

Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



11 May 2022

**Regional Memorandum**

**FOUNDATIONAL COURSE ON ADOLESCENT HEALTH -  
CALABARZON CASCADE**

To **Schools Division Superintendents**

1. Relative to OUA MEMO 00-0122-0065 "Conduct of Trainings For Foundational Course on Adolescent Health", the Office of the Undersecretary for Administration (OUA) through the Bureau of Learner Support Services-School Health Division have conducted a series of Online Training for the Foundational Course on Adolescent Health for Regional and Division ARH Coordinators for CALABARZON last February 15-18,2022.
2. This Office through the Education Support Services Division-School Health Unit and the trained Regional and Division Adolescent Health Focal Persons will cascade the same Course to selected 1 School Health Personnel (Medical Officer/Adolescent Health Focal), 1 SDO Youth Coordinator, 1 Guidance Counselor (SDO or School with Teen Health Kiosk) from the 22 Schools Division and 10 health personnel from the Center for Health Development 4A CALABARZON on May 17-20, 2022.
3. The names of the selected participants will be submitted by the SDO Adolescent Health Focal person by May 12, 2022 via google sheet. The training link will be emailed to the registered participant.
4. Each Participant will need to select, secure consent and interview one adolescent, in or out of school aged 10-19 years old on Day 2 afternoon and on Day 3 for the compassionate listening. Details in Enclosure D.
5. Training materials shall be shared to those who passed and completed the Course. This training shall be cascaded by the trained SDO personnel to the school health personnel in their jurisdiction using the same materials. Additional information shall also be sent to registered participants via email.
6. For further information, kindly refer to the following enclosures:  
**Enclosure A** – Training Design  
**Enclosure B**- Training Program



**Address:** Gate 2, Karangalan Village, Cainta, Rizal  
**Telephone Nos.:** 02-8682-5773/8684-4914/8647-7487  
**Email Address:** region4a@deped.gov.ph  
**Website:** depedcalabarzon.ph



**Enclosure C** – Interview of Adolescent (HEEADSSS) and Compassionate listening

**Enclosure D** - CALABARZON Cascade Team and Work Committees

**Enclosure E** – Parent Consent Form

**Enclosure F** - OUA MEMO 00-0122-0065 “Conduct of Trainings for Foundational Course on Adolescent Health

**Enclosure G** - Regional Memo 22-270 “Activities for The Cascading of The Foundational Course on Adolescent Health”

7. Please ensure that the concerned participants and members of the Cascade Team do not have overlapping activities during the specified dates. This will serve as their practice ground in cascading to the respective schools.
8. For questions and clarifications, you may contact Pearl Oliveth S. Intia MD, Medical Officer IV at [pearl.intia@deped.gov.ph](mailto:pearl.intia@deped.gov.ph).
9. For information and compliance of all concerned.

  
**FRANCIS CESAR B. BRINGAS**  
Regional Director 

cc: essd/poi

## Enclosure A. **COURSE DESIGN**

### I. **Rationale**

To continuously support primary care service providers in their efforts of creating acceptable, friendly and responsive health systems for adolescent health care, the Family Health Division of Department of Health (DOH), in collaboration with the World Health Organization (WHO) Philippine Country Office, developed a more comprehensive skills development, based on the competency of the participants for adolescent health care. The Foundational Course for Adolescent Health Care capacitates the health service providers in better understanding their adolescent clients or parents, and how their developmental changes influence their behaviors.

Primarily for health providers, its earlier versions have proven relevance and applicability to school teachers and counsellors, nurses, and social workers. With a common client base, this Foundational Course serves as a venue for these providers of various professions and backgrounds, to appreciate the work of each other, and potentially serve as a jumping board in the development of a service delivery network for the adolescent.

On 9 November 2021, The Department of Education, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), in collaboration with the DOH, requested technical support from WHO Philippines to conduct a series of capacity building activities for its Adolescent Reproductive Health (ARH) Program Focal Persons. The training on the Foundational Course for Adolescent Health is slated from January to March 2022. This is in support of the implementation of the Comprehensive Sexuality Education (CSE) and ARH program in schools to address the risky behaviors of learners.

### II. **Objective of the Course**

To capacitate DepEd teaching and non-teaching personnel in understanding the development of an adolescent, hence, to be adept in providing the right services to adolescents.



