



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



ESSD-RM-2026-77

30 January 2026

**Regional Memorandum**

No. 77 s. 2026

**12<sup>TH</sup> HEEADSSS WORKSHOP OF THE PHILIPPINE  
CHILDREN'S MEDICAL CENTER – ADOLESCENT  
MEDICINE DIVISION (PCMC-AMD)**

To: **Schools Division Superintendents**  
**All Others concerned**

1. Relative to Memorandum OM-OUGOPS-2026-08-08058<sup>1</sup>, the Department of Education Regional Office IV-A CALABARZON, through the Education Support Services Division–School Health Section, announces the invitation from the Philippine Children's Medical Center–Adolescent Medicine Division (PCMC-AMD) to the **12th HEEADSSS Workshop** focusing on LGBTQIA+teens, titled "*Seeing Beyond Stereotypes: Promoting Healthy Gender Attitudes in Teens*," to be held on **February 27, 2026** (Friday), from **8:00 a.m. to 5:00 p.m.**, at the **PCMC Multipurpose Hall**.
2. The workshop aims to:
  - a. conduct SOGIE-inclusive HEEADSSSS psychosocial assessments by explaining environmental factors affecting diverse adolescents, applying gender-neutral communication, and integrating affirming principles in practice scenarios;
  - b. demonstrate stigma-reducing communication by discussing adolescent sexual behaviors' STI/HIV risks across genders and orientations, while advocating for accessible sexual health services in simulated scenarios with diverse SOGIE youth; and
  - c. recognize strengths in SOGIE-diverse adolescents and their families and communicate in ways that respectfully support adolescents and caregivers in working through concerns together.
3. Invited participants are the DepEd health personnel and guidance counselors from each of the 25 Schools Division Offices. All attendees are expected to accomplish the registration form through the provided link on or before February 14, 2026: <https://forms.gle/c4ioTCdEWxY6RLmK8>. The registration fee for the workshop is Php 2,000. Physician, Nursing Guidance Counselor, Psychologist, and Professional Teacher PRC units and PPS units applied.
4. This office supports the PCMC's request that interested participants attend the workshop and learn effective approaches to supporting and managing adolescent psychosocial health **on official business**. Registration fees and travel expenses for the activity will be charged to the available Adolescent Reproductive Health

<sup>1</sup> Attendance of Interested DepEd Health Personnel and Guidance Counselors at the 12<sup>th</sup> HEEADSSS Workshop of the Philippine Children's Medical Center-Adolescent Medicine Division (PCMC-AMD)

- (ARH) Program Support Funds (PSF)/MOOE/local funds, subject to the usual accounting and auditing rules and regulations.
5. Attached are the aforementioned memorandum and letter of invitation from PCMC-AMD for your reference.
  6. For concerns and inquiries, contact Dr. Lea Joana Talucod or Dr. Alexandra De Los Santos, a fellow of PCMC, at 0917-8422084. Other related inquiries about the HEEADSSS workshop, you may contact Dr. Lilibeth Midrano-Gonzales, OIC, Chief Health Program Officer, or Ms. Phanny S. Ramos, Health Education and Promotion Officer III of the BLSS-School Health Division, via email at [blss.shd@depe.gov.ph](mailto:blss.shd@depe.gov.ph) or by calling (02) 8632-9935.
  7. Immediate dissemination and strict compliance of this Memorandum is desired.

  
**ATTY. ALBERTO T. ESCOBARTE, CESO II**  
Regional Director 

ROE3/NAF



0889JMM0-2026-57

Republika ng Pilipinas

## Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATION

### MEMORANDUM

OM-OUGOPS-2026-08-08058

TO : ALL REGIONAL DIRECTORS  
ALL SCHOOLS DIVISION SUPERINTENDENTS  
ESSD AND SGOD CHIEFS  
ALL OTHERS CONCERNED

FROM : MALCOLM S. GARMA  
Undersecretary

SUBJECT : ATTENDANCE OF INTERESTED DEPED HEALTH PERSONNEL  
AND GUIDANCE COUNSELORS AT THE 12<sup>th</sup> HEEADSSSS  
WORKSHOP OF THE PHILIPPINE CHILDREN'S MEDICAL  
CENTER - ADOLESCENT MEDICINE DIVISION (PCMC-AMD)

