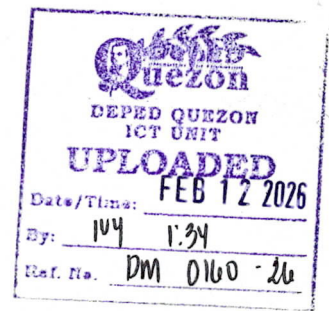




Republic of the Philippines
Department of Education
REGION IV-A - CALABARZON
SCHOOLS DIVISION OF QUEZON PROVINCE



11 February 2026

DIVISION MEMORANDUM

No. 0160, s. 2026

12TH HEEADSSS WORKSHOP OF THE PHILIPPINE CHILDREN'S MEDICAL CENTER-ADOLESCENT MEDICINE DIVISION (PCMD-AMD)

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

1. Relative to Memorandum OM-OUGOPS-2026-0808058 and Regional Memorandum No. 77, s. 2026, 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,” which will 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 HEEADSSS 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 STI/HIV risks associated with adolescent sexual behaviors across genders and sexual orientations, while advocating for accessible sexual health services in simulated scenarios involving youth with diverse SOGIE; and

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

- c. Recognize strengths in SOGIE-diverse adolescents and their families, and communicate respectfully to support adolescents and caregivers in addressing concerns collaboratively.
3. Invited participants are DepEd health personnel and guidance counselors from each of the 25 Schools Division Offices. All participants are required to accomplish the registration form through the provided link on or before February 14, 2026: <https://forms.gle/c4ioTCdEWxY6RLmKS>. The registration fee for the workshop is Php 2,000.00. Corresponding PRC units for Physicians, Nurses, Guidance Counselors, Psychologists, and Professional Teachers, as well as PPS units, have been applied for.
4. In line with this, the office supports the request of the Philippine Children's Medical Center-Adolescent Medicine Division (PCMC-AMD) for interested participants to attend the workshop **on official business** and gain knowledge on effective approaches to supporting and managing adolescent psychosocial health. Registration fees and travel expenses incurred in connection with the activity shall be charged against the available Adolescent Reproductive Health (ARH) Program Support Funds (PSF), MOOE, or local funds, subject to the usual accounting and auditing rules and regulations.
5. Please see the attached Regional Memorandum No. 77, s. 2026, for reference.
6. Immediate and widest dissemination of this Memorandum is desired.

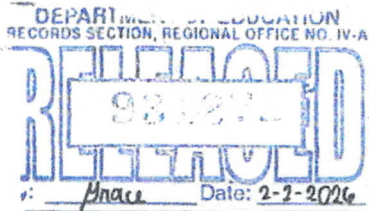

ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent 

shs/mtma-plmpmr/02/11/2026

DEPEDQUEZON-TM-SDS-04-009-003



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



30 January 2026

Regional Memorandum

No. 77 s. 2026

**12TH 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-2026-08-08058¹, 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

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



Address: Gate 2, Karangalan Village, Cainta, Rizal

Telephone No.: 02-8682-2114

Email Address: region4a@deped.gov.ph

Website: depedcalabarzon.ph




Certificate No. PHP QMS

(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@deped.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



ORRG-MMD-0005-57



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 12th 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 HEEADSSS) and assessment (Comprehensive HEEADSSS 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 12th 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,**

D4530



10th floor, Technical Building, 113 Sen. Gil Puyat Ave., San Antonio Village, Makati, Metro Manila, 1507
Telephone Nos.: (02) 8933 5311, (02) 2621 2492
E-mail Address: ops@deped.gov.ph | Website: www.deped.gov.ph



first-served basis. Please register at <https://www.doh.gov.ph/registration>. 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.

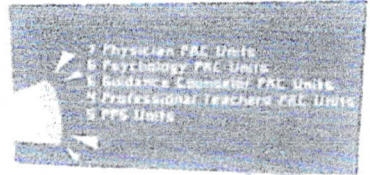
Please contact **Dr. Lea Joana Talucod** or **Dr. Alexandra De Los Santos**, a fellow of PCMC, at 0917-8422084 for any questions or clarification.

For further inquiries about the HEEADSSSS 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.sshd@deped.gov.ph or by calling (02) 8632-9935.



