



Republic of the Philippines
Department of Education
 REGION IV-A - CALABARZON
 SCHOOLS DIVISION OF QUEZON PROVINCE



15 January 2026

DIVISION MEMORANDUM

DM No. 0068, s. 2026

**PARTICIPATION TO THE UNIVERSAL PREVENTION CURRICULUM (UPC) FOR
 SUBSTANCE ABUSE IN CALABARZON RE-ECHO TRAINING**

To: Assistant Schools Division Superintendents
 Division Chiefs
 Section Heads
 Public Schools District Supervisors
 Elementary and Secondary School Heads
 School Health Personnel
 All Others Concerned

- In reference to the Regional Memorandum No. 22, s. 2026 titled **Universal Prevention Curriculum (UPC) for Substance Abuse in Calabarzon Re-Echo Training of Curriculum 6: Work-based Prevention Interventions**, the School Governance and Operations Division (SGOD), through the School Health Section, announces the participation of Schools Division Office in the said training on January 26-30, 2026 at Tagaytay Country Hotel, Tagaytay City.
- The participants in this activity are the following:

NO.	NAME	POSITION	OFFICE/SCHOOL
1	Elaine M. Medina	Principal I	Ajos NHS
2	Minerva C. Luna	Asst School Principal II	Cesar C. Tan Memorial NHS
3	Cleo Duke M. Rivadulla	Nurse II	San Andres NHS
4	Daisie L. Rebueno	Nurse II	Lopez East District
5	Catherine May D. De Los Santos	Guidance Counselor III	Quezon National High School

DEPEDQUEZON-TM-SDS-04-009-003



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3. The proponent will provide hotel accommodations, meals, and event kits for all attendees. Travel and incidental expenses shall be charged against Division MOOE/School MOOE/local funds and other source of funds depending on the availability of funds, subject to the usual accounting and auditing rules and regulations.
4. For further inquiries or clarifications, please contact **MA. TERESITA M. ABELLA, RN**, OIC-School Health Section through contact number 0945-577-6365 or email at materesita.abella@deped.gov.ph.
5. Immediate dissemination of and strict compliance with this Memorandum are desired.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent 

SGOD-SHS/MMHF/01/15/2026

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Department of Education
REGION IV-A CALABARZON



08 January 2026

Regional Memorandum

No. *22*s.2026

**UNIVERSAL PREVENTION CURRICULUM (UPC) FOR
SUBSTANCE ABUSE CALABARZON RE-ECHO
TRAINING OF CURRICULUM 6: WORK-BASED
PREVENTION INTERVENTIONS**

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

1. The Department of Education Regional Office IV-A CALABARZON through the Education Support Services Division-School Health Section will conduct **Universal Prevention Curriculum (UPC) for Substance Abuse CALABARZON Re-Echo Training of Curriculum 6: Work-Based Prevention Interventions** on January 26- 30, 2026 at Tagaytay Country Hotel, Tagaytay City.
2. This aims to:
 - a. provide an overview of the problem of drug use in the workplace;
 - b. help participants understand workplace risk and protective factors for drug use;
 - c. provide the information needed to make the business and societal case for implementing drug abuse prevention in the workplace;
 - d. provide the tools needed to identify and engage key workplace stakeholders in the implementation process;
 - e. provide guidance in the components of evidence-based drug abuse prevention practices as delineated in the United Nations Office of Drugs and Crime (UNODC) International Standards on Drug Use Prevention;
 - f. provide an overview of the steps in program implementation; and
 - g. describe the barriers to workplace prevention implementation and strategies for overcoming those barriers.
3. Participants are the Schools Division Medical Officers, National Drug Education Program Focal Person, EPS for Values, Registered Guidance Counselor/Guidance Counselor and School Head. They should have completed Course 1 (Introduction to Prevention Science) prior to this training. Participants are to register before January 15, 2026 (Thursday) via <https://bit.ly/R4A-UPC6>.



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4. Participants are encouraged to wear corporate attire with agency ID and to bring a laptop to be used during the event.
5. The Program Management Team and the List of Participants, and the Indicative Program of Activities for the training are attached as Annexes respectively.
6. 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-25-03562 subject to the usual accounting and auditing rules and regulations. Sending offices are requested to augment any fund shortage.
7. For concerns and inquiries, contact Dr. Ma. Teresita G. Carpio, Dentist III of Education Support Services Division (ESSD) via email at essd.calabarzon@deped.gov.ph.
8. Immediate dissemination and strict compliance of this Memorandum is desired.