### III. Learning Outcomes

At the end of the activity the health care providers are expected to achieve the following:

Learning Outcomes	Assessment of Learning Outcomes
<ol style="list-style-type: none"> <li>1. Describe the stages of adolescent development and how these are influenced by various biological, social, emotional, and environmental factors.</li> <li>2. Describe the cognitive, affective, and behavioral development of adolescents and how these are affected by the neurocognitive maturation of the brain.</li> <li>3. Explain the leading causes of mortality and morbidity among adolescents, the prevalence of key health-related behaviors and conditions among adolescents, and protective and risks factors using national/regional/local age and sex-disaggregated data.</li> <li>4. Explain how the structural social determinants of health and more proximal protective and risk</li> <li>5. factors affect the adolescent he</li> <li>6. alth.</li> </ol>	<ol style="list-style-type: none"> <li>1. Pre-and Post-Test</li> <li>2. Self-assessment</li> <li>3. Facilitated discussion</li> <li>4. Demonstration</li> <li>5. Case study/analysis</li> </ol>
<ol style="list-style-type: none"> <li>6. Discuss the numerous factors that can improve the climate of the consultation: the importance of confidentiality, privacy, confidence, neutral non-judgmental attitudes, respect, and empathy.</li> <li>7. Provide a trustful atmosphere in the consultation by informing adolescents about their rights to privacy and confidentiality.</li> <li>8. Demonstrate a friendly, respectful manner that is empathic, non-judgmental and without discrimination to an adolescent client.</li> <li>9. Assess the influence of gender norms on an adolescent client's health behaviors and outcomes.</li> <li>10. Perform a psychosocial assessment thorough the use of Rapid HEEADSSSS (Home, Education, Employment, Eating, Activities, Drug Use, Sexuality, Suicide, Safety, and Spirituality) to detect risk and protective factors in adolescents' social, educational, and home environment.</li> <li>11. Explain the main laws and policies that affect the legal educational and health status of adolescents in the country.</li> <li>12. Describe the main characteristics of quality health services for adolescents.</li> <li>13. List locally applicable standards exist and the WHO global standards.</li> <li>14. Plan the roll-out using national/ regional/ local</li> <li>15. age and sex disaggregated data</li> </ol>	



#### IV. **Contents**

The training course duration is four (4) days. The duration includes meeting of facilitators, registration, pre- and post-training activities; and interactive activities for participants on adolescent clients using HEEADSSSS.

- Stages of Development
- Inner working of the adolescent
- Gender and Health
- Rapid HEEADSSSS
- Being Client Friendly to the Adolescent
- Key Actions for Adolescents
- Adolescent Friendly Facility Checklist
- Laws and Policies related to adolescent health

#### V. **Methodology**

- Pre-test and Post-test
- Facilitated discussion
- Demonstration
- Self –assessment
- Case study/analysis

#### VI. **Evaluation**

- Attendance - 100%
- Participation in discussions
- Activity Outputs - 100 % submission
- Pre-test - completion
- Post Test - 80% passing rate
- Training Evaluation - completion
- Action Plan - submission



Enclosure B. **TRAINING PROGRAM CALABARZON CASCADE**

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Responsible Person</b>
<b>Day 1</b>	<b>Tuesday</b>		
May 17, 2022	8:00-8:30 AM	Opening of Training Link	Hosts: Dr. Ammie Gurrea, Iren Soriano, Harold David
		Reminders	
		Pre-Test	
	8:30 - 8:45 AM	Opening Program	Hosts
		Prayer	AVP
		Philippine National Anthem	AVP
		Introduction of Participants	Hosts
		Messages	RD Francis Cesar Bringas
	8:45 - 9:15 AM	Mental Health Activity	WHO: Dr. Jasmine Vergara
	9:15 - 9:30 AM	Overview and Orientation on Training Principles and Approaches	DOH: Course Overview Ms. Dulce Elfa Training Design: Mr. Eugene Arbis
	9:30 - 10:15 AM	Module 1: Understanding the Adolescent	Dr. Jacqueline Kitong , World Health Organization
		-Session 1	
		Stages of Development	
		*Activity 1.1 Changes during Adolescence	Facilitators
		*Activity 1.2 Adolescent Development	
	10:40 - 11:30 AM	-Session 2 Inner Workings of the Adolescent	
		*Activity 2.1 Psychosocial Development	Facilitators
	11:30 - 12:00 NN	*Activity 2.2 The Teen Brain	AVP
<b>Day 2</b>	<b>Wednesday</b>		
May 18, 2022	8:30 - 8:45 AM	Prayer	Mr. Harold David
		Recap of Day 1	
		Checking of Activity output	
	8:45 - 9:45 AM	*Session 3 Gender & Health	Ms. Mona Stella R. Mariano
		-Activity 3.1 Human Sexuality and Gender	Plan International
	9:45 - 10:30	-Activity 3.2 Gender, Health and Health Care	AVP
	10:30 - 12:00 NN	Module 2: Responding to the Adolescent	Dr. Angeli Conti-Lopez USAID recording
		*Session 1 HEEEEADSSSS	