DATE : January 8, 2026

Aligned with the Department of Education's delivery of its mandates under the Republic Act (RA) No. 10354 or the Responsible Parenthood and Reproductive Health (RPRH) Act of 2012, RA No. 11166 or the the Philippine HIV and AIDS Policy Act and its Implementing Rules and Regulations (IRR), DepEd Order No. 28, s. 2018 titled the Policy and Guidelines on *Oplan Kalusugan sa DepEd*, and supported by the 5-Point Reform Agenda which highlights the protection of learners' well-being, DepEd supports and recognizes the role of school health and its personnel in strengthening mechanisms against all forms of discrimination and dangers, improving learning environments, and ensuring learners have access to relevant health services (e.g., psychosocial screening (Rapid HEEADSSSS) and assessment (Comprehensive HEEADSSSS Interview), counseling, and referrals.

In line with these policy directions, The Philippine Children's Medical Center-Adolescent Medicine Division (PCMC-AMD), in coordination with the Department Education, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), will conduct its **12<sup>th</sup> HEEADSSSS Workshop** focusing on LGBTQIA+teens, titled **"Seeing Beyond Stereotypes: Promoting Healthy Gender Attitudes in Teens,"** on **February 27, 2026, Friday, from 8:00 am to 5:00 pm at the PCMC Multipurpose Hall.** This is an annual event that aims to capacitate healthcare providers in understanding challenges faced by adolescents through guided learning sessions in conducting an interview and on screening using the HEEADSSSS Tool. DepEd's health personnel and guidance counselors are invited to attend the workshop on a **first-come,**



16<sup>th</sup> floor, Techzone Building, 213 Sen. Gil Puyat Ave., San Antonio Village, Makati, Metro Manila, 1203  
Telephone Nos.: (02) 8633-5313; (02) 8631-8492  
Email Address: [ouops@deped.gov.ph](mailto:ouops@deped.gov.ph) | Website: [www.deped.gov.ph](http://www.deped.gov.ph)



**first-served basis.** Please register at <https://forms.gle/c4ioTCdEWxY6RLmK8>. Registration is open until February 14, 2026.

The workshop aims for the participants to:

- a. conduct SOGIE-inclusive HEEADSSSS psychosocial assessments by explaining environmental factors affecting diverse adolescents, applying gender-neutral communication, and integrating affirming principles in practice scenarios;
- b. demonstrate stigma-reducing communication by discussing adolescent sexual behaviors' STI/HIV risks across genders and orientations, while advocating for accessible sexual health services in simulated scenarios with diverse SOGIE youth; and
- c. recognize strengths in SOGIE-diverse adolescents and their families and communicate in ways that respectfully support adolescents and caregivers in working through concerns together.

In this regard, this Office respectfully supports PCMC's requests that interested personnel attend the workshop and learn effective approaches to supporting and managing adolescent psychosocial health **on official business.** Registration fees and travel expenses for the activity will be charged to the **available Adolescent Reproductive Health (ARH) Program Support Funds (PSF)/MOOE/local funds,** subject to the usual accounting and auditing rules and regulations.

Please contact **Dr. Lea Joana Talucod** or **Dr. Alexandra De Los Santos,** a fellow of PCMC, at 0917-8422084 for any questions or clarification.

For further inquiries about the HEEADSSS workshop, please contact **Dr. Lilibeth Midrano-Gonzales,** OIC, Chief Health Program Officer, or **Ms. Phanny S. Ramos,** Health Education and Promotion Officer III of the BLSS-School Health Division, via email at [blss.shd@depe.gov.ph](mailto:blss.shd@depe.gov.ph) or by calling (02) 8632-9935.



