor III – Valenzuela NHS    |
| Reiza M. Gutierrez, RGC              | Guidance Counselor II – Polo NHS           |

3. Immediate dissemination and compliance on this Memorandum is desired.

**NOEL D. BAGANO**  
Schools Division Superintendent

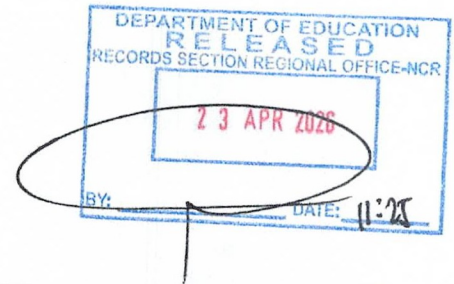
Encl.: As stated  
References: Mental Health Act (RA 11036)  
To be indicated in the Perpetual Index  
under the following subjects:

**TRAINING PROGRAMS**

MDMMP/DM – ATTENDANCE TO THE CONDUCT OF RACE AGAINST SUICIDE (ATTCORAS)  
\_\_\_\_\_ /May 4, 2026



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

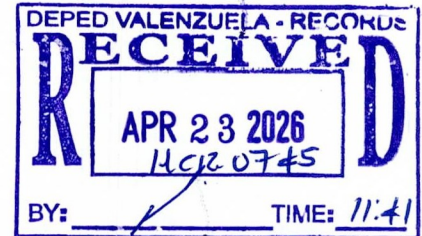


April 20, 2026

**REGIONAL MEMORANDUM**

No. 310, s. 2026

**To:** Schools Division Superintendents  
School Health Personnel  
All Others Concerned



**ADVISORY ON THE ATTENDANCE TO THE CONDUCT OF  
RACE AGAINST SUICIDE**

1. This is in reference to the attached Regional Memorandum No. 289, s. 2026 on the conduct of the above-stated activity.
2. Relative to this, the activity will now be held at Hotel DreamWorld North EDSA on May 13-14, 2026. Identified participants are required to register through the link: <https://tinyurl.com/DepEdNCRRACEAgainstSuicide> or on the QR code below, on or before May 6, 2026.



3. For clarifications, kindly contact Dr. Connie P. Gepanayao, Medical Officer IV at 0918-941-1154 or email [hnu.ncr@deped.gov.ph](mailto:hnu.ncr@deped.gov.ph).
4. For information and guidance of all concerned.

**JOCELYN DR ANDAYA**

Regional Director, NCR  
Concurrent Officer-In-Charge, Office of the  
Assistant Secretary for Operations



Address: Misamis St., Bago Bantay, Quezon City  
Email address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
Website: [depedncr.com.ph](http://depedncr.com.ph)