		Activity 1.1 Screening Tool	
		Activity 1.2 Interview Protocol	
<b>Day 3</b>	<b>Thursday</b>		
May 19, 2022	1:15-1:30 PM	Prayer	Ms. Princess Leni Rejano
		Recap Day 2	
		Checking of Activity Output	
	1:30-2:15 PM	Session 1. Processing of Interviews	Dr. Angeli Conti-Lopez USAID Facilitator
	2:15-3:15 PM	Session 2. Being Adolescent-Client Friendly	Dr. Miel Nora USAID
		*Activity 2.1 Finding Compassion	
		*Activity 2.2 Compassionate Listening	
	3:15-3:45 PM	Session 3. Gaining the Adolescent Trust	Dr. Miel Nora USAID Dr. Mara Millar
		*Activity 3.1 Privacy, Confidentiality & Informed Consent	
	3:45-4:25 PM	Session 4. Advising Parents with Adolescents	Dr. Jacqueline Kitong WHO Philippines Dr Miel Nora , World Vision
	4:25-5:00 PM	Action Plan Template	Facilitators
		Assignment selected SDO to present on Day 4	
<b>Day 4</b>	<b>Friday</b>		
May 20, 2022	8:15-8:30	Prayer	Ms. Jossarina Arias
		Recap Day 3	
		Checking of Activity Output	
	8:30-9:45	Module 3 Moving Towards Adolescent Friendly Health Services	Mr. Eugene Arbis WHO Philippines
		Session 1 HEEADSSS in Action	
		Session 2 The Adolescent Friendly Health Facility	
		Session 3. Improving Quality of Adolescent Care	
		Activity 3.1 Adolescent Health Care Services Quality Gap Analysis	
		Activity 3.2 Key Actions to Improve Adolescent Health Services	



	9:45-10:45	Session 4. Laws and Policies	Ms. Dulce Elfa, DOH
		Activity 4.1 Case Analysis (UTI and Bleeding)	
	10:45-11:15	Action Plan Presentation	Hosts and Participants
		Open Forum	Dr. Pearl Oliveth S. Intia
	11:15-12:00	Closing Program	
		Message and Ways Forward	Dr. Maria Corazon C. Dumlao
			ARD Cherrylou Repia



Enclosure C. **INTERVIEW OF ADOLESCENT (HEEADSSS) AND COMPASSIONATE LISTENING**

**Identify and invite one adolescent per participant as your case.** As part of the HEEADSSS Session, you will be interviewing an adolescent. You will be doing this individually on your set time after day 2. Your outputs on day 3 will be based on your conducted interview. Please see the course program for reference.

Adolescents should be 10-19 years old, male or female, in school or out of school.

Interview can be online or face to face but should be **recorded and submitted** (gdrive link will be provided). Parents consent form (Enclosure E) is attached. Please note that the recorded material will only be used for this training. Please follow covid health protocols in conducting face to face interview



Enclosure D. **CALABARZON CASCADE TEAM AND WORK COMMITTEES**

<b>Name</b>	<b>Office/Agency</b>	<b>Responsibility</b>
Eduarda M. Zapanta	DepEd RO CALABARZON	Overall Course Manager
Pearl Oliveth S. Intia MD	DepEd RO CALABARZON	Course Director
Ammiela Theresa S. Gurrea MD	San Pablo City	Program Committee Lead
Iren Soriano	Batangas City	Program Committee Co-Lead
Jossarina T. Arias	Cavite City	Program Committee Member
Princess Leni May M. Rejano	Quezon	Program Committee Member
Nanette Biong	San Pedro City	Program Committee Member
Harold M. David	PopCom 4a	Program Committee Member
Valerie Pascual MD	CHD 4a	Program Committee Member
Venus G. Manalo, RN, MAN	Santa Rosa City	Registration Committee Lead
Janelle I. San Jose	Bacoor City	Registration Committee Member
April Joy A. Rom, RN	Cavite Province	Registration Committee Member
Dante R. Diamante, Jr MD	Lucena City	Facilitation Committee Lead
Lailani T. Omlas	Tayabas City	Facilitation Committee Co-Lead
Ana Marie D. Limbo, RN	Lipa City	Facilitation Committee Member
Aileen Joy P. Lozano RN	Calamba City	Facilitation Committee Member
Mary Grace E. Javier MD	General Trias City	Facilitation Committee Member
Jackielyn R. Mararac RN	Imus City	Facilitation Committee Member
Arline B. Dulin RN	Antipolo City	Facilitation Committee Member
Romel A. Delingon RN	Cabuyao City	Facilitation Committee Member
Maria Cricelda Felizardo RN	Dasmarinas City	Facilitation Committee Member
Kathleen Claire C. Mercader RN	Tanauan City	Facilitation Committee Member
CARMENCITA JUNTILLA	Binan City	Facilitation Committee Member
Christian Harina	Batangas City	Facilitation Committee Member
Ana Marie D. Limbo, RN	lipa city	Facilitation Committee Member
Aileen Joy P. Lozano	Calamba City	Facilitation Committee Member



