



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



14 April, 2026

DIVISION MEMORANDUM

No. 0352, s. 2026

DIVISION TRAINING ON MENTAL HEALTH ASSESSMENT USING THE CHILDREN AND ADOLESCENT RISK SCREENER (CARS) TOOL

To: Assistant Schools Division Superintendents
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
Public Schools District Supervisors
School Health Personnel
Registered Guidance Counselors
All Others Concerned

1. In accordance with Republic Act No. 11036 (National Mental Health Act), which promotes the integration of mental health services in educational institutions, and in support of the OK sa DepEd School Mental Health Program (SMHP) that strengthens school-based mental health promotion, screening, and intervention, the Schools Division Office of Quezon through the School Governance and Operations Division – School Health Section (SGOD-SHS) will conduct the **Division Training on Mental Health Assessment Using the Children and Adolescent Risk Screener (CARS) Tool** on **April 23, 2026 (Thursday), from 8:00 AM to 5:00 PM**. The venue of the activity shall be announced through a separate advisory.
2. The activity aims to capacitate school health and guidance personnel in the use of the Children and Adolescent Risk Screener (CARS) as a universal mental health screening tool to identify K–12 learners at risk of mental health concerns and ensure timely prevention, early intervention, and referral support. Specifically, it aims to:
 - 2.1 Understand the importance of school-based mental health assessment;
 - 2.2 Learn the structure, domains, and interpretation of the CARS Tool; and,
 - 2.4 Integrate the CARS Tool in the implementation of the School Mental Health Program at the school level.

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



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

3. The Officer-in-Charge of the School Health Section, School and District Nurses, and Registered Guidance Counselors/Guidance Designates are requested to confirm their participation by accomplishing the attendance confirmation form through the following link:

3.1. QR Code:



3.2. Link: <https://tinyurl.com/Attendance-CARS-Tool>

4. Attached to this Memorandum are the list and number of participants and the training matrix, marked as **Enclosure No. 1** and **Enclosure No. 2**, respectively.
5. Expenses relative to the conduct of the activity shall be charged to Program Support Funds (PSF), while travel expenses of participants shall be charged against local funds, subject to the availability of funds and the usual government accounting and auditing rules and regulations. Participants coming from far districts may be allowed to arrive on Day 0 (April 22, 2026), as deemed necessary to ensure timely participation in the activity, subject to existing policies and applicable guidelines on travel and fund utilization.
6. For inquiries or further clarification, please contact **Katrina Thea C. Reyes, RN**, School Mental Health Program Focal Person through contact number **09982258370** or email at katrinathea.reyes@deped.gov.ph .
7. Immediate dissemination of this Memorandum to all concerned is requested.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent 

sgod-shs-mfz04/14/2026

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



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

Enclosure 1. List of Target Participants for the conduct of Division Training on Mental Health Assessment Using the Children and Adolescent Risk Screener (CARS) Tool on April 23, 2026.

