



Republic of the Philippines
Department of Education
REGION I



REGIONAL MEMORANDUM

No. 87, s. 2026

**RE-ECHO TRAINING ON UNIVERSAL PREVENTION CURRICULUM (UPC) 4:
FAMILY BASED PREVENTION INTERVENTION**

To: Schools Division Superintendents

1. This Regional Office, through the Education Support Services Division-School Health Section (ESSD-SHS), will conduct the **Re-Echo Training on Universal Prevention Curriculum (UPC) 4: Family Based Prevention Intervention** from **July 20-24, 2026**, in **Metro Vigan Fiesta Garden Hotel Vigan City**.

2. This training is part of the Nine-Series Universal Prevention Curriculum, which is a capacity-building activity under the National Drug Education Program (NDEP), one of the flagships programs of Oplan sa Kalusugan sa DepED (OKD). The Curricula have already conducted by the Central Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD).

3. The following trained participants are invited to serve as facilitator and resource speakers, sharing their expertise during the activity.

DIVISION	NAME	DESIGNATION
SDO DAGUPAN CITY	Haydee C. Maiquez	Education Program Specialist
SDO NUEVA VIZCAYA	Shairuz Caesar B. Dugay	Nurse II
SDO PAMPANGA	R'mon Ian S. Castro	Nurse II
SDO PANGASINAN I	Ireneo R. Nacua Iii	Nurse II
SDO PANGASINAN II	Joyce R. Limson	Nurse II
SDO SAN CARLOS CITY	Sheridan S. Manamtam	Guidance Counselor III

4. Travelling expenses shall be charged to the UPC PSF fund, subject to usual accounting and auditing rules and regulations.

5. Participants are expected to arrive at the venue on July 20, 2026, check-in time shall be at 2:00 pm and **PM Snacks** shall be the first meal to be served. Check-out is on July 24, 2026 at 12 nn with the last meal being **Lunch**.

6. Attached is the list of participants and program matrix for your reference.

7. This Memorandum serves as the **Official Authority to Travel** for the identified personnel.



Flores St., Catbangen, City of San Fernando, La Union
Telephone Nos.: (072) 607-8137/682-2324
DepEd Region I region1@deped.gov.ph
www.depregion1.com

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8. For information, guidance and immediate dissemination.


ESTELA P. LEON-CARIÑO, EdD, CESO III
Regional Director

Incls: As stated

To be included in the Perpetual Index
under the following subjects:

HEALTH
EDUCATION

ESSD/sqc/mgp/RM_UniversalPreventionCurriculum4
July 13, 2026



ESSD260601



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**PARTICIPANTS OF THE RE-ECHO TRAINING ON UNIVERSAL PREVENTION
CURRICULUM (UPC) 4: FAMILY BASED PREVENTION INTERVENTION**

NO.	SCHOOLS DIVISION	NAME	DESIGNATION / POSITION
1	SDO ALAMINOS CITY	LOVELY MAE C. QUODALA	Medical Officer III
2	SDO ALAMINOS CITY	JENNALYN O. RABANAL	Nurse II
3	SDO ALAMINOS CITY	GLENN MARTIN T. RAROQUE	Nurse II
4	SDO ALAMINOS CITY	JANESSA RAMISCAL	RGC
5	SDO BATAK CITY	MARITESS D. DIEGO	Medical Officer III
6	SDO BATAK CITY	JEDIDIAH B. JAGTO	Nurse II
7	SDO BATAK CITY	MIRAH V. JOAQUIN	Nurse II
8	SDO BATAK CITY	ADELAIDA MANGLAL-LAN	RGC
9	SDO CANDON CITY	OLIVER U. CARÑO	NURSE II
10	SDO CANDON CITY	JERLYN GRACE A. BANASAN	NURSE II
11	SDO CANDON CITY	MAE C. DECANO	NURSE II
12	SDO CANDON CITY	CHRISTINE MARIE. L PEREDO	MO IV
13	SDO DAGUPAN CITY	DEAN DARYL CANETE	School Head
14	SDO DAGUPAN CITY	GLENN ERIKSON BASTO	Nurse II
15	SDO DAGUPAN CITY	ANTONIO RAFAEL BELEN III	Nurse II
16	SDO DAGUPAN CITY	ALLELI JILL BARBERAN	RGC
17	SDO ILOCOS NORTE	SALVACION DE VERA	MO III
18	SDO ILOCOS NORTE	LHESTER JAY GABA	EPS
19	SDO ILOCOS NORTE	ROWENA JUAN	NURSE II
20	SDO ILOCOS NORTE	RALPH GERALD RAVELO	NURSE II
21	SDO ILOCOS NORTE	RHODMARK ATIENZA	NURSE II
22	SDO ILOCOS NORTE	RHODARA ASISTIN	NURSE II
23	SDO ILOCOS SUR	JANICE P. CABARLOC	RGC
24	SDO ILOCOS SUR	ATHENA N. LAZO	Nurse II
25	SDO ILOCOS SUR	YANEE HEATHER N. CAIREL	Nurse II
26	SDO ILOCOS SUR	JOSE AMID ABDUL RUSIBIN	Nurse II
27	SDO ILOCOS SUR	ROSE ANN R. BARRIENTOS	Nurse II
28	SDO LA UNION	DR. AJAY R. BASANGAN	Medical Officer III
29	SDO LA UNION	MA. FLABELLE PASCUAL	Nurse-In-Charge