Enclosure E. **PARENT CONSENT FORM**



**Department of Education**  
**Republic of the Philippines**

In line with the mission of the Department of Education (DepEd) to provide quality, equitable, culture-based, and complete basic education where:

- Students learn in a child-friendly, gender-sensitive, safe, and motivating environment;
- Teachers facilitate learning and constantly nurture every learner;
- Administrators and staff, as stewards of the institution, ensure an enabling and supportive environment for effective learning to happen;
- Family, community, and other stakeholders are actively engaged and share responsibility for developing life-long learners;

And in accordance with the DepEd's thrust to continuously improve itself to better serve its stakeholders, an effective communications strategy paves the way to a more efficient public policy formulation and implementation.

The Department of Education and its representatives are therefore seeking your permission to take and make use of voice recordings and/ or audiovisual images of you/ your children/ your students for the purposes stated above. As stipulated rights of the child on participation, we are also seeking the child's consent on the requested matter.

Please furnish us with the full name and signature of the child and you, as parent/guardian on the next page should you and the child confirm consent to the proposed use of your/ your children/ your students' photographs and video/voice recordings in our communications and publicity materials.

Thank you very much.



# Department of Education

Republic of the Philippines

## CONSENT, WAIVER, INDEMNITY and RELEASE

(TO BE COMPLETED BY YOUNG PERSON AND PARENT/GUARDIAN)

### PART A: TO BE COMPLETED BY THE CHILD

I agree to participate in the following activity:

Production name/ Project title: Foundational Course on Adolescent Health Training

Location/Online Platform: GMeet / Zoom

Date and Time: \_\_\_\_\_

I agree to give permission to the Department of Education (DepEd) and its representatives to make recordings of my voice and to take photographs and /or videos in which I appear in, to be used for the communications and various public campaigns of the Department be it in print, broadcast, and/or electronic media, at the event and location stated above:

I have read and understood the accompanying letter and information leaflet. For things I don't understand, I will ask my Parent/Guardian to clarify the objective of the activity for me.

I know the purpose of the project/activity and the part I will be involved in. I know that DepEd and its representative are not allowed to use the information about me in any form that might harm my rights and well-being.

Name \_\_\_\_\_

Signature \_\_\_\_\_ Age \_\_\_\_\_

## Department of Education

Republic of the Philippines

### PART B: TO BE COMPLETED BY THE PARENT/GUARDIAN

As the parent/guardian of \_\_\_\_\_, I hereby allow him/her to participate in the following activity:

Production name/ Project title: Foundational Course on Adolescent Health Training

Location/Online Platform: Zoom/ GMeet

Date and Time: \_\_\_\_\_

I acknowledge that the DepEd will own all rights to his/her images and recordings made during the said activity. DepEd and its representatives will have the right to use, display, exhibit, reproduce, distribute, and create derivative works of these images and recordings in any media now known or later developed.

As the parent/guardian I understand my roles and responsibility to explain what this consent form is about to the child and ensure that his/her privacy and identity rights are protected and acknowledged accordingly.

As the parent/guardian, I hereby waive any right to inspect or approve the use of the images or recordings or of any written derivatives. I further waive all moral rights. I also waive any right to royalties or other compensation arising from or related to the use of the materials. As the parent/guardian, I hereby release, defend, indemnify, and hold harmless the DepEd and its representatives from and against any claims, damages, or liability arising from or related to the use of the images, recordings, or materials, including but not limited to claims of defamation, invasion of privacy, or rights of publicity or copyright infringement, or any misuse, distortion, blurring, alteration, optical illusion or use in composite form that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution.

I, (NAME OF PARENT/GUARDIAN) \_\_\_\_\_, have legal authority to enter into this contract. I have read this document before signing below, and I fully understand the contents, meaning and impact of this consent, waiver, indemnity and release.

This consent, waiver, indemnity and release is binding on me, my heirs, executors, administrators and assigns.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_



Enclosure F. **OUA MEMO 00-0122-0065 "CONDUCT OF TRAININGS FOR FOUNDATIONAL COURSE ON ADOLESCENT HEALTH"**



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**OUA MEMO 00-0122-0065**

**MEMORANDUM**

18 January 2022

**For: Regional Directors and BARMM Education Minister  
Schools Division Superintendents  
School Heads  
Adolescent Reproductive Health Focal Persons**

**Subject: CONDUCT OF TRAININGS FOR FOUNDATIONAL COURSE  
ON ADOLESCENT HEALTH**

To continuously support primary care service providers for a friendly and responsive adolescent health care, the Office of the Undersecretary for Administration (OUA), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), shall conduct a series of Online Training for the Foundational Course on Adolescent Health.