No.	Name	Designation	District/ School
1	Ma. Teresita M. Abella, RN	OIC-SHS	SDO Quezon
2	Chrisgil A. Crisostomo	Nurse II	Infanta
3	Ana-Norwina A. Zarsadias	Nurse II	Mauban N & S
4	Jovert S. Espanola	Nurse II	Patnanungan
5	Meybel C. Nantes	Nurse II	Pagbilao 1 & 2
6	Ruffa A. Añonuevo	Nurse II	Real
7	Nipsirc John Ian E. Hari	Nurse II	Sampaloc
8	Marian M. Lina	Nurse II	Lucban
9	Lovelina T. Cuarteron	Nurse II	Gen. Nakar 1 & 2
10	Edmund A. Avellaneda	Nurse II	Panukulan
11	Jay M. Laraya	Nurse II	Polilo
12	Reina Llanessa O. Solis	Nurse II	Jomalig
13	Ragem O. Portes	Nurse II	Polillo NHS
14	Haidee T. Mandrique	Nurse II	Dr. Maria Pastrana NHS
15	Lou Gladys H. Rustria	Nurse II	Patnanungan NHS
16	May Ann Gail C. Candelaria	Nurse II	Infanta NHS
17	Krisca Anne C. Zaracena	Nurse II	Burdeos
18	Marinel P. Malabonga	Nurse II	MSEMSAT
19	Ma. Frances L. De Ocampo	Nurse II	Sariaya East
20	Lavinia R. Cueto	Nurse II	Sariaya West
21	Jackielyn Mae N. Eborá	Nurse II	Candelaria East
22	Perry S. Napeñas	Nurse II	Candelaria West
23	Vincent Byron M. Rama	Nurse II	Tiaong I
24	Ma. Michelle D. Querubin	Nurse II	Tiaong II
25	Dennis Fernando M. De Villa	Nurse II	Dolores
26	Dominic M. Colubong	Nurse II	San Antonio
27	Felirose E. Uy	Nurse II	QNHS
28	Vivien D. Sayat	Nurse II	Recto MNHS
29	Kaylim F. Pinion	Nurse II	Lutucan INHS
30	Eusylida U. Carandang	Nurse II	Lutucan INHS
31	Laiza Rose S. Espinosa	Nurse II	Mulanay 1 & 2
32	Mary Angela H. Casapao	Nurse II	Agdangan
33	Ma. Theresa J. Lim	Nurse II	Padre Burgos
34	Clarissa L. Escudero	Nurse II	Macalelon
35	Francis Rainier M. De Leon	Nurse II	General Luna
36	Estrella G. Lorca	Nurse II	Catanauan 1 & 2
37	Dianne Maricar L. Galang	Nurse II	San Francisco 1 & 2
38	Kharla L. Banquiles	Nurse II	San Andres
39	Sarah Jean D. Almeyda	Nurse II	San Narciso 1 & 2

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



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

40	Ma. Stacey Jerdette R. Rivera	Nurse II	Buenavista 1 & 2
41	Grant C. Lakian	Nurse II	Unisan
42	Katrina Thea C. Reyes	Nurse II	BPAHS
43	Edna A. Noche	Nurse II	Abuyon NHS
44	Jocelyn C. Fontanilla	Nurse II	Godofredo M. Tan Sat
45	Princess Leni May M. Rejano	Nurse II	San Isidro NHS
46	Cleo Duke M. Rivadulla	Nurse II	Camflora NHS
47	Margaret Z. Abaricia	Nurse II	Olongtao NHS
48	Chiqui G. Serafica	Nurse II	Pitogo
49	Charmagne R. Sales	Nurse II	Unisan IHS
50	Heide H. Gabriel	Nurse II	Lopez West
51	Daisie L. Rebueno	Nurse II	Lopez East
52	Zyra Mae Brizuela-Corpus	Nurse II	Tagkawayan 1 & 2
53	Aim V. Santander	Nurse II	Atimonan 1 & 2
54	Maria Nerissa A. Diego	Nurse II	Plaridel
55	Maria Cerila S. Almonte	Nurse II	Gumaca East
56	Christine Rose R. Deocales	Nurse II	Gumaca West
57	Nessan Ingrid L. Rapada	Nurse II	Calauag East
58	Alfrem M. Geneblazo	Nurse II	Calauag West
59	Zandy D. Del Moro	Nurse II	Perez
60	Kay Zhyra B. Andojar	Nurse II	Alabat
61	Jenny Lyn V. Barrantes	Nurse II	Quezon
62	Kathleen Mae D. Noblefranca	Nurse II	Alabat NHS
63	Clarissa B. Ladignon	Nurse II	Gumaca NHS
64	Genesis E. Olarte	Nurse II	Gumaca NHS
65	Klaude M. Buñag	Nurse II	Lopez CNHS
66	Luisa E. Parco	Nurse II	Alabat INHS
67	Karen E. Danseco	Nurse II	Guinayangan N & S
68	Leah C. Barrameda	Nurse II	Lamon Bay School of Fishery
69	Rodante M. De La Rosa	Nurse II	Tagkawayan NHS
70	Mitos Amadel S. Villamor	RGC	
71	Ragem T. Reyes	RGC	
72	Sheryl Lyn P. Ostonal	RGC	
73	Iris V. Mente	RGC	
74	Ferrie Angelo C. Cabangon	RGC	
75	Maria Dianna R. Macayaon	RGC	
76	Catherine May D. De Los Santos	RGC	
77	Michelle N. Cabangon	RGC	
78	Jade Ann V. Aquino	RGC	
79	Vigiline A. De Vera	RGC	
80	Ansherina F. Dollesin	RGC	
81	Michaela Mae F. Zoleta	TA I	SDO Quezon
<i>*Nothing follows</i>			