PHILIPPINE CHILDREN'S MEDICAL CENTER  
ADOLESCENT MEDICINE DIVISION



THE 12TH HEEADSSSS WORKSHOP

SEEING BEYOND  
STEREOTYPES:  
PROMOTING HEALTHY  
GENDER ATTITUDES IN TEENS

7 Physician PRC Units  
6 Psychology PRC Units  
6 Guidance Counselor PRC Units  
4 Professional Teachers PRC Units  
5 PPS Units

27 February 2026

8:00 AM – 5:00 PM

PCMC, 3F, Multi-purpose Hall



PROGRAM of ACTIVITIES

AM Session

AM Moderator: Mary Angeli A. Conti-Lopez, MD, MPH

- 7:30 – 8:00AM REGISTRATION
- 8:00 – 8:15AM OPENING CEREMONIES
  - Prayer
  - National Anthem
  - PPS Hymn, PCMC Hymn
  - Welcome Remarks: Maria Eva I. Jopson, MD, MSChSM, MPM
  - Overview of the Workshop/Introduction of Speakers: Liah Ann G. Cruz, MD, MHCM
- 8:30 – 9:15AM LECTURE 1
  - HEEADSSSS 101: HEEADSSSS Screening for the LGBTQIA+ Teen
  - Speakers: Erlinda Susana Cuisia-Cruz, MD  
Alexandra DeLos Santos, MD
  - Q&A
- 9:15 – 10:00AM LECTURE 2
  - Let's Talk About SEX: STI and HIV Education for Adolescents and Young Adults
  - Speakers: Jay Ron O. Padua, MD  
Lea Joana Talucod, MD
  - Q&A
- 10:00 – 10:15AM BREAK
- 10:15 – 11:30AM LECTURE 3
  - My Story, My Pride: A Panel Discussion
  - Panelists: Katherine B. Camus, MD  
Niño B. Galacgac, PhD, RPsy  
Erlinda Susana Cuisia-Cruz, MD
  - Video clips: 2 parents
- 11:30 – 12:00PM Q&A
- 12:00 – 1:00PM LUNCH BREAK

PM Session

PM Moderator: Darlene R. Pecache, MD

- 1:00 – 1:15PM Game Master: Niña Jose-Santos, MD  
Franklin Marc Patrick Tarronas, MD-MBA  
Gianina Loisa Guillermo, RPsy
- 1:15 – 1:30PM RECAP OF MORNING SESSION AND WORKSHOP ORIENTATION
- 1:30 – 2:30PM CASE 1
- 2:30 – 2:45PM BREAK
- 2:45 – 3:45PM CASE 2
- 3:45 – 4:15PM SUMMARY AND FEEDBACK  
Deborah A. Red, MD
- 4:15 – 5:00PM CLOSING CEREMONIES
  - Awarding of Certificates: Moses C. De Guzman III, MD
  - Closing Remarks: Erlinda Susana S. Cuisia-Cruz, MD

FACILITATORS:

Nicole Marie Reyes, MD  
Vincent Carreon, MD  
Ralph Stephenson Tan, MD  
Darlene Pecache, MD  
Mary Angeli Conti-Lopez, MD  
Julia Mae Yulde-Cruz, MD  
Michelle Anne Mangubat, MD  
Liah Ann Cruz, MD  
Pia Parker Serviento, MD  
Ester Iligan, MD  
Deborah Red, MD  
Moses de Guzman III, MD  
Erlinda Susana Cuisia-Cruz, MD  
Rosa Maria Nancho, MD  
Alicia Tamesis, MD



(02)8589900 loc 1366



09178422084



pcmc.headssss@gmail.com



PHILIPPINE CHILDREN'S MEDICAL CENTER  
Quezon Avenue, Quezon City



## Adolescent Medicine Division

16 December 2025

GEORGINA ANN H. YANG  
Assistant Secretary for Operations  
Office of the Assistant Secretary for Operations

THRU/ATTN:

DR. MIGUEL ANGELO S. MANTARING  
Director IV  
Bureau of Learner Support Services  
School Health Division

Dear Ms. Yang,

Greetings!

The Adolescent Medicine Division of the Philippine Children's Medical Center will be holding its **12th HEEADSSSS Workshop on February 27, 2026 from 8:00am to 5:00pm at the PCMC Multipurpose Hall**. This is an annual event that aims to capacitate healthcare providers in understanding challenges faced by adolescents through guided learning sessions in conducting an interview and on screening using the HEEADSSSS Tool. The focus of the 12th HEEADSSSS Workshop is on LGBTQIA+ teens and is entitled: **"Seeing Beyond Stereotypes: Promoting Healthy Gender Attitudes in Teens"**.

