

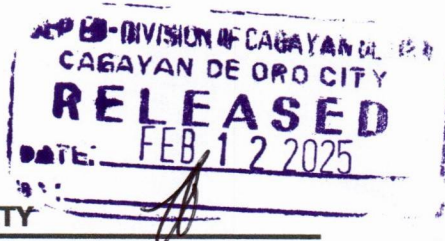


Republic of the Philippines
Department of Education

Region X

SCHOOLS DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent



10 FEBRUARY 2025

DIVISION MEMORANDUM

No. 133 s. 2025

**PARTICIPATION TO SUPEERHEROES OF THE MILLENIUM: EMPOWERING THE
YOUTH TO COMBAT DEPRESSION AND SELF-HARM**

To: Chief ES, SGOD
Public Schools District Supervisors
Division Youth Formation Coordinators
Concerned Public and Private School Heads
Concerned Public and Private Guidance Counselor/Designate
This Division

1. With reference to the attached communication from the Rotary Club of Cagayan de Oro, the following schools are hereby directed participation to the conduct of the SuPEERheroes of the Millenium workshop on March 3-6, 2025, to wit:

- | | |
|--|---------------------------------|
| 1. CDO NHS – Junior High School | 6. CU – Basic Education |
| 2. Gusa Regional Science High School – X | 7. Lumbia National High School |
| 3. Macabalan National High School | 8. COC Phinma |
| 4. Corpus Christi | 9. Pilgrim Christian College |
| 5. Xavier University | 10. Carmen National High School |

2. The venue shall be at the Division Office Conference Hall, DepEd – Division of Cagayan de Oro City, Mastersons Ave., Upper Balulang, Cagayan de Oro City (beside Fr. William F. Masterson, S.J., Elementary School).

3. All schools are expected to pre-register their participants thru <https://tinyurl.com/RCCDO-SuPEERheroes>.

4. This Office directs immediate dissemination and compliance to this Memorandum.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl: As stated
Reference: None

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

Youth Formation

Mental Health

SGOD/Jairus – DM: Participation to the SuPEERheroes of the Millenium Workshop



Address: Fr. Masterson Ave., Upper Balulang, Cagayan de Oro City
Mobile No: +63 975 6403 226 (Globe) | +63 951 1710 902 (Smart)
Email Address: cagayandero.city@deped.gov.ph
Website: <https://depedcdo.net>

Doc. Ref. Code		Rev	00
Effectivity		Page	1 of 1



Club of
Cagayan de Oro

03 February 2025

ROY ANGELO E. GAZO, Ph.D CESO IV
Schools Division Superintendent
DepEd – Division of Cagayan de Oro City

Dear Mr. Gazo,

I am writing on behalf of the **Rotary Club of Cagayan de Oro** to allow us to formally invite public and private junior high schools under the Department of Education Regional Office No. 10 – Division of Cagayan de Oro City to participate in the **SuPEERheroes of the Millennium: Empowering the youth to combat depression and Self-Harm Through a network of Peer Support**, to be held on **March 3 to 6, 2025** at the Conference Hall, Division Office, DepEd – SDO Cagayan de Oro City, Masterson Avenue, Upper Balulang, Cagayan de Oro City.

The SuPEERheroes in the Millennium: Empowering the youth to combat depression and Self-Harm Through a network of Peer Support is a **training workshop** that will be implemented by the Natasha Goulbourn Foundation (NGF) in collaboration with Rotary Club of Makati (RCM) and the Rotary Club of Cagayan de Oro.

The SuPEERheroes in the Millennium is one of the flagship projects of the Rotary Club of Cagayan de Oro this year. This is in response to the increasing number of suicides in the Philippines each year, not only to the young adults, middle-aged individuals, and those facing economic and educational challenges, but particularly to the youth. The Project aims to empower the participants to combat depression and self-harm through a network of peer support. The participants will be equipped with the necessary knowledge and life skills to help their peers handle their emotional problems through the proper listening and communication skills and eventually convincing them to seek professional help if needed.

