



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM
SGOD-2024- 174

TO : **ADELINE CARMEN C. DAGAMAC** - Nurse II/ NDEP Focal Person
MA. DULCE ALMA A. LOPOS – Principal, Dampas ES
ALBERTO TIBUD JR. – Principal, Mansasa NHS

ATTN : **RETCHEL T. SUMAMPONG** - Administrative Officer II
MARIA FLORES P. VELOSO – Administrative Assistant II

FROM: : **WILFREDA D. BONGALOS PhD, GESO V**
Schools Division Superintendent

Subject : **DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION
CURRICULUM (UPC) 5 FOR SUBSTANCE USE: SCHOOL-BASED
PREVENTION INTERVENTIONS**

DATE : October 8, 2024

1. The following Division **NDEP Focal Person, Administrative Officer II** and **Administrative Assistant II** mentioned above are hereby directed to attend the **“DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC) 5 FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS”** seminar, pursuant to Regional Memo No. 927 s, 2024 dated October 7, 2024.
2. The said activity is scheduled on **October 14-18, 2024**, at **DepEd Ecotech Center**, Sudlon ,Lahug, Cebu City.
3. It is respectfully advised that the participants will preregister until **October 9, 2024** at <https://bit.ly/UPC5> Registration .
4. Travelling and related expenses of the two (2) school participants shall be charged against the school MOOE or other local funds, while the Division NDEP focal person shall be charged to Division MOOE, subject to the usual accounting and auditing rules and regulations.
5. For more details, kindly read the attached Regional Memorandum.
6. For information and compliance.

WDB/JAL/SGOD/MCC/rbt



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Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS

Office of the Regional Director

REGIONAL MEMORANDUM

No. **927** s. 2024

07 OCT 2024

**DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC) 5
FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS**

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. This Office through the Education Support Services Division-School Health and Nutrition Unit shall conduct a **DepEd Region VII Roll-Out for Universal Prevention Curriculum (UPC) 5 for Substance Use: School-Based Prevention Interventions** on **October 14-18, 2024**, at **DepEd Ecotech Center, Sudlon, Lahug, Cebu City**.

2. The **SPEAKERS** and **TWG** of this training are:

OFFICE/SDOs	NAMES
Regional Office VII	Dr. Rogelio John M. Villamor Jr.
	Dr. Melissa M. Paradela (Medic/Welfare Officer)
	Dr. Grace B. Espos
	Mary Joy Canete, RSW
	Lester John D. Berdida
Bayawan City	Jerry Baclaan, RN (Medic/Welfare Officer)
Bohol Province	Fredsil A. Bolotaulo, RN
Canlaon City	Wernel Regala, RN
Carcar City	Wamilyn W. Agnes, RN
Cebu Province	John Michael R. Geromo, RN
Cebu City	Marsha Lynn P. Abellana, RN (Medic/Welfare Officer)
City of Naga	Janice S. Tomimbang, RN (Medic/Welfare Officer)
Danao City	Jason John Comendador, RN
Dumaguete City	Mardy P. Amor, RN (Medic/Welfare Officer)
Mandaue City	Allen C. Sabornido, RN
Siquijor	Aleli M. Docejo, RN (Medic/Welfare Officer)
Talisay City	Anthony M. Bornel, RN (Medic/Welfare Officer)



Doña M. Gaisano St., Sudlon, Lahug, Cebu City
Telephone Number: 639773295904 local 700



DepEd Tayo Region VII



region7.deped.gov.ph



Certificate No. 194-0205
20.11.2024

3. Whereas the **PARTICIPANTS** in this activity are as follows:

SDOs	PARTICIPANTS		
	SDO NDEP Focal Person	School NDEP Focal Person/School-assigned PDO	Total
Bais City	1	2	3
Bayawan City	0	3	3
Bogo City	1	3	4
Bohol Province	0	3	3
Canlaon City	1	2	3
Carcar City	0	4	4
Cebu City	0	4	4
Cebu Province	0	4	4
City of Naga	0	4	4
Danao City	0	4	4
Dumaguete City	0	3	3
Guihulngan	1	2	3
Lapu-Lapu City	1	3	4
Mandaue City	0	4	4
Negros Oriental	1	2	3
Siquijor	1	2	3
Tagbilaran City	1	2	3
Talisay City	0	4	4
Tanjay City	1	2	3
Toledo City	1	3	4
Grand Total			70

