



Republic of the Philippines
Department of Education
REGION III
BATAAN HIGH SCHOOL FOR THE ARTS

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SCHOOL MEMORANDUM
No. 173, s. 2025

September 25, 2025

**CONDUCT OF KATATAGAN MODULES
BY MARIVELES MENTAL WELLNESS AND GENERAL HOSPITAL**

To: Chief, Functional Divisions
All Others Concerned

1. The Katatagan Module is a specialized psychosocial support and resilience-building training developed by the Mariveles Mental Wellness and General Hospital (MMWGH). It is designed to strengthen the mental, emotional, and holistic well-being of individuals across diverse settings. In line with this, Bataan High School for the Arts (BHSa) will be conducting the **“Katatagan Module”** on **October 1-3, 2025** (*Training of Participants*) and **December 2-4, 2025** (*Training of Facilitators*), **8:00 – 5:00 pm**, at **Sapphire Room, PSALM, Bagac, Bataan**.
2. This activity aims to:
 - a. To enhance the psychological resilience and emotional intelligence of BHSa’s students and personnel through evidence-based mental health and wellness practices.
 - b. To equip participants with adaptive coping strategies and self-care techniques for maintaining balance and motivation in high-pressure creative and academic environments.
 - c. To foster a supportive and mentally healthy school culture that empowers every member of the BHSa community to respond to challenges with strength, compassion, and purpose.
3. Participants in this activity are the Teaching and Non-Teaching Personnel of BHSa.
4. Enclosed is the List of Participants, for reference.
5. Immediate and wide dissemination of this Memorandum is earnestly desired.

MIA ARIANA P. TANCIONGCO, PhD
Director III
School Director

Encl.: List of Participants
Reference: as stated
To be indicated in the Perpetua Index under the following subjects

TRAINING PAKLAUM

OSD01/AD06 September 16, 2025



Republic of the Philippines
Department of Education

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Enclosure No. 01 to School Memorandum No. 173 s. 2025

September 25, 2025

LIST OF PARTICIPANTS

**“Katatagan Module by Mariveles Mental Wellness and General Hospital”
October 1-3 and December 2-4, 2025
PSALM Resort, Bagac, Bataan**

	Full Name	Division	Position
1	Mia Ariana P. Tanciongco	Office of the School Director	Director III
2	Melbourne L. Salonga		ITO I
3	Raymond O. Caling		PLO II
4	Neil Jonathan R. Pantaleon		Admin Aide
5	Alvin P. Hulipas	Administrative Division	CAO
6	Oliver V. Arevalo		SAO
7	Romina D. Velasco		AO V
8	Avegail A. Vicente		AO V
9	Nieva D. Adelino		AO V
10	Jomar D. Dela Cruz		AO IV
11	Joseph Aaron C. Macalinao		AO III
12	Marisol B. Cunanan		AO III
13	Marilou F. Benliro		AO II
14	Patrisse Shayne M. Arellano		ADAS II
15	Alma R. Garcia	Student Affairs Division	CAO
16	Perlie Ann T. Samonte		SAO
17	Margioleh G. Alonzo		PDO III
18	Imelda R. Villanueva		AO IV
19	France Joy V. Bonagua		Dentist I
20	Louisa Dawn A. De Guzman		Nutritionist
21	Bernadette M. Dela Cruz	Finance Division	CAO
22	Lyda V. Bantugan		SAO
23	Mark Jenor R. Gaor		ACCT III
24	Karen M. Macalinao		AO V
25	Cesiah Faith H. Tutol		AO IV
26	Mayeth M. Geraldez		AO II
27	Ronald P. Bantugan	Academic Affairs Division	CEPS
28	Samuel A. Quiroz		SVEPS
29	Rosie L. Basilio		SREPS
30	Reniell H. Esconde		SPET I
31	Aubrey J. Savet		SPET I
32	Jessa M. Albarda		Teacher I



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33	Dr. Lindsay Capili	MMWGH	Facilitators
34	Dr. Irah Preclaro	MMWGH	Facilitators
35	Dr. Kristine Apple Gutierrez	MMWGH	Facilitators
36	Ms. Vivien Pareno	MMWGH	Facilitators
37	Allen Espiritu	MMWGH	Facilitators

Certified Correct:

MIA ARIANA P. TANCIONGCO, PhD

Director III
School Director



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Department of Health
 Central Luzon Center for Health Development
MARIVELES MENTAL WELLNESS AND GENERAL HOSPITAL
 P. Monroe Street, Poblacion, Mariveles, Bataan, Philippines, 2105
 Mobile: 0968-8525-604: Office of the Medical Center Chief: 0968-852-6726 mail@mmwgh.gov.ph mmwgh.gov.ph