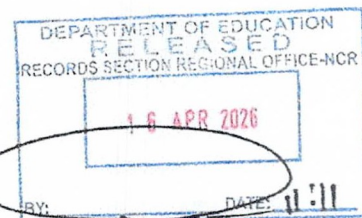


**Program for RACE Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in Schools**

| <b>DAY 1 (MODULE 1 &amp; 2)</b> |                                                                                                                             |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Time</b>                     | <b>Activity/Topic</b>                                                                                                       |
| 8:00 AM - 8:15 AM               | Arrival and registration of the participants                                                                                |
| 8:15 AM - 8:45 AM               | Preliminaries<br>-Nationalistic Song<br>-Interfaith Prayer<br>-Energizer/Icebreaker<br>-Acknowledgement of the Participants |
| 8:45 AM - 9:00 AM               | Welcome Remarks                                                                                                             |
| 9:00 AM - 9:30 AM               | Introduction to the Modules<br>(Pre-test & Setting of Expectations)                                                         |
| 9:30 AM - 10:30 AM              | Lecture 1.1 Suicide and the School<br>(Discussion and Open Forum)                                                           |
| 10:30 AM - 12:00 NN             | Lecture 1.2 How to Race Against Suicide<br>(Discussion and Open Forum)                                                      |
| 12:00 NN - 1:00 PM              | <i>Lunch Break</i>                                                                                                          |
| 1:00 PM - 2:00 PM               | Module 1 Case Simulation                                                                                                    |
| 2:00 PM - 2:15 PM               | <i>Health Break</i>                                                                                                         |
| 2:15 PM - 3:45 PM               | Lecture 2.1 Telemental Health in Managing Suicide<br>(Discussion and Open Forum)                                            |
| 3:45 PM - 5:00 PM               | Lecture 2.2 Intervention and Referral<br>(Discussion and Open Forum)                                                        |
| <b>DAY 1 (MODULE 3)</b>         |                                                                                                                             |
| <b>Time</b>                     | <b>Activity/Topic</b>                                                                                                       |
| 8:00 AM - 8:30 AM               | Preliminaries<br>-Nationalistic Song<br>-Interfaith Prayer<br>-Energizer/Icebreaker                                         |
| 8:30 AM - 9:00 AM               | Recap                                                                                                                       |
| 9:00 AM - 10:00 AM              | Module 2 Case Simulation                                                                                                    |
| 10:00 AM - 12:00 NN             | Lecture 3.1 Suicide Intervention<br>(Discussion and Open Forum)                                                             |
| 12:00 NN - 1:00 PM              | <i>Lunch Break</i>                                                                                                          |
| 1:00 PM - 3:00 PM               | Lecture 3.2 Suicide Postvention<br>(Discussion and Open Forum)                                                              |
| 3:00 PM - 4:00 PM               | Synthesis and Ways Forward<br>(Post-test)                                                                                   |
| 4:00 PM - 5:00 PM               | Closing Program                                                                                                             |



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION



April 14, 2026

**REGIONAL MEMORANDUM**

No. 289, s. 2026

**To:** Schools Division Superintendents  
School Health Personnel  
All Others Concerned

**ATTENDANCE TO THE CONDUCT OF RACE AGAINST SUICIDE**

1. This is to announce that this office, through the Education Support Services Division—School Health and Nutrition Unit, will conduct a 2-day Capacity Building on the RACE Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in Schools, on May 13-14, 2026, specific venue to be announced.
2. Pursuant to the mandate of R.A. 11036 or the Mental Health Act, this initiative under the School-Based Mental Health Program aims to train school personnel to become effective gatekeepers in the school setting and to prevent suicide within the community through appropriate prevention, intervention and postvention of learners-at-risk.
3. Relative to this, the following personnel are required to attend the activity:

|     | Name                                | Designation                 | RO/SDO    |
|-----|-------------------------------------|-----------------------------|-----------|
| 1.  | CONNIE P. GEPANAYAO, MD, FPPS       | MEDICAL OFFICER IV          | RO        |
| 2.  | MERLINO M. MATEO, DMD, MPA          | DENTIST III                 | RO        |
| 3.  | GINA L. CRUZ                        | EPS/RO LRP FOCAL            | RO        |
| 4.  | DONETTE D. DACLES                   | TA II – LRP                 | RO        |
| 5.  | SOHAILA C. DISOMIMBA                | ADMINISTRATIVE ASSISTANT II | RO        |
| 6.  | LOUISE IVY D. MILLONA, RPM          | TA I – SHNU SMHP            | RO        |
| 7.  | VICTOR NOELL E. LANGIT, MD          | MEDICAL OFFICER III         | Caloocan  |
| 8.  | MARY ANN O. TALAG, RGC              | GUIDANCE COUNSELOR III      | Caloocan  |
| 9.  | JOCELYN DG. ANTIPALA, RGC           | GUIDANCE COUNSELOR III      | Caloocan  |
| 10. | ANGELO KRISTOFERSON V. ANGELES, RGC | GUIDANCE COUNSELOR I        | Caloocan  |
| 11. | MA. LOVENIA H. RODRIGUEZ, RGC       | GUIDANCE COUNSELOR I        | Caloocan  |
| 12. | XYRA MARIE M. BRONIA, RN            | NURSE II                    | Las Piñas |
| 13. | JOAN M. ESPANTO, RN                 | NURSE II                    | Las Piñas |
| 14. | JOAN V. BAJADO                      | GUIDANCE ADVOCATE           | Las Piñas |
| 15. | BIANCA CHLOE BONIFACIO              | GUIDANCE ADVOCATE           | Las Piñas |
| 16. | CRISTY RABANG                       | GUIDANCE ADVOCATE           | Las Piñas |