4. It is respectfully advised that the participants be informed of the following:

- a. Preregister at https://bit.ly/UPC5_Registration until **October 9, 2024**.
- b. Room check-in is at 2:00p.m. of October 14, 2024.
- c. Check-out is on October 18, 2024, at 12noon.
- d. Bring their laptop to access materials and fully engage in the sessions.

5. Food and accommodation will be charged to OSEC-7-24-2723. While travelling and incidental expenses of the participants during this activity shall be chargeable to SDO's local funds subject to usual accounting and auditing rules and regulations.

6. Compensatory Time-Off (CTO) or service credits shall be granted to all participants for services rendered that falls on a holiday and beyond school days. The grant of CTO is in accordance with the Civil Service Commission (CSC) and Department of Budget and Management (DBM) Joint Circular No. 2, s. 2024 Non-Monetary Renumeration for Overtime Services Rendered.

7. For information, guidance and compliance of this Memorandum.



SALUSTIANO T. JIMENEZ JD, EdD, CESO III
 Director IV
 Regional Director

**DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC)
5 FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS
DEPED-ECOTECH, LAHUG, CEBU CITY
October 14-18, 2024**

DAY 1- OCTOBER 14, 2024				
Module 1 - Training Introduction				
Time	Duration	Content	Trainer	
10:00-12:00	120 minutes	Opening Program		
12:00-12:45	45 minutes	Lunch		
12:45-1:00	15 minutes	Energizer		
1:00 - 1:05	5 minutes	Ceremonial Welcome	Janice S. Tomimbang Jerry A. Baclaan	
1:05-1:15	10 minutes	Trainer welcome, housekeeping, and ground rules		
1:15-1:30	15 minutes	Partner exercise: Introductions		
1:30-1:35	5 minutes	Presentation: Training Materials		
1:35-1:40	5 minutes	Why this training?		
1:40-1:50	10 minutes	Large-group exercise: Training Expectations		
1:50-2:20	30 minutes	Small-group Exercise: The role of schools in the community		
Module 2 - Why Schools Are an Important Setting for Substance Use Prevention				
Time	Duration	Content		Trainer
2:20-2:30	10 minutes	Introduction to Module 2	Dr. Rogelio John M. Villamor Jr. John Michael R. Geromo	
2:30-3:00	30 minutes	Presentation and discussion : Role of schools: Beyond cognition		
3:00-3:30	30 minutes	Small-group Exercise: Micro-level environmental interactions		
3:30-3:40	10 minutes	Break		
3:40-4:10	30 minutes	Presentation and discussion : Risk and protective factors framework		
4:10-4:20	10 minutes	Presentation and discussion: Socialization is the key		
4:20-4:30	10 minutes	Presentation: School culture and climate		
4:30-4:50	20 minutes	Large-group discussion: Socially capable students		
4:50-5:00	10 minutes	Wrap-up		
		End of Day 1		
DAY 2- OCTOBER 15, 2024				
Module 2 - Why Schools are an Important Setting for Substance Use Prevention				
Time	Duration	Content	Trainer	
8:00-8:30	30 minutes	Preliminaries	Dr. Rogelio John M. Villamor Jr. John Michael R. Geromo	
8:30-8:45	15 minutes	Presentation: School culture and climate (continued)		
8:45-9:05	20 minutes	Individual exercise: Positive school climate		
9:05-9:20	15 minutes	Presentation: Schools and prevention		
9:20-9:35	15 minutes	Large-group discussion: Key Points for prevention		
9:35-9:50	15 minutes	Challenges to prevention and reflections		