KATATAGAN PLUS OCTOBER 1-3, 2025

DATE AND TIME	TOPIC
OCTOBER 1, 2025	
8:00- 8:30 AM	Registration
8:30- 8:45 AM	Opening prayer
8:45- 9:00 AM	Welcome remarks
9:00- 9:20 AM	Introduction to Katatagan Plus
9:20- 9:35 AM	Introduction of Facilitators
9:35- 9:45 AM	Groupings
9:45- 10:00 AM	BREAK
10:00 AM- 12:00 PM	Module 1: Pagpapanday ng Kalakasan
12:00 – 1:00 PM	LUNCH BREAK
1:00- 3:00 PM	Module 2: Pangangalaga sa katawan
3:00- 3:30 PM	BREAK
3:30- 5:00 PM	Module 3: Kapanatagan ng damdamin
OCTOBER 2, 2025	
8:00- 8:15 AM	Registration
8:15- 10:00 AM	Module 4: Wastong paglilibang
10:00- 10:30 AM	Break
10:30 AM- 12:00 PM	Module 5: Pagsasaayos ng Kalooban at kaisipan
12:00 PM- 1:00 PM	LUNCH BREAK
1:00- 3:00 PM	Module 6: Epektibong pakikipag-ugnayan at komunikasyon
3:00- 3:30 PM	Break
3:30 PM- 5:00 PM	Module 7: Paghahanap ng kalutasan at kaagapay
OCTOBER 3, 2025	
8:00- 8:15 AM	Registration
8:15- 10:00 AM	Module 8: Pagharap sa kinabukasan
10:00- 10:30 AM	Break
10:30- 12:00 AM	Continuation: Module 8: Pagharap sa kinabukasan
12:00-1:00 PM	LUNCH BREAK
1:00- 4:00 PM	
4:00-4:30 PM	Closing ceremonies



VISION
 Mariveles Mental Wellness and General Hospital is the premier client-oriented DOH hospital, providing safe, efficient, and quality services

MISSION
 We provide and advocate for quality mental and medical health care through promotive, preventive, curative and rehabilitative services with training and research.

QUALITY POLICY
 The Mariveles Mental Wellness and General Hospital is committed to provide affordable and quality mental and medical health care with Fairness, Accountability, and Continuous improvement.
 We shall ensure compliance with statutory and regulatory requirements. We pledge to continually improve our Quality Management System to exceed our clients' satisfaction.



Dr. J. Bata, Bata, Bataan

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MMH-HOP-04-08-11

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KATATAGAN PLUS TRAINING OF FACILITATORS DECEMBER 2-4, 2025

DATE AND TIME	TOPIC
DECEMBER 2, 2025	
8:00- 8:30 AM	Registration
8:30- 8:40 AM	Opening prayer
8:40- 8:50 AM	Welcome remarks
8:50- 9:10 AM	Introduction to Katatagan Plus AND Introduction of Facilitators
9:10- 9:35 AM	SESSION 1: Mental Health Literacy and Prevalence- Belief, Kknowledge , and Explorations
9:35- 10:25 AM	SESSION 2: Understanding Mental Health Literacy and Disorders-Anxiety, Depression, and Substance Use
10:35-10:45 AM	Break
10:45- 12:00 PM	SESSION 3: Understanding suicide, Suicide prevention, and Suicide Intervention
12:00-1:00 PM	LUNCH BREAK
1:00 -1:30 PM	SESSION 4: Suicide post-vention
1:30- 2:30 PM	SESSION 5: Person as supporter A, L GEE
2:30-3:00 PM	MHFA demonstration
3:00- 3:30 PM	BREAK
3:30-4:30 PM	SESSION 5: MHFA Simulations
4:30- 5:00 PM	Integration, Q & A
DECEMBER 3, 2025	
8:00-10:00 AM	Module 1: Pagpapanday ng Kalakasan
10:00-10:30 AM	BREAK
10:30- 12:00 PM	Module 2: Pangangalaga sa katawan
12:00 – 1:00 PM	LUNCH BREAK
1:00- 3:00 PM	Module 3: Kapanatagan ng damdamin
3:00- 3:30 PM	BREAK
3:30- 5:00 PM	Module 4: Wastong paglilibang
DECEMBER 4, 2025	
8:00-9:30 AM	Module 5: Pagsasaayos ng Kalooban at kaisipan
9:30- 9:45 AM	Break
9:45- 11:15 AM	Module 6: Epektibong pakikipag-ugnayan at komunikasyon
11:15 – 12:00 PM	LUNCH BREAK
12:00- 1:00 PM	Module 7: Paghahanap ng kalutasan at kaagapay
1:00- 2:00 PM	Module 8: Pagharap sa kinabukasan
2:00-4:00 PM	Integration and Closing ceremonies



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