The Training for Region and Division ARH Focal Person will be conducted via Zoom from 8:30 am to 12:00 noon on the specified dates below. Please see the attached training design for reference.

Batch	Date	Participants	Regions
1	January 25-28, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 59)	1, 2, 3, CAR
2	February 15-18, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 66)	4A, 4B, NCR, 5
3	March 8-11, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 66)	6, 7, 8, 9
4	March 29- April 1, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 63)	10, 11, 12, CARAGA, BARMM

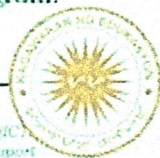
The trainings to be conducted by the DepEd Central Office shall be cascaded by the trained Regional and Division ARH Focal Person to school personnel, including all guidance counselors in the DepEd offices, in their jurisdiction within the year 2022. Training materials shall be shared to ARH Focal Persons who will pass the evaluation at the end of the training program.



**Office of the Undersecretary for Administration (OUA)**

(Administrative Service (AS), Information and Communications Technology Service (ICT), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers' Camp (BTC), Central Security & Safety Office (CSSO))

Department of Education, Central Office, Meralco Avenue, Pasig City  
Rm 519, Mabini Bldg; Mobile: +639260320762; Tel: (+632) 86337203, (+632) 86376207  
Email: [usec.admin@deped.gov.ph](mailto:usec.admin@deped.gov.ph); Facebook/Twitter @depedtago



Evaluation:

- Attendance - 100%
- Participation in discussions
- Activity Outputs - 100 % submission
- Pre-test - completion
- Post Test - 80% passing rate
- Training Evaluation - completion
- Action Plan - submission

Region and Division ARH Focal Person shall register through <https://bit.ly/FCAHReg> to receive the meeting link before the scheduled dates. Additional information shall also be sent to registered participants via email.

Continuing Professional Development (CPD) Units is being processed for the course.

The Training on Foundational Course on Adolescent Health is in collaboration with the Department of Health (DOH) and the World Health Organization (WHO), supported by the Society of Adolescent Medicine of the Philippines (SAMPI), Plan International Philippines, and RTI Philippines.

For more information, queries and concerns on the abovementioned subject, please contact Dr. Maria Corazon C. Dumlao (Chief Health Program Officer) or Ms. Lien Ivy C. Callado (Health Education and Promotion Officer II) of BLSS - SHD through (02) 8632 9935 and email at [arh@deped.gov.ph](mailto:arh@deped.gov.ph).

For immediate and appropriate action.

  
**ALAIN DEL B. PASCUA**  
Undersecretary



DIVISION OFFICE - MARIKINA CITY  
MAR 2024





### Training on the Adolescent Health Care for Primary Health Service Providers - Foundational Course

#### Training Design

#### I. Rationale

To continuously support primary care service providers in their efforts of creating acceptable, friendly and responsive health systems for adolescent health care, the Family Health Division of Department of Health (DOH), in collaboration with the World Health Organization (WHO) Philippine Country Office, developed a more comprehensive skills development course based on the competency of the participants for adolescent health care. The Foundational Course for Adolescent Health Care capacitates the health service providers in better understanding their adolescent clients or parents, and how their developmental changes influence their behaviors.

Primarily for health providers, its earlier versions have proven relevance and applicability to school teachers and counselors, nurses, and social workers. With a common client base, this Foundational Course serves as a venue for these providers of various professions and backgrounds, to appreciate the work of each other, and potentially serve as a jumping board in the development of a service delivery network for the adolescent.

On 9 November 2021, The Department of Education, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), in collaboration with the DOH, requested technical support from WHO Philippines to conduct a series of capacity building activities for its Adolescent Reproductive Health (ARH) Program Focal Persons. The training on the Foundational Course for Adolescent Health is slated from January to March 2022. This is in support of the implementation of the Comprehensive Sexuality Education (CSE) and ARH program in schools to address the risky behaviors of learners.

#### II. Objective of the Course

To capacitate DepEd teaching and non-teaching personnel in understanding the development of an adolescent, hence, to be adept in providing the right services to adolescents.