9:50-10:00	10	minutes	Module 2 evaluation	
10:00-10:05	5	minutes	Break	
Module 3 - Child and Adolescent Development				
Time	Duration		Content	Trainer
10:05-10:20	15	minutes	Introduction to Module 3	Marsha Lyn P. Abellana Mardy P. Amor
10:20-10:45	25	minutes	Presentation and discussion: Understanding Human Development	
10:45-11:05	20	minutes	Presentation: Interaction of personal characteristics and the environments	
11:05-11:30	25	minutes	Presentation and discussion: Learning and Theories: Cognition	
11:30-12:00	30	minutes	Presentation and discussion: Learning and Theories: Motivation	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:45	45	minutes	Presenatation and discussion: Learning and theories: Maslow's Human Needs Hierarchy	Marsha Lyn P. Abellana Mardy P. Amor
1:45-2:00	15	minutes	Presentation: Development Periods and Skills	
2:00-2:25	25	minutes	Individual exercise and large-group discussion: Development Skills	
2:25-2:40	15	minutes	Presentation: Revisiting substance use etiology model	
2:40-3:10	30	minutes	Small-group exercise: Etiologic factors in communities	
3:10-3:20	10	minutes	Break	
3:20-3:35	15	minutes	Presentation and discussion: School prevention objectives	
3:35-3:50	15	minutes	Summary and reflections	
3:50-4:00	10	minutes	Module 3 evaluation and wrap-up	
Module 4 - Defining the Substance Use Problem for Prevention Planning in Schools				
Time	Duration		Content	Trainer
4:00-4:15	15	minutes	Introduction to Module 4	Anthony M. Bornel Jason John H. Comendador
4:15-4:30	15	minutes	Presentation: Substance use by children and adolescents	
4:30-4:45	15	minutes	Large-group discussion: Youth substance use in my community	
4:45-5:00	15	minutes	Presentation: progression of Substance Use	
			<i>End of Day 2</i>	
DAY 3- OCTOBER 16, 2024				
Module 4 - Defining the Substance Use Problem for Prevention Planning in Schools - Continuation				
8:00-8:30	30	minutes	Preliminaries	
8:30-8:40	10	minutes	Presentation and discussion: Student substance use data for prevention programming	
8:40-9:00	20	minutes	Presentation and discussion: Conducting/ analyzing student surveys on substance use	
9:00-9:15	15	minutes	Large-group discussion : Analyzing findings	

9:15-9:30	15	minutes	Presentation: Initiation and deterrence factors for prevention programming	Anthony M. Bornel Jason John H. Comendador
9:30-9:50	20	minutes	Small-group exercise : student Substance Use Information	
9:50-10:10	20	minutes	Presentaion: Initiaton and deterrence factors for prevention programming (Continued)	
10:10-10:20	10	minutes	Sumamry and reflections	
10:20-10:30	10	minutes	Module 4 evaluation	
10:30-10:40	10	minutes	Break	

Module 5 - Applying Theory to Substance Use Prevention

Time	Duration	Content	Trainer
10:40-10:55	15	minutes	Fredsil A. Bolotaulo
10:55-11:20	25	minutes	
11:20-12:00	40	minutes	
12:00-12:45	45	minutes	Lunch
12:45-1:00	15	minutes	Energizer
1:00-1:30	30	minutes	Fredsil A. Bolotaulo
1:30-2:00	30	minutes	
2:00-2:20	20	minutes	
2:20-2:50	30	minutes	
2:50-3:05	15	minutes	
3:05-3:20	15	minutes	
3:20-3:50	30	minutes	
3:50-4:05	15	minutes	
4:05-4:35	30	minutes	
4:35-4:50	15	minutes	
4:50-5:00	10	minutes	
			<i>End of Day 3</i>