ATTY. ALBERTO T. ESCOBARTE, CESO II
Regional Director

03/ROE4

Annex A to Universal Prevention Curriculum (UPC) for Substance Abuse Calabarzon
Re-Echo Training of Curriculum 6: Work-Based Prevention Interventions

List of Project Management Team and Participants of Universal Prevention Curriculum (UPC) for Substance Abuse CALABARZON Re-Echo Training of Curriculum 6: Work-Based Prevention Interventions on January 26- 30, 2026

PROJECT MANAGEMENT TEAM		
NAME	DESIGNATION	FUNCTION
Atty. Alberto T. Escobarte, Ceso II	Executive Head of the Program	Supervises the planning and implementation of the training
Loida N. Nidea	Assistant Executive Head	Oversees the entire program, coordinates all efforts, and focuses on actual training to ensure that the program is implements as planned
Eduarda M. Zapanta	Program Manager	Execute that the program is planned and implemented
Hereberto Jose D. Miranda	SDS Santa Rosa City	
Pearl Oliveth S. Intia, MD	Co-Chairperson Program Proponent	Program Manager: ensure that the program for the day is implemented as planned, manage the activities for the day
Ma. Teresita G. Carpio, DMD	Dentist III, Regional Office	Assistant Program Manager: assist in ensuring that the program for the day is implemented as planned, manage the activities for the day
Perla Vicenta M. De Castro, MD Venus Manalo, RN	Medical Officer III, SDO Lipa City Nurse II, SDO Santa Rosa City	Program Committee: Facilitates the management of learning; serves as master of ceremony making sure that all important people and details are acknowledged

		people and details are acknowledged
Jeremy Christian Innovero, RN Jhunel Saguni, RN	Nurse II, SDO Santa Rosa City Nurse II, SDO Cabuyao City	Registration Committee: attends to the record of registration and attendance
Jhunel Saguni, RN Michaela Formalejo-Zoleta, RN	Nurse II, SDO Cabuyao City Technical Assistant I SDO Quezon	Documentation Committee: Take note of the important details, prepare documentation and accomplishment report
Jeremy Christian Innovero, RN	Nurse II, SDO Santa Rosa City	Responsible for monitoring the digital presentation for each training module.
Mavic Pedrialva Nesmel N. Fabian	ADA III, RO Technical Assistant I RO, SHN	Responsible for preparing certificates of attendance and participation, handling contracts, sending invitations, and managing other documents needed for the training.
Luz E. Osmeña	Quality Assurance Division	Prepares, provides, consolidates and reports QAME results
Ma. Teresita G. Carpio, DMD Perla Vicenta M. De Castro, MD Venus Manalo, RN Jeremy Christian Innovero, RN Jhunel Saguni, RN	School Health and Nutrition Personnel	Medical First Aider
Bishop Little Jones B. Espeleta	Global Master Trainer on Universal Prevention Course Colombo Plan	Resource Speaker

**PARTICIPANTS OF UNIVERSAL PREVENTION CURRICULUM (UPC) FOR
SUBSTANCE ABUSE CALABARZON RE-ECHO TRAINING OF CURRICULUM 6:
WORK-BASED PREVENTION INTERVENTIONS**

Schools Division Medical Officer (1), National Drug Education Program Focal Person(1), EPS for Values (1), Registered Guidance Counselor/Guidance Counselor (1) and School Head (1)	SDO Batangas	5 slots
	SDO Cavite	5 slots
	SDO Laguna	5 slots
	SDO Quezon	5 slots
	SDO Rizal	5 slots
Schools Division Medical Officer (1), National Drug Education Program Focal Person(1) and School Head (1)	SDO Antipolo City	3 slots
	SDO Bacoor City	3 slots
	SDO Batangas City	3 slots
	SDO Binan City	3 slots
	SDO Cabuyao City	3 slots
	SDO Calamba City	3 slots
	SDO Calaca City	3 slots
	SDO Cavite City	3 slots
	SDO Dasmaringas City	3 slots
	SDO General Trias City	3 slots
	SDO Imus City	3 slots
	SDO Lipa City	3 slots
	SDO Lucena City	3 slots
	SDO San Pablo City	3 slots
	SDO San Pedro City	3 slots
	SDO Santa Rosa City	3 slots
	SDO Santo Tomas City	3 slots
SDO Tanauan City	3 slots	
SDO Tayabas City	3 slots	