Rotary Club of Makati (RCM) and the Rotary Club of Cagayan de Oro have invited trainers with doctorate and/or Masters Degrees in Clinical Psychology, Guidance Counseling and/or Education for the Project. This Project shall enable the participant to identify colleagues and friends who are at risk of mental health issues and provide information on how to express appropriate empathy and demonstrate the proper steps in handling such cases. As an end goal, this Project will facilitate the development of more compassionate young adults and youth civic leaders towards an empowered and mentally healthy community. Help us address mental health issues and end suicidal thoughts and behavior.

It is, therefore, our honor and privilege to present your prestigious institution with the opportunity to take part in this Project. We are hoping that you would allow us to invite eighty (80) participants from ten (10) selected public and private junior high schools under this Division. Each school will be represented by (1) one faculty member (preferably the guidance counselor) and (7) seven junior high school students for the training workshop, to wit:

- | | |
|--|---|
| 1. CDO National High School – Junior High School | 6. Capitol University – Basic Education |
| 2. Gusa Regional Science High School – X | 7. Lumbia National High School |
| 3. Macabalan National High School | 8. COC Phinma |
| 4. Corpus Christi | 9. Pilgrim Christian College |
| 5. Xavier University | 10. Carmen National High School |

Attached herewith is the Program Proposal for the Project.

Should you have any concerns or queries, please do not hesitate to contact our Director for the SuPEERheroes in the Millennium, PE LEONY B. QUICOY at +639176269688 / +639688969689 or through his email address at skidmarkscdo@gmail.com.

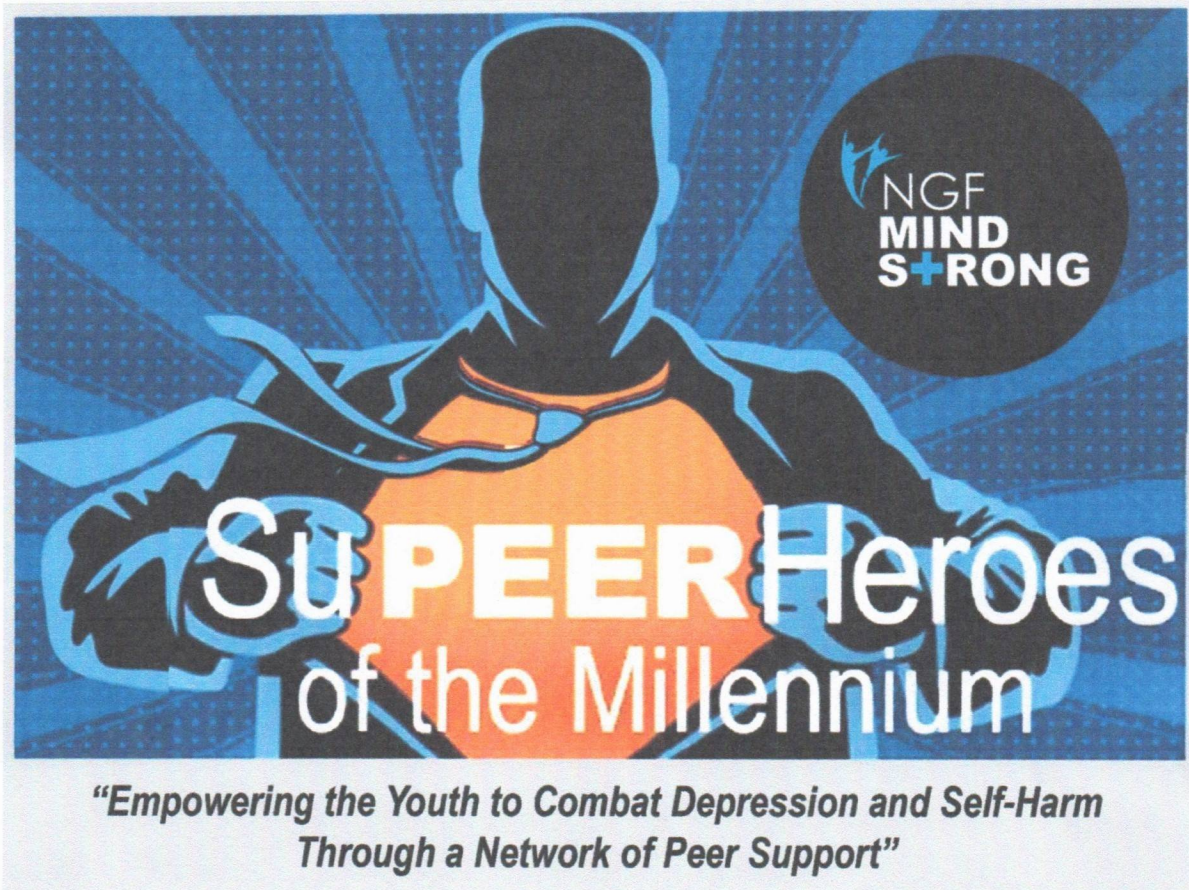
Thank you very much. We look forward to your consideration and support.