Republic of the Philippines  
**Department of Education**  
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|     | Name                               | Designation            | RO/SDO      |
|-----|------------------------------------|------------------------|-------------|
| 17. | YC A. PASION, MD, CPC-FP           | MEDICAL OFFICER III    | Makati      |
| 18. | LEA A. TORIO, RN                   | NURSE II               | Makati      |
| 19. | KIM G. AMPO, RGC                   | GUIDANCE COUNSELOR III | Makati      |
| 20. | WELBERT D. BORLADO                 | EPS/SDO LRP FOCAL      | Makati      |
| 21. | CARINA C. SAMARITA, RN             | NURSE II               | Malabon     |
| 22. | CYNTHIA P. FARMA, RGC              | EPS/SDO RGC            | Malabon     |
| 23. | ANNIE P. DOCE, RGC                 | GUIDANCE COUNSELOR III | Malabon     |
| 24. | ERICA JANNE S. MANALASTAS          | TEACHER IV             | Malabon     |
| 25. | ELVIRA T. VILLANUEVA               | EPS/SDO LRP FOCAL      | Malabon     |
| 26. | KHYLA ANDREA M. FRANCIA            | NURSE I                | Mandaluyong |
| 27. | SHYNA L. CABABA                    | NURSE I                | Mandaluyong |
| 28. | RICHARME M. CUEVAS, RGC            | GUIDANCE COUNSELOR III | Mandaluyong |
| 29. | LARAINIE S. QUIBUYEN               | SDO LRP FOCAL          | Mandaluyong |
| 30. | ANGELINA R. LIM, RN                | (TWG) NURSE II         | Manila      |
| 31. | ELIZABETH M. MORALES, RN           | NURSE II               | Manila      |
| 32. | JOY CRIS C. NUÑEZ, RN              | NURSE II               | Manila      |
| 33. | KATHLEEN U. VALENZUELA, RGC        | GUIDANCE COUNSELOR     | Manila      |
| 34. | MARIA AURORA P. SORE               | EPS/SDO LRP FOCAL      | Manila      |
| 35. | MARIA ROSARIO JOSE, RN             | NURSE II               | Manila      |
| 36. | MICHELLE RENZELLE D. DE JESUS      | NURSE II               | Manila      |
| 37. | JUNILORD N. TORMES, RN             | NURSE II               | Marikina    |
| 38. | MARIELLE ANN R. AGUIRRE, RN        | NURSE II               | Marikina    |
| 39. | SUSAN MILITAR, RGC                 | GUIDANCE COUNSELOR III | Marikina    |
| 40. | CECILE CAO                         | TEACHER III            | Marikina    |
| 41. | MA. FILIPINAS TOLEDANA             | HEAD TEACHER III       | Marikina    |
| 42. | ALBERTO D. VILLAMOR                | EPS/SDO LRP FOCAL      | Marikina    |
| 43. | MARICEL R. SUBIDA                  | DENTIST II             | Muntinlupa  |
| 44. | EDUARDO L. KONDO                   | PDO II                 | Muntinlupa  |
| 45. | RHODA A. AUSTRIA, RN               | NURSE II               | Muntinlupa  |
| 46. | MA. ROMMA S. PAGADOR               | PDO I                  | Muntinlupa  |
| 47. | CECILIA B. CIPRES, RN              | NURSE II               | Muntinlupa  |
| 48. | KING SOLIDINI J. TORRES            | PDO I                  | Muntinlupa  |
| 49. | ANNA GRACE JOY G. ONAYAN, RN       | NURSE II               | Navotas     |
| 50. | NORA LISSA B. CASTRO, RN           | NURSE II               | Navotas     |
| 51. | MARY JANE M. MENDIOLA, RN          | NURSE II               | Navotas     |
| 52. | HARRY B. ABALOS, RN                | NURSE II               | Navotas     |
| 53. | MARIA MAURINE G. DE VERA           | PDO I - YFD            | Navotas     |
| 54. | GLIZELDA LEI C. DEVEZA, RN         | NURSE II               | Parañaque   |
| 55. | JEFFREY L. QUIMBO                  | NURSE II               | Parañaque   |
| 56. | SHEILA LIMBO                       | NURSE II               | Parañaque   |
| 57. | ELEANOR B. BUDUAN, RGC             | GUIDANCE COUNSELOR III | Parañaque   |
| 58. | LOIDA R. NACIONAL, RGC             | GUIDANCE COUNSELOR III | Parañaque   |
| 59. | MARIA CECILIA B. CUNTAPAY, RN, MSN | NURSE II               | Pasay       |
| 60. | ESPERANZA T. QUIJANO, RN           | NURSE II               | Pasay       |
| 61. | MEKISA A. ABUAN                    | GUIDANCE ADVOCATE      | Pasay       |
| 62. | DR. DOMINGO C. SOLANGON            | GUIDANCE ADVOCATE      | Pasay       |
| 63. | SHIERENE D. RAQUIPO, RGC           | GUIDANCE COUNSELOR     | Pasay       |