The workshop aims for participants:

1. To be able to conduct SOGIE-inclusive HEEADSSSS psychosocial assessments by explaining environmental factors affecting diverse adolescents, applying gender-neutral communication, and integrating affirming principles in practice scenarios.
2. To be able to demonstrate stigma-reducing communication by discussing adolescent sexual behaviors' STI/HIV risks across genders and orientations, while advocating for accessible sexual health services in simulated scenarios with diverse SOGIE youth.
3. To be able to recognize strengths in SOGIE-diverse adolescents and their families and communicate in ways that respectfully support adolescents and caregivers in working through concerns together.

In this regard may we request your good office to allow interested staff to attend on **OFFICIAL BUSINESS/ OFFICIAL TIME**. Interested participants may register through this link: <https://forms.gle/c4ioTCdEWxY6RI.mK8>

**The fee for the workshop is 2,000 PHP. Physician, Nursing, Guidance Counselor, Psychologist, and Professional Teacher PRC units and PPS units applied.** Registration is open until **February 14, 2026**.

### ADOLESCENT MEDICINE DIVISION

ERLINDA S. CUISIA-CRUZ, MD  
*Division Head*

### SECTION OF ADOLESCENT MEDICINE

DEBORAH A. RED, MD  
*Section Head  
OPD Coordinator*

LIAH ANN G. CRUZ, MD  
*Training Officer*

ESTER M. ILIGAN, MD  
*Transition Program Manager*

DARLENE R. PECACHE, MD  
*Research Officer*

MARY ANGELI CONTI-LOPEZ, MD  
*Assistant Training Officer*

MOSES C. DE GUZMAN III, MD  
ALICIA B. TAMESIS, MD

ROSA MARIA H. NANCHO, MD

MICHELLE ANNE N. MANGUBAT, MD  
*Members*

NIÑA JOSE-SANTOS, MD

FRANKLIN MARC PATRICK TARRONAS, MD

LEA JOANA TALUCOD, MD

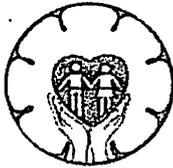
ALEXANDRA Y. DE LOS SANTOS, MD  
*Fellows Members Members*

### SECTION OF PSYCHOLOGY

GIANINA LOISA C. GUILLERMO, RPSY  
*Clinical Psychologist*

### DIVISION CLERKS

CLEOFE ESMAMA  
RONA RACHELLE GASPAR



PHILIPPINE CHILDREN'S MEDICAL CENTER  
Quezon Avenue, Quezon City



**Adolescent Medicine Division**

Attached is the activity poster and program. For questions, you may contact our fellows Dr. Lea Joana Talucod or Dr. Alexandra De Los Santos via 0917-8422084.

We look forward to your favorable response.

Very truly yours,

ERLINDA SUSANA CUISIA-CRUZ MD  
Division Head  
Adolescent Medicine Division  
Philippine Children's Medical Center



PHILIPPINE CHILDREN'S MEDICAL CENTER  
Quezon Avenue, Quezon City



Adolescent Medicine Division



PHILIPPINE CHILDREN'S MEDICAL CENTER  
ADOLESCENT MEDICINE DIVISION

PROUDLY PRESENTS



THE 12TH HEADSSSS WORKSHOP

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27 February 2026

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Registration Fee: 2,000

PRC and PPS Units  
Applied!

SCAN HERE



PAYMENT VIA  
GLASH

REGISTER UNTIL FEBRUARY 14, 2026!



[bit.ly/444qtn3](https://bit.ly/444qtn3)



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Adolescent Medicine Division



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ADOLESCENT MEDICINE DIVISION



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- Darlene Pecache, MD
- Mary Angeli Conti-Lopez, MD
- Julia Mae Vuides-Cruz, MD
- Michelle Anne Mangubat, MD
- Liah Ann Cruz, MD
- Pia Parker Serviento, MD
- Ester Bilgan, MD
- Deborah Red, MD
- Moses de Guzman III, MD
- Erlinda Susana Cuisia-Cruz, MD
- Rosa Maria Nancho, MD
- Alicia Tamezis, MD

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