Annex B to Universal Prevention Curriculum (UPC) for Substance Abuse Calabarzon
Re-Echo Training of Curriculum 6: Work-Based Prevention Interventions

INDICATIVE PROGRAM OF ACTIVITIES

**Universal Prevention Curriculum (UPC) Regional Roll-out
Curriculum 6: Work-Based Prevention Interventions**

Day 1: January 26, 2026

Time	Activity/Content	Persons Involved
8:00 am – 9:00 am	Arrival, AM Snack, Settling In	Secretariat
9:30 am – 10:30 am	Registration	
10:30 am – 12:00 noon	Opening Program National Anthem Opening Prayer Bagong Pilipinas Hymn DepEd Quality Policy Statement CALABARZON March Welcome Remarks Acknowledgement of Participants Inspirational Messages	Mr. Jhunel Q. Saguni Nurse II SDO Cabuyao City Ms. Mica H. Zoleta Technical Assistant I SDO Quezon Province Loida N. Nidea Assistant Regional Director DepEd Region IV-A CALABARZON Eduarda M. Zapanta Chief Education Supervisor Education Support Services Division Atty. Alberto T. Escobarte, CESO II Regional Director DepEd Region IV-A CALABARZON Georgina Ann H. Yang Assistant Secretary for Operations DepEd Central Office
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm – 1:30 pm	Pre-Test	
Module 1: Training Introduction		Rev. Little Jones B. Espeleta
1:30 pm – 1:45 pm	Why this Training?	
1:45 pm – 2:00 pm	Large-group exercise: Training Expectations	

2:00 pm – 2:45 pm	Small-group exercise: What kinds of workplaces and workers do you have in your community?	
Module 2: The Role of the Workplace in Prevention		Rev. Little Jones B. Espeleta
2:45 pm – 3:00 pm	Introduction to Module 2	
3:00 pm – 3:15 pm	PM Snacks	
3:00 pm – 3:30 pm	Presentation: Workplace, society and prevention	
3:30 pm – 3:45 pm	Large-group exercise: Workplaces in your community	
3:45 pm – 4:30 pm	Small-group exercise: How do workplaces affect substance use?	
4:30 pm – 5:00 pm	Presentation and discussion: Interaction of personal characteristics and the workplace environment.	

Day 2: January 27, 2026

Time	Activity/Content	Persons Involved
Continuation of Module 2: The Role of the Workplace in Prevention		Rev. Little Jones B. Espeleta
8:00 am – 8:30 am	Management of Learning	Cavite Cluster
8:30 am – 9:00 am	Large-group discussion: Substance use impact on workers	
9:00 am – 9:15 am	Presentation: Workplace characteristics and substance use	
9:15 am – 9:30 am	Presentation: Workplace prevention characteristics	
9:30 am – 10:00 am	Small-group exercise: Stressors and preventive factors	
	Summary and reflections Module 2 evaluation and wrap-up	
10:00 am – 10:15 am	AM Snacks	
Module 3: Why the Workplace is An Important Setting for Substance Use Prevention Programs		Rev. Little Jones B. Espeleta
10:15 am – 10:30 am	Introduction to Module 3	
10:30 am – 11:00 am	Presentation and discussion: Substance use among working adults: Prevalence and costs	
10:45 am – 11:00 am	Presentation and discussion: Negative impact	
11:00 am – 12:00 noon	Small-group exercise: Impact of substance use on your community workplaces	

12:00 noon- 1:00 pm	Lunch	
1:00 pm – 2:00 pm	Presentation and discussion: The “business case” for substance use prevention (continued)	
2:00 pm – 4:45 pm	Small-group exercise: Business case for prevention	
4:45 pm – 5:00 pm	Summary and reflections Module 3 evaluation	