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Contact No.s: (042) 784-0366 | (042) 784-0164 |
(042) 784-0391 | (042) 784-0321
E-mail Address: quezon@deped.gov.ph
Website: <https://quezon.deped.gov.ph>



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

Enclosure 2. Training Matrix for the conduct of Division Training on Mental Health Assessment Using the Children and Adolescent Risk Screener (CARS) Tool on April 23, 2026.

Indicative Schedule	Activity	Activity Description	Office/ Person In Charge
7:00-8:00	Arrival and Registration		KAYLIM F. PINION, RN CD2 SMHP Coordinator LEAH BARRAMEDA, RN, MAN CD4 SMHP Coordinator
8:00-8:30	Opening program National Anthem Prayer Energizer		AVP MICHAELA F. ZOLETA, Rpm SMHP TA I
8:30 – 8:45	Roll call of the participants		KHARLA L. BANQUILES, RN CD3 SMHP Coordinator
8:45- 9:15	Messages		JUANITO A. MERLE, EdD SGOD-Chief ROMMEL C. BAUTISTA, CESO V SDS
9:15– 9:30	Overview of the Training	Discuss training objectives, expected outputs, and workshop flow.	ZANDY DEL MORO, RN CD4 SMHP Coordinator
9:30 – 9:45	Break		
9:45 – 10:45	Session 1: Understanding Mental Health in Children and Adolescents	Discuss key concepts, risk factors, and protective factors related to child and adolescent mental health.	MAY ANN GAIL C. CANDELARIA, RN SDO SMHP Focal Person
10:45 – 12:00	Session 2: Introduction to the Children and Adolescent Risk Screener (CARS) Tool	Explain the purpose, structure, and components of the tool; how it aligns with DepEd mental health frameworks.	KATRINA THEA C. REYES, RN CD3 SMHP Coordinator
12:00-1:00	Lunch Break		

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
 Contact No.s: (042) 784-0366 | (042) 784-0164 |
 (042) 784-0391 | (042) 784-0321
 E-mail Address: quezon@deped.gov.ph
 Website: <https://quezon.deped.gov.ph>



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

1:00-1:15	MOL		KAYLIM F. PINON, RN CD2 SMHP Coordinator
1:15-2:15	Session 3: Demonstration and Guided Practice on CARS Administration, Scoring, Interpretation, and Referral Process	Demonstrate how to administer the tool properly; guide participants in filling out sample cases. Discuss how to interpret results, identify risk levels, and make appropriate referrals following DepEd Child Protection and MH guidelines.	KATRINA THEA C. REYES, RN CD3 SMHP Coordinator
2:15-3:00	Workshop: Case Scenarios and Group Discussion	Participants work in group to assess case studies using CARS tool and present findings and recommendations.	Facilitators/SMHP Focal & Coordinators
3:00- 3:15	Coffee Break		
3:15-3:45	Presentation of Outputs and Open Forum	Groups share outputs; Q&A session to clarify issues and consolidate learning.	Participants
3:45 – 4:00	Program Evaluation		Facilitators/SMHP Focal & Coordinators
4:00-5:00	Closing Program	Awarding of Certificates, Closing Message.	MA. TERESITA M. ABELLA, RN OIC- School Health Section
LEAH BARRAMEDA, RN, MAN CD4 SMHP Coordinator Documenter			
MICHAELA F. ZOLETA, Rpm SMHP TA-I Master of Ceremony			

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
 Contact No.s: (042) 784-0366 | (042) 784-0164 |
 (042) 784-0391 | (042) 784-0321
 E-mail Address: quezon@deped.gov.ph
 Website: <https://quezon.deped.gov.ph>