



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



21 October 2024

Regional Memorandum
No. 769 s. 2024

**UNIVERSAL PREVENTION CURRICULUM (UPC) FOR
SUBSTANCE ABUSE CALABARZON RE-ECHO
TRAINING OF MODULE 5: SCHOOL-BASED
PREVENTION INTERVENTIONS**

To **Schools Division Superintendents**

1. The Department of Education Regional Officer IV-A CALABARZON through the Education Support Services Division-School Health Section will conduct this Training on November 18-22, 2024 at a venue to be announced on a separate advisory.
2. The training goals are to provide an overview of the opportunities that schools provide for drug prevention; develop participants' understanding of matching students' developmental stages to prevention programs and strategies; assist participants in getting started in schools; provide an overview of the principles of effective and ineffective prevention practice in school settings-of what works and what does not work; teach participants how to negotiate registries of evidence-based practice and select the prevention course that is right for their school; provide an overview of issues pertaining to implementation fidelity and adaptation; and develop participants' understanding of effective drug prevention policies and whole school prevention programs.
3. Participants are the Schools Division Medical Officers, National Drug Education Program Focal Person, EPS for Values or Registered Guidance Counselor/Guidance Counselor or School Head. They should have completed Curriculum 1 (Introduction to Prevention Science) or commit to undertake the Curriculum within a year through the UPC Manager's and Supervisor's Course (Online Instructor Led) UPC 1. To join, apply as a member of the International Society of Substance Use Professionals (ISSUP): www.issup.net.
4. The list of participants and program are attached. Participants are to register before October 24, 2024 (Thursday) via <https://bit.ly/R4A-UPC5registration>. Participants are encouraged to wear corporate attire with agency ID and to bring a laptop to be used during the event.



Address: Gate 2, Karangalan Village, Cainta, Rizal
Telephone No.: 02-8682-2114
Email Address: region4a@depd.gov.ph
Website: depdcalabarzon.ph



Certificate No. PHP QMS
22 93 0085

5. Travel and other related expenses of participants shall be charged to local funds, while room and board, honoraria of speakers and other related expenses shall be charged to OSEC-4A-24-2719 subject to the usual accounting and auditing rules and regulations. Sending offices are requested to augment any fund shortage.
6. For clarifications kindly contact Pearl Oliveth S. Intia MD, Medical Officer IV at pearl.intia@deped.gov.ph.
7. Immediate dissemination of this Memorandum is desired.


ATTY. ALBERTO T. ESCOBARTE, CESO II
 Regional Director 

ANNEX A. Indicative Program for the Universal Prevention Curriculum (UPC) For Substance Abuse CALABARZON Re-Echo Training of Module 5: School-Based Prevention Interventions on November 18-22, 2024.

Day 1: November 18, 2024

Time	Activity/Content	Persons Involved
8:00-10:00 am	Registration	Secretariat
10:00 am – 10:15 am	AM Break	
10:15 am – 10:45 am	Opening Program MOL Opening Remarks Introduction of Participants	PMT
Module 1- Training Introduction		
10:45 am – 11:00 am	Pre-Test	
11:00 am – 11:15 am	Presentation: Training Materials	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
11:15 am – 11:30 am	Module 1: Why this Training?	
11:30 am – 12:00 noon	Large Group Exercise: Training Expectations	
	Small Group Exercise: The role of schools in the community	
12:00 noon – 1:00 pm	Lunch Break	
Module 2 – Why Schools Are an Important Setting for Substance Use Prevention		
1:00 pm – 1:10 pm	Introduction to Module 2	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
1:10 pm – 1:45 pm	Presentation and Discussion: Role of Schools: Beyond Cognition	
1:45 pm – 2:45 pm	Small Group Exercise: Micro- level environmental interactions	
2:45 pm – 3:00 pm	Presentation and Discussion: Risk and protective factors framework	
3:00 pm – 3:15 pm	PM Break	
3:15 pm – 3:30 pm	Presentation and Discussion: Socialization is the key	
3:30 pm – 3:45 pm	Presentation: School culture and climate	
3:45 pm -4:00 pm	Large Group Discussion: Socially capable students	

4:00 pm – 4:15 pm	Individual Exercise: Positive School Climate	
4:15 pm – 4:30 pm	Presentation: Schools and prevention	
4:30 pm – 4:50 pm	Large Group Discussion: Key Points for prevention Challenges to prevention and reflections	
4:50 pm – 5:00 pm	Module 2 Evaluation Wrap-Up	