THE 12TH HEEADSSSS WORKSHOP

SEEING BEYOND STEREOTYPES: PROMOTING HEALTHY GENDER ATTITUDES IN TEENS



27 February 2026

8:00 AM - 5:00 PM

PCMC, 3F, Multi-purpose Hall



PROGRAM of ACTIVITIES

AM Session

PM Session

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

PM Moderator: Darlene R. Pecacho, MD

- 7:30 - 8:00AM REGISTRATION
- 8:00 - 8:15AM OPENING CEREMONIES
 - Prayer
 - National Anthem
 - PPS Hymn, PCMC Hymn
 - Welcome Remarks, Maria Eva J. Jopson, MD, MSChSM, MPH
 - Overview of the Workshop/Introduction of Speakers
 - Liah Ann G. Cruz, MD, MHCM
- 8:30 - 9:15AM LECTURE 1
 - HEEADSSSS IGI: 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 Ben O. Pallas, MD
 - Lea Jeana 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. Canino, MD
 - Niño B. Galacgac, PhD, RPsy
 - Erlinda Susana Cuisia-Cruz, MD
 - Video clip: 2 parents
- 11:30 - 12:00PM Q&A
- 12:00 - 1:00PM LUNCH BREAK

- 1:00 - 1:15PM Good Morning, Niña Jose Santos, MD
- Franklin Marc Patrick Terronca, MD-MBA
- Gianna Leica Guillermo, RPsy
- 1:15 - 1:30PM RECAP OF MORNING SESSION AND WORKSHOP ORIENTATION
- 1:30 - 2:30PM CASE 1
- 2:35 - 2:45PM BREAK
- 2:45 - 3:45PM CASE 2
- 3:45 - 4:10PM 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
Yvencat Carreon, MD
Ralph Stephenson Tan, MD
Darlene Pecacho, MD
Mary Angel Conti-Lopez, MD
Julia Mao Yulda-Cruz, MD
Michelle Anne Manzano, MD
Liah Ann Cruz, MD
Pia Parker Serviento, MD
Ester Ilijan, MD
Deborah Red, MD
Moses de Guzman III, MD
Erlinda Susana Cuisia-Cruz, MD
Rosa Maria Nanche, MD
Athen Tamara, MD



PHILIPPINE CHILDREN'S MEDICAL CENTER
Quezon Avenue, Quezon City



Adolescent Medicine Division

ADOLESCENT MEDICINE
DIVISION

Engr. S. Ochoa-Cruz, Jr.
Division Chief

SECTION OF ADOLESCENT
MEDICINE

Daphne A. Baccar
Assistant Division Chief

Dr. Ann G. Delgado
Assistant Division Chief

Eden M. Lazo, MD
Assistant Division Chief

Daniel B. Proctor, MD
Assistant Division Chief

Mari Angel Cruz-Lopez, MD
Assistant Division Chief

Moses C. de Guzman III, MD
Assistant Division Chief

Rosa Maria H. Neriola, MD

Margaret Anne N. Mangibar, MD
Assistant

Nina Joy-Santos, MD

Engr. Mica Palma-Treñas, MD

Lex Joana Taludoc, MD

Alexandra Y. De Los Santos, MD
Assistant Division Chief

SECTION OF PSYCHOLOGY

Genet Lise C. Guebara, RPSY
Assistant Division Chief

DIVISION CLERKS

Cherl Poon
Rita Rachel G. Tan

15 December 2025

GEORGINA ANN H. YANG

Assistant Secretary for Operations
Office of the Assistant Secretary for Operations

THRU/ATTN:

DR. MIGUEL ANGELO S. MANIARING

Division Chief
Bureau of Learner Support Services
School Health Division

Dear Mr. Cruz:

Greetings!

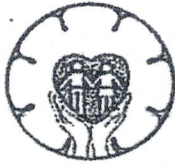
The Adolescent Medicine Division of the Philippine Children's Medical Center will be holding its **12th HEEADSSSS Workshop** on **February 27, 2026 from 8:00am to 5:00pm at the PCMC Multipurpose Hall**. This is an annual event that aims to capacitate healthcare providers in understanding challenges faced 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/4nTCdWx76f4rnc6>

The fee for the workshop is 3,000 PHP. Physician, Nursing, Guidance Counselor, Psychologist and Professional teacher PRC units and PPS units applied. Registration is open until February 14, 2026.