Day 3: January 28, 2026

Time	Activity/Content	Persons Involved
Module 4: Key Components of Workplace Substance Use Prevention Policies		Rev. Little Jones B. Espeleta
8:00 am – 8:30 am	Management of Learning	Laguna Cluster
8:30 am – 8:45 am	Introduction to Module 4	
8:45 am – 9:10 am	Presentation and discussion: Substance use prevention in the workplace: Definitions	
9:10 am – 9:25 am	Large-group discussion: Substance use as health and safety issue	
9:25 am – 10:10 am	Presentation: What is a substance use prevention policy?	
10:10 am – 10:25 am	AM Snacks	
10:25 am – 11:10 am	Small-group exercise: Policies addressing every worker	
11:10 am – 12:00 noon	Large-group role play exercise: Applying UNODC principles	
12:00 noon – 1:00 pm	Lunch	
1:00 pm – 1:45 pm	Small-group exercise: Workplace policy critiquing	
1:45 pm – 2:45 pm	Presentation and discussion: Drug testing	
2:45 pm – 3:00 pm	Summary and reflections Module 4 Evaluation	
Module 5: Overview of UNODC International Standards Evidence-Based Prevention Programs		Rev. Little Jones B. Espeleta
3:00 pm – 3:15 pm	Introduction to Module 5	
3:15 pm – 3:45 pm	Presentation and discussion: Evidence-based practice for the workplace: Definitions	
3:45 pm – 5:00 pm	Large-group discussion: UNODC evidence-based workplace prevention	

Day 4: January 29, 2026

Time	Activity/Content	Persons Involved
<i>Continuation of Module 5: Overview of UNODC International Standards Evidence-Based Prevention Programs</i>		Rev. Little Jones B. Espeleta
8:00 am – 8:30 am	Management of Learning	Batangas Cluster
8:30 am – 9:15 am	Presentation and discussion: Examples of EB interventions	
9:15 am – 10:00 am	Small-group exercise: Review of evidence-based programs	
10:00 am – 10:15 am	Summary and reflections	
10:15 am	Module 5 evaluation	
<i>Module 6: Implementing and Adapting Workplace-Based Programs</i>		Rev. Little Jones B. Espeleta
10:15 am – 10:30 am	Introduction to Module 6	
10:30 am – 11:15 am	Presentation and discussion: Program implementation steps	
11:15 am – 12:00 noon	Presentation: Adaptation and fidelity	
12:00 noon – 1:00 pm	Lunch	
1:00 pm – 1:45 pm	Small-group exercise: Brainstorming fidelity	
1:45 pm – 2:15 pm	Presentation: Stigma and other barriers to implementation	
2:15 pm – 2:45 pm	Large-group discussion: Overcoming stigma and other barriers	
2:45 pm – 3:15 pm	Presentation: Monitoring and Evaluation	
3:15 pm – 3:45 pm	Presentation and discussion: Logic model/conceptual framework	
3:45 pm – 5:00 pm	Summary and reflections Module 6 evaluation	

Day 5: January 23, 2026

Time	Activity/Content	Persons Involved
<i>Module 7: Review of Workplace-Based Prevention Interventions: Application to Practice</i>		Rev. Little Jones B. Espeleta
8:00 am – 8:30 am	Management of Learning	Rizal Cluster
8:30 am – 8:45 am	Introduction to Module 7 and review of exercise	
8:45 am – 9:45 am	Small-group exercise: Country or Community Workplace Prevention Plan	

9:45 am- 10:30 am	Large-group discussion: Review of plans, approaches to overcoming barriers, and general Q & A session	
10:30 am – 11:00 am	Post-test	
11:00 am – 12:00 noon	Presentation and Critiquing of SDO Action Plans	Program Management Team
12:00 noon – 1:00 pm	Lunch Break	
1:00 pm – 3:00 pm	Continuation of Presentation and Critiquing of SDO Action Plans	Program Management Team
3:00 pm – 5:00 pm	Closing Program	Program Management Team
	Synthesis and Impressions	Selected UPC Participants
	Challenge	Dr. Ma. Teresita G. Carpio Regional Supervising Dentist Region IV-A CALABARZON
	Acceptance of the Challenge	Selected UPC Participant
	Closing Remarks	Eduarda M. Zapanta Chief Education Supervisor Education Support Services Division
	Awarding of Certificates	Program Management Team
	Homeward Bound	