30	SDO LA UNION	ALTHEA GRACE C. TUNGBABAN	Nurse II
31	SDO LA UNION	CRISTOPHER BRAGAS	Nurse II
32	SDO LA UNION	RODEON ALMOITE	NURSE II
33	SDO LA UNION	LODIVINA B. BAYANI	SEPS-HRD-RGC
34	SDO LA UNION	ZHESTER YVANS A. ABERO	PDO
35	SDO LA UNION	MICHELLE E. JARAMILLA	School Head
36	SDO LAOAG CITY	MAY RICHELIE M. ALIMPIA	Medical Officer III
37	SDO LAOAG CITY	RONALYN DONA A. CUBINAR	Nurse II
38	SDO LAOAG CITY	ROSALIE LINGALING	RGC
39	SDO LAOAG CITY	THERESA ANGELINE F. CO	RGC
40	SDO LAOAG CITY	NORESEN JOY ESPEJO	Nurse II
41	SDO PANGASINAN I	RESTITO U. DE VERA	Nurse II
42	SDO PANGASINAN I	JONATHAN A. MAMAYSON	Nurse II
43	SDO PANGASINAN I	ROAN Y. ALTRE	Nurse II
44	SDO PANGASINAN I	REGINE B. LOPEZ	Guidance Counselor III
45	SDO PANGASINAN I	REYCELYN L. MAYLAS	Guidance Coordinator III
46	SDO PANGASINAN I	CRISSA P. ZAMORANOS	Guidance Coordinator II
47	SDO PANGASINAN II	ENERSON BAJE	Nurse II
48	SDO PANGASINAN II	TRINA FE GUICO	Nurse II
49	SDO PANGASINAN II	JEROME REYES	Nurse II
50	SDO PANGASINAN II	ANNABELLA G. DINGWASEN	Guidance Counselor III
51	SDO PANGASINAN II	DONNA A. VOLANTE	Guidance Counselor III
52	SDO PANGASINAN II	NIKA PAULA P. TACDOL	Guidance Counselor III
53	SDO PANGASINAN II	JENNIFER P. GAMBOA	Guidance Counselor III
54	SDO PANGASINAN II	FAY MIA C. CASACLANG	Guidance Counselor III
55	SDO PANGASINAN II	MARIA AMOR VENA E. BIAGTAN	Guidance Coordinator III
56	SDO SAN CARLOS CITY	DEXTER U. DE GUZMAN	RGC
57	SDO SAN CARLOS CITY	MILDRED S. DIEGO	Nurse II
58	SDO SAN CARLOS CITY	MARITES C. JARILLO	Nurse II
59	SDO SAN CARLOS CITY	SERVILLANO B. SUDIO JR.	RGC
60	SDO SAN FERNANDO CITY	GENESIS GARINGARAO	MO III
61	SDO SAN FERNANDO CITY	KRISTIAN VICTOR CASUGA	NURSE II
62	SDO SAN FERNANDO CITY	IRISH D. DACANAY	NURSE II