#### III. Learning Outcomes

At the end of the activity the health care providers are expected to achieve the following:

Learning Outcomes	Assessment of Learning Outcomes
<ol style="list-style-type: none"> <li>1. Describe the stages of adolescent development and how these are influenced by various biological, social, emotional, and environmental factors.</li> <li>2. Describe the cognitive, affective, and behavioral development of adolescents and how these are affected by the neurocognitive maturation of the brain.</li> <li>3. Explain the leading causes of mortality and morbidity among adolescents, the prevalence of key health-related behaviors and conditions among adolescents, and protective and risks factors using national/regional/local age and sex-disaggregated data.</li> <li>4. Explain how the structural social determinants of health and more proximal protective and risk factors affect the adolescent health.</li> </ol>	<ol style="list-style-type: none"> <li>1. Pre and Post-Test</li> <li>2. Self-assessment</li> <li>3. Facilitated discussion</li> <li>4. Demonstration</li> <li>5. Case study/analysis</li> </ol>



<ol style="list-style-type: none"> <li>5. Discuss the numerous factors that can improve the climate of the consultation: the importance of confidentiality, privacy, confidence, neutral non-judgmental attitudes, respect and empathy.</li> <li>6. Provide a trustful atmosphere in the consultation by informing adolescents about their rights to privacy and confidentiality.</li> <li>7. Demonstrate a friendly, respectful manner that is empathic, non-judgmental and without discrimination to an adolescent client.</li> <li>8. Assess the influence of gender norms on an adolescent client's health behaviors and outcomes.</li> <li>9. Perform a psychosocial assessment thorough the use of Rapid HEEEDSSSS (Home, Education, Employment, Eating, Activities, Drug Use, Sexuality, Suicide, Safety, and Spirituality) to detect risk and protective factors in adolescents' social, educational, and home environment.</li> <li>10. Explain the main laws and policies that affect the legal educational and health status of adolescents in the country.</li> <li>11. Describe the main characteristics of quality health services for adolescents.</li> <li>12. List locally applicable standards exist and the WHO global standards.</li> <li>13. Plan the roll-out using national/ regional/ local age and sex disaggregated data</li> </ol>	
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#### IV. Contents

The training course duration is four (4) days. The duration includes meeting of facilitators, registration, pre- and post-training activities; and interactive activities for participants on adolescent clients using HEEEDSSSS.

- Stages of Development
- Inner working of the adolescent
- Gender and Health
- Rapid HEEEDSSSS
- Being Client Friendly to the Adolescent
- Key Actions for Adolescents
- Adolescent Friendly Facility Checklist
- Laws and Policies related to adolescent health





**V. Methodology**

- Pre-test and Post-test
- Facilitated discussion
- Demonstration
- Self-assessment
- Case study/analysis

**VI. Evaluation**


- Attendance - 100%
- Participation in discussions
- Activity Outputs - 100 % submission
- Pre-test - completion
- Post Test - 80% passing rate
- Training Evaluation - completion
- Action Plan - submission

**VII. Program**

Time	Activity	Methodology	Responsible Person
<b>Day 0 – Meeting of Facilitators (Monday Afternoon)</b>			
<b>Day 1 AM (Tuesday)</b>			
8:00 - 8:30 am	Opening of Training Link Reminders Pre-test		
8:30 – 8:45 am	Opening program Prayer Philippine National Anthem Introduction of Participants Messages		DepEd Message: <b>Dir. Lope B. Santos</b> DOH Message: <b>Dir. Beverly Ho</b>
8:45 – 9:15 am	Mental Health Activity		<b>WHO: Dr. Jasmine Vergara</b>
9:15 - 9:30 am	Overview and Orientation on Training Principles and Approaches		DOH : Course Overview <b>Ms. Dulce Elfa</b>  WHO : Training design <b>Mr. Eugene Arbis</b>
9:30-10:15 am	<b>Module 1: Understanding the Adolescent</b> <ul style="list-style-type: none"> <li>• Session 1 Stages of Development <ul style="list-style-type: none"> <li>◦ Activity 1.1 Changes during Adolescence</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Introductory Video Lecture-Discussion  <b>Breakout session (15 minutes)</b>  Activity materials: <ul style="list-style-type: none"> <li>• Markers</li> <li>• Writing/bond paper</li> </ul>	<b>Dr. Jacqueline Kitong WHO</b>
10:15-10:40 am	◦ Activity 1.2 Adolescent development	<b>Plenary (25 minutes)</b> Lecture Presentation	