DAY 4- OCTOBER 17, 2024

Module 6- Selecting and Adapting the Right Prevention Program for Your School

Time	Duration	Content	Trainer
8:00-8:30	30	minutes	
8:30-8:45	15	minutes	
8:45-9:15	30	minutes	
9:15-9:30	15	minutes	
9:30-9:45	15	minutes	

9:45-10:00	15	minutes	Presentation: Factors affecting program adoption	Janice S. Tomimbang Jerry A. Baclaan
10:00-10:30	30	minutes	Presentation and discussion: Evidence-based substance use prevention curricula: Standards for Selection	
10:30-11:00	30		Presentation : Using registries to find EB interventions	
11:00-12:00	60	minutes	Large-group exercise: Blueprints demonstration	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:15	15	minutes	Presentation and discussion: examples of 'what works' in prevention: Life Skills Training	Janice S. Tomimbang Jerry A. Baclaan
1:15-1:30	15	minutes	'what works' in prevention: Project toward	
1:30-1:45	15	minutes	Small-group exercise: Compare these Interventions	
1:45-2:05	20	minutes	Presentation and discussion: Fidelity vs. adaptation	
2:05-2:25	20	minutes	Large-group discussion: Cultural Adaptation	
2:25-2:35	10	minutes	Reflections	
2:35-2:45	10	minutes	Wrap-up Module 6 evaluation	
Module 7- School Environment and School Policies				
Time	Duration		Content	Trainer
2:45-3:00	15	minutes	Introduction to Module 7	Allen C. Sabornido
3:00-3:25	25	minutes	Presentation: The school environment and environment programs	
3:25-3:45	20	minutes	Presentation and discussion : Examples of 'whatworks' in prevention: Good Behavior Game	
3:45-3:55	10	minutes	Break	
3:55-4:00	5	minutes	Presentation: School Policies : Introduction	
4:00-4:40	40		Small-group exercise: Why Implement Policies	
4:40-5:00	20	minutes	Presentation and discussion: Objectives of School Policies/ violations	
			<i>End of Day 4</i>	
DAY 5- OCTOBER 18, 2024				
Module 7- School Environment and School Policies - Continuation				
8:00-8:30	30	minutes	Preliminaries	Allen C. Sabornido
8:30-8:45	15	minutes	Presentation: School tobacco and Alcohol Policies	
8:45-9:00	15	minutes	Presentation and discussion: Drafting a School Policy	

9:00-9:15	15	minutes	Small-Group Exercise: Drafting School Policies	
Module 8- Monitoring and Evaluating School-Based Prevention Interventions				
Time	Duration		Content	Trainer
9:15-9:25	10	minutes	Introduction to Module 8	Wernel Regala
9:25-9:35	10	minutes	Presentation: Why do an evaluation?	
9:35-9:55	20	minutes	Presentation: Evaluation Review	
9:55-10:05	10	minutes	Presentation and discussion : Example: Life Skills Training (LST)	
10:05-10:15	10		Small-Group Exercise: LST Monitoring	
10:15-10:25	10	minutes	Presentation and Discussion: LST Outcomes	
10:25-10:35	10		Small-Group Exercise: LST Outcomes	
10:35-10:45	10	minutes	Presentation: Evaluations of School/ class environment interventions	
Module 9 - Review of School-Based Prevention Interventions: Application				
Time	Duration		Content	Trainer
10:45-10:50	5	minutes	Introduction to Module 9	Aleli M. Docejo Wamilyn W. Agnes
10:50-11:20	30	minutes	Partner exercise: Development of a Plan to organize a school-based prevention intervention in your community to integrate learning from this introductory curriculum	
11:20-12:00	40	minutes	Large-Group Discussion : Review of plans, approaches to overcoming barriers, and general Q&A session Post-Test & Training Evaluation Program completion ceremony and Graduation	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:30	30	minutes	Ways forward	
1:30 -2:00	30	minutes	Impression	
2:00-5:00	180	minutes	Awarding of Certificates	
			End of Training	