Day 2: November 19, 2024

Time	Activity/Content	Persons Involved
8:00 am – 8:15 am	MOL	SDO In-Charge
Module 3 – Child and Adolescent Development		
8:15 am – 8:30 am	Introduction to Module 3	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
8:30 am – 9:00 am	Presentation and Discussion: Understanding Human Development	
9:00 am – 9:30 am	Presentation: Interaction of personal characteristics and the environments	
9:30 am – 10:00 am	Presentation and Discussion: Learning and Theories: Cognition	
10:00 am – 10:15 am	AM Break	
10:15 am – 10:45 am	Presentation and Discussion: Learning and theories: Motivation	
10:45 – 11:15 am	Presentation and Discussion: Learning and theories: Maslow's human needs hierarchy	
11:15 – 11:45 am	Individual Exercise and Large-Group Discussion: Development Skills	
11:45 am – 12:00 noon	Presentation: Development periods and skills	
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm – 1:30 pm	Small Group Exercise: Etiologic Factors in Communities	
1:15 pm – 1:30 pm	Presentation and discussion: School Prevention Objectives	
1:30 pm – 1:45 pm	Summary and Reflections Module 3 Evaluation and wrap-up	

Module 4- Defining the Substance Use Problem for Prevention Planning in Schools		
1:45 pm – 2:00 pm	Introduction to Module 4	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
2:00 pm – 2:15 pm	Presentation: Substance Use by Children and Adolescents	
2:15 pm – 2:30 pm	Large Group Discussion: Youth Substance Use in my Community	
2:30 pm – 2:45 pm	Presentation: Progression of Substance Use	
2:45 pm – 3:00 pm	Presentation and Discussion: Student substance use data for prevention programming	
3:00 pm – 3:15 pm	PM Break	
3:00 pm – 3:30 pm	Presentation and Discussion: Conducting/analyzing student surveys on substance use	
3:30 pm – 3:45 pm	Large Group Discussion: Analyzing the finding	
3:45 pm – 4:00 pm	Presentation: Initiation and deterrence factors for prevention programming	
4:00 pm – 4:15 pm	Small group Exercise: Student substance Use Information	
4:15 pm – 4:30 pm	Presentation: Initiation and deterrence factors for prevention programming (continued)	
4:30 – 5:00 pm	Summary and reflections Module 4 Evaluation	

Day 3: November 20, 2024

Time	Activity/Content	Persons Involved
8:00 am – 8:15 am	MOL	SDO In-Charge
Module 5 – Applying Theory to Substance Use Prevention		
8:15 am – 8:30 am	Introduction to Module 5	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
8:30 am – 9:00 am	Presentation and Discussion: Behavioral Theories and Prevention	

9:00 am – 9:30 am	Small Group Exercise: Applying TPB Integrative Model to Interventions	
9:30 am – 10:00 am	Presentation: Applying the TPB Integrated model to school-based prevention	
10:00 am – 10:15 am	AM Break	
10:15 am – 11:00 am	Presentation: Introduction to key principles of school-based prevention interventions	
11:00 am – 11:15 am	Presentation: Developmental stages and learning: Middle Childhood	
11:15 am – 11:30 am	Presentation: Developmental stages and learning: Early Adolescence	
11:30 am – 11:45 am	Presentation and Discussion: The Basics of School-Based Prevention Interventions	
11:45 am – 12:00 noon	Presentation: What doesn't work in prevention	
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm – 1:30 pm	Small-group Exercise: What works and doesn't work Module 5 Evaluation Wrap-Up	
Module 7 – School Environment and School Policies		
1:30 pm – 1:45 pm	Introduction to Module 7	Reverend Little Jones B. Espeleta Global Master Trainer on Universal Prevention Course Colombo Plan
1:45 pm – 2:00 pm	Presentation: The school environment and environment programs	
2:00 pm – 2:15 pm	Presentation and Discussion: Examples of 'what works' in prevention: Good Behavior Game	
2:15 pm – 2:30 pm	Presentation: School Policies: Introduction	
2:30 pm – 3:00 pm	Small Group Exercise: Why Implement School Policies	
3:00 pm – 3:15 pm	PM Break	
3:15 pm – 3:30 pm	Presentation and Discussion: Objectives of school policies/violations	
3:30 pm – 4:00 pm	Presentation: School tobacco and alcohol policies	
4:00 pm – 4:20 pm	Presentation and Discussion: Drafting a school policy	
4:20 pm – 4:50 pm	Small-group Exercise: Drafting school policies	
4:50 pm – 5:00 pm	Wrap-Up	

Day 4: November 21, 2024

Time	Activity/Content	Persons Involved
8:00 am – 8:15 am	MOL	SDO In-Charge
Module 6 – Selecting and Adapting the Right Prevention Program for Your School		
8:15 am – 8:30 am	Introduction to Module 6	Professor Francis Grace Duka-Pante Global Master Trainer on Universal Prevention Course Colombo Plan
8:30 am – 9:00 am	Presentation and Discussion: Getting started in Schools	
9:00 am – 9:15 am	Presentation: Selecting Programs and Strategies	
9:15 am – 9:30 am	Large-group Discussion: Experience in schools	
9:30 am – 9:45 am	Presentation: Factors affecting program adoption	
9:45 am – 10:00 am	Presentation and Discussion: Evidence-based Substance Use prevention Curricula: Standards for selection	
10:00 am – 10:15 am	AM Break	
10:15 am – 10:30 am	Presentation and Discussion: Evidence-based Substance Use prevention Curricula: Standards for selection (continuation)	
10:30 am – 11:00 am	Presentation: Using Registries to Find EB interventions	
11:00 am – 12:00 noon	Large Group Exercise: Blueprints demonstration	
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm -1:15 pm	Presentation and Discussion: Examples of 'what works' in prevention: Life Skills Training	
2:00 pm – 2:15 pm	Presentation and discussion: Examples of 'what works' in prevention: Project Toward No Drug Abuse	
2:15 pm – 2:30 pm	Small Group Exercise: Compare these interventions	
2:30 pm – 2:45 pm	Presentation and discussion: Fidelity vs adaptation	
2:45 pm – 3:00 pm	Reflections and Module 6 Evaluation	
3:00 pm – 3:15 pm	PM Break	