Yours in Rotary Service,


NEIL-RONALD J. QUE
Club President
Rotary Club of Cagayan de Oro

PROGRAM PROPOSAL

F



for

ROTARY CLUB OF MAKATI

A CALL TO ACTION: Supporting Suicide Prevention in the Philippines

The Philippines faces a silent crisis of despair, with thousands of lives lost to suicide each year. This preventable tragedy disproportionately affects young adults, middle-aged individuals, and those facing economic and educational challenges. As the societal pressures of poverty, academic stress and gender-based violence intensify, the need to address suicide prevention has never been greater.

URGENCY and DISPARITY:

- More than 700,000 people die to suicide every year.
- Young adults and middle-aged populations experience the highest suicide rates.
- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.
- Females report more attempts, but males have higher completion rates, highlighting the complex gender dynamics at play.
- Poverty, limited access to mental health services, and lower education levels exacerbate the risk, particularly in rural communities.
- Mental health concerns are prevalent in these millennial times. Suicidal attempts, depression, and anxiety, among others, became primal concerns at home, in school, and in the community.

HOPE amidst the CHALLENGES:

- Despite the daunting statistics, we have the power to create a future where hope prevails.
- A system of PEER SUPPORT will empower the youth on how to correctly respond to the mental health challenges and issues confronting their friends, family and classmate.
- Sometimes it is not always about getting professional advice, but it is also about having a safe space to get things off one's chest. Most young adults find it easier to approach a friend than a parent, adult, or guidance counsellor to share their issues.

NGF'S PEER SUPPORT TRAINING PROGRAM:

"SuPEERheroes fo the Millennium" aims to empower the participants' to combat depression and self-harm through a network of peer support. The participants will be equipped with the necessary knowledge and life skills to help their peers handle their emotional problems through the proper listening and communication skills and eventually convincing them to seek professional help in needed.

More so, this project shall enable the SuPEERhero participant to identify colleagues and friends who are at risk of mental health issues. It shall provide information on how to express appropriate empathy and demonstrate the proper steps in handling such cases. As an end goal, this program will facilitate the development of more compassionate young adults and youth civic leaders towards an empowered and mentally healthy community.

PROGRAM OBJECTIVES:

At the end of this project, the participants will be equipped with the following skills:

Cognitive:

- Define the importance of peer support.
- Identify one's strengths and weaknesses to better understand self.
- Describe the different mental health issues of the millennials.

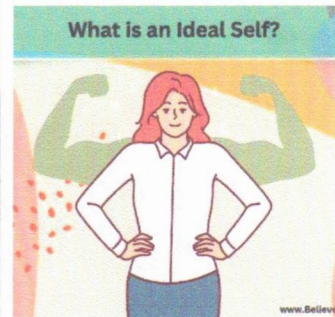


Affective:

- Display appropriate empathy centered skills towards their peers.
- Demonstrate appreciation and the importance of peer helping.
- Show willingness and commitment to the ethical practice of peer helping.

Psychomotor:

- Apply the knowledge and skills on achieving psychological well-being to enrich oneself.
- Demonstrate peer helping skills in enabling others to cope with various challenges.
- Display commitment in properly handling mental health cases to contribute in community empowerment.



PROJECT PROPOSAL:

This Program "Superheroes in the Millennium: Empowering the youth to combat depression and Self-Harm Through a network of Peer Support is a training workshop that will be implemented by the Natasha Goulbourn Foundation (NGF) in collaboration with Rotary Club of Makati (RCM) in Cagayan de Oro as the targeted location.