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,

A handwritten signature in cursive script that reads 'Dr. E. Cuisia-Cruz'.

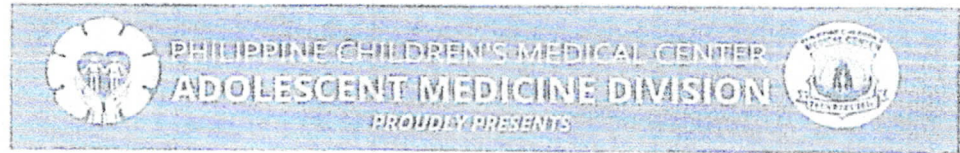
ERLINDA SUSANA CUISIA-CRUZ MD
Division Head
Adolescent Medicine Division
Philippine Children's Medical Center



PHILIPPINE CHILDREN'S MEDICAL CENTER
Quezon Avenue, Quezon City



Adolescent Medicine Division



THE 12TH HEEADSSSS WORKSHOP

SEEING BEYOND
STEREOTYPES:
PROMOTING HEALTHY
GENDER ATTITUDES IN
TEENS



27 February 2026

8:00 AM - 5:00 PM

PCMC, 3F, Multi-purpose Hall

Registration Fee: 2,000

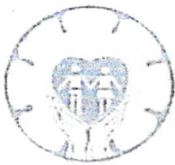
PRE and PPS Units
Applied!



PAYMENT VIA
QR

REGISTER UNTIL FEBRUARY 14, 2026! bit.ly/444qtn3

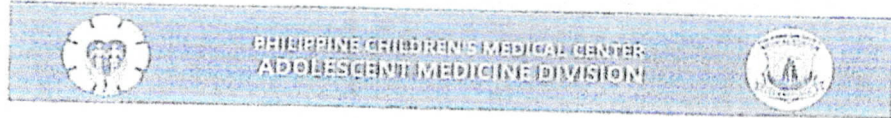
☎ (02) 8589500 | fax 1385 📞 09178422084 ✉ pcmc.headsss@gmail.com



PHILIPPINE CHILDREN'S MEDICAL CENTER
Quezon Avenue, Quezon City



Adolescent Medicine Division



THE 12TH HEEADSSSS WORKSHOP

**SEEING BEYOND
STEREOTYPES:
PROMOTING HEALTHY
GENDER ATTITUDES IN TEENS**

CMC and PMS
Units Applied!

27 February 2026
8:00 AM - 5:00 PM
PCMC, 3F, Multi-purpose Hall



PROGRAM of ACTIVITIES

AM Session

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

- 7:30 - 8:00AM REGISTRATION
- 8:00 - 8:15AM OPENING CEREMONIES
 - Prayer
 - National Anthem
 - PHS Hymn, PCMC Hymn
 - Welcome Remarks: Maria Eva J. Japson, MD, MScHSM, MPM
 - Overview of the Workshop: Introduction of Speakers: Lish Ann G. Cruz, MD, MNOM
- 8:30 - 9:15AM LECTURE 1
HEEADSSSS (HEEADSSSS) Surveying for the LGBTQIA+ Teens
Speakers: Erlinda Susana Cuisia-Cruz, MD
Alexandra De las 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 G. Padua, MD
Lee Joana Talocad, MD
Q&A
- 10:00 - 10:15AM BREAK
- 10:15 - 11:30AM LECTURE 3
My Story, My Pride: A Panel Discussion
Panelists: Katherine O. Conus, MD
Nida D. Galagao, Ph.D, 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 B. Pecante, MD

- 1:00 - 1:15PM Game Master: Nilia Jose Santos, MD
Franklin Marc Patrick Torroner, MD, MDA
Gianna Luisa Guillermo, RPsy
- 1:15 - 1:30PM RECAP OF MORNING SESSION AND WORKSHOP ORIENTATION
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Vivian Carranza, MD
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Mary Angeli Contreras-Lopez, MD
Jana Mae Valde-Cruz, MD
Michelle Anne Mangubat, MD
Lish Ann Cruz, MD
Flia Parker Sorviento, MD
Ester Bigan, MD
Deborah Red, MD
Moses de Guzman III, MD
Erlinda Susana Cuisia-Cruz, MD
Rosa Maria Ramon, MD
Alisa Tamesti, MD