Module 8 – Monitoring and Evaluation of School-Based Prevention Interventions		
3:15 pm – 3:25 pm	Introduction to Module 8	Professor Francis Grace Duka-Pante Global Master Trainer on Universal Prevention Course Colombo Plan
3:25 pm – 3:40 pm	Presentation: Why do an evaluation?	
3:40 pm – 4:05 pm	Presentation and Discussion: Example: Life Skills Training (LST)	
4:05 pm – 4:30 pm	Small Group Exercise: LST Monitoring	
4:30 pm – 4:40 pm	Presentation and Discussion: LST Outcomes	
4:40 pm – 4:55 pm	Small-group Exercise: LST Outcomes	
4:55 pm – 5:10 pm	Presentation: Evaluation of school/class environment interventions Wrap-Up	

Day 5: November 22, 2024

Time	Activity/Content	Persons Involved
8:00 am – 8:15 am	MOL	SDO In-Charge
Module 9 – Review of School-Based Prevention Interventions: Application to Practice		
8:15 am – 8:30 am	Introduction to Module 9 and Review of Exercise	Dr Perla Vicenta M. De Castro Medical Officer III SDO Lipa City
8:30 am – 9:00 am	Partner Exercise: Development of a plan to organize a school-based prevention intervention in your community to integrate learning from this introductory curriculum	
9:00 am – 9:50 am	Large-Group Discussion: Review of Plans, Approaches to Overcoming Barriers, General Q and A Session	
9:50 am – 10:15 am	Post-test and Training Evaluation	
10:15 am – 10:30 am	AM Break	
10:30 am – 12:00 noon	Presentation and Critiquing of SDO Action Plan	
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm – 3:00 pm	Presentation and Critiquing of SDO Action Plan (Continuation)	
3:00 pm – 3:15 pm	PM Break	
3:15 pm – 5:00 pm	Closing Program	PMT

ANNEX B. List of the Project Management Team (PMT) and Resource Persons for the Universal Prevention Curriculum (UPC) For Substance Abuse CALABARZON Re-Echo Training of Module 5: School-Based Prevention Interventions on November 18-22, 2024.

Project Management Team (PMT)		
NAME	DESIGNATION	
Eduarda M. Zapanta	ESSD, Chief	Project Management Team
Pearl Oliveth S. Intia MD	Medical Officer IV, Regional Office	
Ed-Gideon Anonuevo	TA I, SMHP Regional Office	
Michaela H. Formalejo	TA I, SMHP SDO Quezon	
Colene Agatha A. Uy, MD	Medical Officer III, SDO Santa Rosa City	
Perla Vicenta M. De Castro, MD	Medical Officer III, SDO Lipa City	
Venus Manalo	Nurse II, SDO Santa Rosa City	
Jeremy Christian Innovero	Nurse II, SDO Santa Rosa City	
Jhunel Q. Saguni	Nurse II, SDO Cabuyao City	

RESOURCE PERSONS		
Bishop Little Jones B. Espeleta	Global Master Trainer on Universal Prevention Course Colombo Plan	Resource Speakers
Francis Grace H. Duka-Pante		

ANNEX C. List of the Participants for the Universal Prevention Curriculum (UPC) For Substance Abuse CALABARZON Re-Echo Training of Module 5: School-Based Prevention Interventions on November 18-22, 2024.

DESIGNATE	NO. of PARTICIPANTS	
Schools Division Medical Officers, National Drug Education Program Focal Person, EPS for Values or Registered Guidance Counselor/Guidance Counselor or School Head	SDO Batangas	5 slots
	SDO Cavite	5 slots
	SDO Laguna	5 slots
	SDO Quezon	5 slots
	SDO Rizal	5 slots
	SDO Antipolo City	3 slots
	SDO Batangas City	3 slots
	SDO Calamba City	3 slots
	SDO Cavite City	3 slots
	SDO Lipa City	3 slots
	SDO Lucena City	3 slots
	SDO San Pablo City	3 slots
	SDO Tanauan City	3 slots
	SDO Santa Rosa City	3 slots
	SDO Dasmarinas City	3 slots
	SDO Bacoor City	3 slots
	SDO Imus City	3 slots
	SDO Tayabas City	3 slots
	SDO Binan City	3 slots
	SDO Cabuyao City	3 slots
	SDO General Trias City	3 slots
	SDO San Pedro City	3 slots
	SDO Santo Tomas City	3 slots