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

|     | Name                                 | Designation                                        | RO/SDO      |
|-----|--------------------------------------|----------------------------------------------------|-------------|
| 64. | DR. BERNARDITA A. PEREZ              | SDO LRP FOCAL                                      | Pasay       |
| 65. | GENE PAUL F. ESPERIDION, RN          | NURSE II                                           | Pasig       |
| 66. | DIANNE MARGARET A. CUISON, RN        | NURSE II                                           | Pasig       |
| 67. | ERNESTO S. SALARSA                   | GUIDANCE ADVOCATE                                  | Pasig       |
| 68. | MARLENE ABUACAN                      | GUIDANCE ADVOCATE                                  | Pasig       |
| 69. | ANALYN A. YABUT                      | GUIDANCE ADVOCATE                                  | Pasig       |
| 70. | ROSE ANN B. PAMINTUAN                | SDO LRP FOCAL                                      | Pasig       |
| 71. | KAREN Y. BELAGAN, RN                 | NURSE III                                          | Quezon City |
| 72. | KAREN DE VERA, RN                    | NURSE III                                          | Quezon City |
| 73. | TRICIA PARAISO                       | SPECIAL SCIENCE<br>TEACHER/GUIDANCE<br>COORDINATOR | Quezon City |
| 74. | AIDA TOLIBAS, RGC                    | GUIDANCE COUNSELOR III                             | Quezon City |
| 75. | MICHELLE PONCE                       | GUIDANCE ADVOCATE                                  | Quezon City |
| 76. | ATHENA BAETIONG, RGC                 | GUIDANCE COUNSELOR                                 | Quezon City |
| 77. | KEREN KEZIAH L. ESPINA, MD           | MEDICAL OFFICER III                                | San Juan    |
| 78. | MARY ANNE THERESA C. CAINGAT         | NURSE II                                           | San Juan    |
| 79. | MARIA ROSEMARIE ANNIE F. MATE, RGC   | GUIDANCE COUNSELOR III                             | San Juan    |
| 80. | ROMEL MARTIN MILANTE                 | TEACHER                                            | San Juan    |
| 81. | IRY C. FAMILARA                      | TEACHER                                            | San Juan    |
| 82. | ROSE ANN DE GUZMAN-CRUZ, RN          | NURSE II                                           | TaPat       |
| 83. | ELMER E. CORSINO, RN                 | NURSE II                                           | TaPat       |
| 84. | ELPIDIA M. VALENZUELA, RGC           | GUIDANCE COUNSELOR III                             | TaPat       |
| 85. | ANA MARIA M. LANZAROTE               | NURSE II                                           | TaPat       |
| 86. | IERYN S. SIMBORIO                    | PDO I - YFD                                        | TaPat       |
| 87. | LORILYN M. LEA                       | PDO I - YFD                                        | TaPat       |
| 88. | MICAH DIANNE MARGRET M. PADRINAO, RN | NURSE II                                           | Valenzuela  |
| 89. | BASILIO I. CABASUG II, RN            | NURSE II                                           | Valenzuela  |
| 90. | RHETT RYAN M. CATADA, RGC            | GUIDANCE COUNSELOR I                               | Valenzuela  |
| 91. | SHARON P. VENTURA, RGC               | GUIDANCE COUNSELOR III                             | Valenzuela  |
| 92. | REIZA M. GUTIERREZ, RGC              | GUIDANCE COUNSELOR II                              | Valenzuela  |

4. For clarifications, kindly contact Dr. Connie P. Gepanayao, Medical Officer IV at 0918-941-1154 or email [hnu.ncr@deped.gov.ph](mailto:hnu.ncr@deped.gov.ph).

5. For information and guidance of all concerned.

**JOCELYN DR ANDAYA**  
Regional Director, NCR  
Concurrent Officer-In-Charge, Office  
of the Assistant Secretary for Operations