PROJECT DURATION:

The project shall be held on 4 consecutive days from 8:30am – 3:30pm.

TARGET BENEFICIARIES:

The target beneficiaries of this project shall be 80 Participants from Cagayan de Oro consisting of 70 Senior High School students together with 10 faculty members, Guidance counselors/coordinators and school administration staff selected by Rotary Club of Makati and/or Rotary Club Cagayan de Oro in case of a tie-up arrangement.

4-DAY PROGRAM DESCRIPTION:

- Day 1: 8am – 3pm
TOPICS: SELF-AWARENESS, SETTING GOALS AND COMMUNICATION SKILLS.
- Day 2: 8am-1:30pm
TOPICS: GRATITUDE AND MINDFULNESS THERAPY.
- Day 3: 8am-3pm
TOPICS: LOVE LANGUAGES, RESILIENCE AND SELF-CARE.
- Day 4 8am-3pm
TOPICS: BASIC HELPING SKILLS AND MENTAL HEALTH FIRST AID

TRAINING TEAM:

This will consist of 6 Trainors with doctorate and/or Masteral degrees in Clinical Psychology, Guidance Counseling and/or Education and 4 NGF staff to facilitate and assist the trainors. (10 total). The training team will be led by Maria Regina Atinaja, PhD, LPT, RGC, RPsy, RPM subject to replacement in the event that Dr. Atinaja will be unavailable.

MODE OF TRAINING:

Face to face training.

TRAINING VENUE:

1 main lecture hall and space for physical team building activities which shall be provided for by Cagayan de Oro beneficiary.

TRAINING EQUIPEMNT:

Cagayan de Oro beneficiary shall provide an LED - Screen(s)/ Projector(s) and basic sound system (2 wireless handheld microphones).

PARTICIPANTS' AND TRAINORS MEALS/SNACKS/REFRESHMENT:

This shall be for the account of Cagayan de Oro beneficiary which will cover 80 Participants plus 10 members of training team (90 PAX total) for each of the 4 days of training.

NGF DELIVERABLES:

- a) Conduct of the Peer Support Training Program as specified above;
- b) Submit all program training reports, evaluations and documentation within fourteen (14) working days after termination of the 4th day of the Training program/workshop.

PROGRAM COST:

Total cost of Seven Hundred Fifteen Thousand Pesos (Php 715,000.00) as a Training Package Fee to be paid in full before the start of the training program and which will include the following:

- TRAINING PROPER: Php 535,000.00 as per detail listed below:
 - a) Professional Fees of the Trainers/Facilitators (for Cagayan de Oro – slight adjustment due to out-of-town rates).
 - b) Support Staff
 - c) Documentation and Report Consolidation
 - d) Post Training Evaluation
 - e) Team Meetings before and after the training
 - f) Administrative Costs
 - g) Training Materials & Supplies
 - h) Props for Team Building Activity
 - i) Token Prizes for Activities
 - j) Printing of Certificates
 - k) Contingency Fund
 - l) Trimestral Review via zoom to shadow progress of Peer Participants and ensure the proper implementation of their Peer Coaching Life Skills.
- LOGISTICS: Php 180,000.00 as per detail listed below:
 - a) Airfare – Manila-CDO-Manila for 10 PAX.
 - b) 4-day Lodging, Food and Accommodations.
 - c) 4-day Allowance for local transportation within CDO.

TERMS OF PAYMENT:

50% upon signing of Contract of Service and 50% full payment 5 days before the conduct of Peer Support Training.

Prepared by:



Rene Emmanuel Arambulo

Executive Director

Email: renearambulo.ngf@gmail.com Mobile: +63917-823-6738

Registration, Accreditations & Membership

- Securities and Exchange Commission (SEC)
- Department of Social Welfare & Development (DSWD)
- Philippine Council for NGO Certificate (PCNC)
- Bureau of Internal Revenue- Certification as Donee Institution
- International Association of Suicide Prevention (IASP)
- Professional Regulation Commission- Accredited as CPD Provider
- Philippine Council for Mental Health (PCMH)
- Association of Foundations (AF)