10:40- 11:30 am	<ul style="list-style-type: none"> <li>Session 2 Inner Workings of the Adolescent               <ul style="list-style-type: none"> <li>Activity 2.1 Psychosocial development</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Lecture Discussion  <b>Breakout session (20 minutes)</b> Activity materials: <ul style="list-style-type: none"> <li>Markers</li> <li>Writing/bond paper</li> </ul>	<b>RP for Session 2: SAMPI</b>
11:30- 12:00pm	<ul style="list-style-type: none"> <li>Activity 2.2 The Teen Brain</li> </ul>	<b>Plenary (30 minutes)</b> Presentation with video	
<b>Day 2 AM (Wednesday)</b>			
8:30 - 8:45am	Prayer Recap of Day 1 Checking of activity output		
8:45 - 10:00 am	<ul style="list-style-type: none"> <li>Session 3 Gender &amp; Health               <ul style="list-style-type: none"> <li>Activity 3.1 Human Sexuality and Gender</li> </ul> </li> </ul>	<b>Plenary (45 minutes)</b> Lecture Discussion  <b>Breakout session (30 minutes)</b> Activity materials: <ul style="list-style-type: none"> <li>Marker, paper</li> </ul>	<b>Ms. Mona Stella R. Mariano</b> <b>Plan International</b>
9:45 - 10:30 am	<ul style="list-style-type: none"> <li>Activity 3.2 Gender, Health and Health Care</li> </ul>	<b>Plenary (30 minutes)</b> Video presentation Discussion	
10:30 - 12:00 pm	<b>Module 2: Responding to the Adolescent</b> <ul style="list-style-type: none"> <li>Session 1 HEEADSSS               <ul style="list-style-type: none"> <li>Activity 1.1 Screening Tool</li> <li>Activity 1.2 Interview Protocol</li> </ul> </li> </ul>	<b>Plenary (40 minutes)</b> Lecture Discussion  <b>Breakout session (50 minutes)</b> Activity material/s: <ul style="list-style-type: none"> <li>Interview guidelines</li> <li>HEEADSSS screening tool</li> <li>Case Scenarios</li> </ul>	<b>Dr. Angeli Conti-Lopez</b> <b>USAID</b>
<b>Day 3 AM (Thursday)</b>			
8:30 - 8:45 am	Prayer Recap Checking of Activity Output		
8:45 - 9:30 am	Session 1 Processing of Interviews	<b>Break-out Session (45 minutes)</b> Assignment Presentation Discussion	
9:30 - 10:30 am	<ul style="list-style-type: none"> <li>Session 2 Being Adolescent - Client Friendly               <ul style="list-style-type: none"> <li>Activity 2.1 Finding Compassion</li> <li>Activity 2.2 Compassionate Listening</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Lecture Discussion  <b>Breakout session (30 minutes)</b> Activity material/s: <ul style="list-style-type: none"> <li>Pen/marker, paper</li> <li>Compassionate listening worksheet</li> </ul>	<b>Dr. Miel Nora</b> <b>USAID</b>





10:30-11:00 am	<ul style="list-style-type: none"> <li>Session 3 Gaining the Adolescents Trust               <ul style="list-style-type: none"> <li>Activity 3.1 Privacy, Confidentiality &amp; Informed Consent</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Video Discussion	<b>Dr. Miel Nora</b>  <b>USAID</b>
11:00 – 11:40 am	<ul style="list-style-type: none"> <li>Session 4 Advising Parents with Adolescents</li> </ul>	<b>Plenary (40 minutes)</b> Lecture Discussion	<b>Dr. Jacqueline Kitong</b> <b>WHO Philippines</b>
11:40 – 12:00 am	<ul style="list-style-type: none"> <li>Overview of Module 3 Assignment</li> </ul>	<b>Plenary (20 minutes)</b>  Announcement for Activity Materials: <ul style="list-style-type: none"> <li>Provider self-assessment form</li> <li>DOH AFHF standard evaluation tool</li> </ul>	<b>Mr. Eugene Arbis</b> <b>WHO Philippines</b>
<b>Day 4 AM (Friday)</b>			
8:30 – 8:45am	Prayer Recap Checking of Activity Output		
8:45 – 10:45 am	<b>Module 3 Moving Towards Adolescent Friendly Health Services</b> Session 1 The Adolescent Friendly Health Facility <ul style="list-style-type: none"> <li>Session 2 The Adolescent Friendly Health Facility</li> <li>Session 3 Improving Quality of Adolescent Care               <ul style="list-style-type: none"> <li>Activity 3.1 Adolescent Health Services Quality Gap Analysis</li> </ul> </li> <li>Activity 3.2 Key Actions to Improve Adolescent Health Services</li> </ul>	<b>Plenary (1 hour)</b> Lecture-Discussion Video  <b>Break-out Session (1 hour)</b> Materials: <ul style="list-style-type: none"> <li>Provider self-assessment form</li> <li>DOH AFHF standard evaluation tool</li> </ul>	<b>Mr. Eugene Arbis</b> <b>WHO Philippines</b>
10:45 – 11:45 am	<ul style="list-style-type: none"> <li>Session 4 Laws and Policies               <ul style="list-style-type: none"> <li>Activity 4.1 Case Analysis</li> </ul> </li> </ul>	<b>Plenary (20 minutes)</b> Lecture Discussion  <b>Break-out Session (40 minutes)</b> Case Analysis	<b>Ms. Dulce Elfa</b> <b>DOH</b>
11:45 – 12:00 pm	<b>Closing Program</b> Message and Ways Forward	<b>Plenary</b>	<b>Dr. Jacqueline Kitong</b> <b>WHO</b>  <b>Dr. Maria Corazon C. Dumlao</b> <b>DepEd</b>



Enclosure G. **REGIONAL MEMO 22-270 "ACTIVITIES FOR THE CASCADING OF THE FOUNDATIONAL COURSE ON ADOLESCENT HEALTH"**



Republic of the Philippines  
**Department of Education**  
 REGION IV-A CALABARZON  
 GATE 2, KARANGALAN VILLAGE  
 1900 CAINTA, RIZAL



5 May 2022

**Regional Memorandum**

**ACTIVITIES FOR THE CASCADING OF THE FOUNDATIONAL COURSE ON ADOLESCENT HEALTH**

**TO: Schools Division Superintendents**

1. Relative to OUA MEMO 00-0122-0065 "Conduct Of Trainings For Foundational Course On Adolescent Health", the Office of the Undersecretary for Administration (OUA) through the Bureau of Learner Support Services-School Health Division have conducted a series of Online Training for the Foundational Course on Adolescent Health for Regional and Division ARH Coordinators for CALABARZON last February 15-18,2022.
2. The aforementioned training shall be cascaded by the trained Regional and Division Adolescent Reproductive Health (ARH) Focal Person to school personnel, including all guidance counselors in the DepEd offices within the year 2022.
3. In preparation to the cascading of the Foundational Course on Adolescent Health, a Regional Cascade Team is hereby organized to ensure the proper conduct of the Course. The members of the cascade team are the Regional and Division ARH Coordinators who have completed the said Course and agency partners as listed in Enclosure A.
4. The following activities will be undertaken by the Cascade Team as depicted in Enclosure B. Please ensure that the concerned members do not have overlapping activities during the specified dates. This will serve as their practice ground in cascading to the respective schools.
5. For questions and clarifications, you may contact Pearl Oliveth S. Intia MD, Medical Officer IV at [pearl.intia@deped.gov.ph](mailto:pearl.intia@deped.gov.ph).
6. For immediate dissemination and compliance of all concerned.

**FRANCIS CESAR B. BRINGAS**  
 Regional Director

csad/poi



"EXCELLENCE is a CULTURE and QUALITY is a COMMITMENT"

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 Document Inquiry : <https://r4a-teadoc.com/inquire>  
 Facebook: DepEd R-4A Calabarzon



**Enclosure A:** Members of the Cascade Team for the Foundational Course on Adolescent Health

<b>Name</b>	<b>Office/ Schools Division</b>
Pearl Oliveth S. Intia MD	Regional Office 4A
Neil B. Evangelista	Regional Office 4A
Arlene B. Dulin	Antipolo City
Janelle I. San Jose	Bacoor City
Christian Harina	Batangas Province
Iren Soriano	Batangas City
Carmencita K. Juntilla	Binan City
Romel A. Delingon	Cabuyao City
Aileen Joy P. Lozano, RN	Calamba City
Jossarina T. Arias	Cavite City
April Joy A. Rom, RN	Cavite Province
Maria Cricelda Felizardo	Dasmarinas City
Mary Grace E. Javier MD	General Trias City
Jackielyn R. Mararac	Imus City
Ara M. Aguilar RN	Laguna
Ana Marie D. Limbo, RN	Lipa City
Dr. Dante R. Diamante, Jr	Lucena City
Princess Rejano	Quezon
Georgina C. Tubon-Reyes, MD	Rizal
Ammiela Theresa S. Gurra MD	San Pablo City
Nanette V. Biong	San Pedro City
Venus G. Manalo, RN, MAN	Santa Rosa City
Kathleen Claire C. Mercader	Tanauan City
Lailani T. Omlas	Tayabas city
Harold David	PopCom 4A
Dr Valerie Pascual	CHD 4A

**Enclosure B.** Activities for the Cascading of the Foundational Course on Adolescent Health

<b>Activities</b>	<b>Virtual Links</b>	<b>Objectives</b>
Organizational Meeting and Tasking – May 6, 2022 (Friday) @1-3PM	Google Meet joining info Video call link: <a href="https://meet.google.com/tig-gzor-dmn">https://meet.google.com/tig-gzor-dmn</a>	a.To organize the Cascade Team and respective responsibilities b. To review the course program and presentations
Technical Run Through May 13, 2022 (Friday) 1-3 PM	Online platform TBD	c.To conduct a technical run through of the course to ensure proficiency of each member of the cascade team on the respective task/s

Conduct of Course May 17-20, 2022 8:30 am-12:30pm	Online platform TBD	d. To conduct the Foundational Course on Adolescent Health
Post cascade meeting May 27, 2022 (Friday) 1-3 PM	Google Meet joining info Video call link: <a href="https://meet.google.com/ahd-yjdm-afd">https://meet.google.com/ahd-yjdm-afd</a>	e. To evaluate the conduct of the course