63	SDO SAN FERNANDO CITY	CATHERINE FLORES	RGC
64	SDO URDANETA CITY	JESSICA C. OLIVER	Nurse II
65	SDO URDANETA CITY	RICARDO D. NASTOR	Nurse II
66	SDO URDANETA CITY	HAZEL S. CAGUIN	Guidance Counselor II
67	SDO VIGAN CITY	NADIA MARIE ADCAPAN	RGC
68	SDO VIGAN CITY	ROWENA NAVARRO	RGC
69	SDO VIGAN CITY	MARIA KORYNNE TABORDA	NURSE II
70	SDO VIGAN CITY	ZYRA MAE G. SOL, DMD	DENTIST II
71	SDO VIGAN CITY	ARLYN D. BATULAN, MD	Medical Officer III

**LIST OF NATIONAL AND SUPPORT TRAINERS AND MEMBERS OF THE PROGRAM
MANAGEMENT TEAM ON THE RE-ECHO TRAINING ON UNIVERSAL PREVENTION
CURRICULUM (UPC) 4: FAMILY BASED PREVENTION INTERVENTION**

PROGRAM MANAGEMENT TEAM			
NO.	OFFICE	NAME	DESIGNATION/POSITION
1	REGIONAL OFFICE I - ESSD	SARAH Q. CASUGA	Chief Education Supervisor
2	REGIONAL OFFICE I - ESSD	MAE LAVERN SIBAYAN ORIÑA	Medical Officer IV
3	REGIONAL OFFICE I - ESSD	MARJORIE G. PUDIN	Dentist III
4	REGIONAL OFFICE I - ESSD	MARICRIS A. RIMAS	Nutritionist-Dietitian II
5	REGIONAL OFFICE I - ESSD	MARK JAEZER R. SORDILLA	Technical Assistant II
6	REGIONAL OFFICE I - ESSD	AMANTE C. OFIANA JR.	Technical Assistant II
7	REGIONAL OFFICE I - ESSD	GENEVA D. ANIES	Technical Assistant I
8	REGIONAL OFFICE I - ESSD	RACQUEL M. BENJAMIN	Technical Assistant I
OBSERVERS/TRAINERS/LEARNING FACILITATORS			
NO.	OFFICE	NAME	DESIGNATION/POSITION
9	CENTRAL OFFICE	DR. CYNTHIA CORONADO	Dentist III
10	CENTRAL OFFICE	GIRLIE ASURIN	Senior Education Program Specialist
11	SDO DAGUPAN CITY	HAYDEE C. MAIQUEZ EdD	Education Program Specialist
12	SDO PANGASINAN II	JOYCE R. LIMSON RN, MPH, ICAP-P	Nurse II
13	SDO SAN CARLOS CITY	SHERIDAN S. MANAMTAM, RGC	Guidance Counselor III
14	SDO PAMPANGA	R'MON IAN S. CASTRO RN, MAN, MPH, ICAP-P	Nurse II
15	SDO NUEVA VIZCAYA	SHAIRUZ CAEZAR B. DUGAY RN, MSN, MPA, ICAP-P	Nurse II
16	SDO PANGASINAN I	IRENEO R. NACUA III, RN	Nurse II

PROGRAM MATRIX

Re-Echo Training on the Universal Prevention Curriculum (UPC) on Substance Use Curriculum 4: Family-Based Prevention Intervention

DATE: July 20 - 24, 2026

Venue: Metro Vigan Fiesta Garden Hotel

Day 1		
January 20, 2026		
TIME	CONTENT	TRAINER
1:00PM – 2:30PM	Arrival and Registration of Participants	
2:30PM – 3:00PM	Break (PM Snacks)	
3:00PM – 3:30PM	Opening Program	Emcee:
3:30PM - 5:00PM	Ceremonial Welcome	Haydee Maiquez EdD
	Module 0	
	Module 1 – Training Introduction	
Day 2		
January 21, 2026		
TIME	CONTENT	TRAINER
8:00AM – 10:00AM	Continuation of Module 1 – Training Introduction	Haydee Maiquez EdD
10:00AM – 10:15AM	Break (AM Snacks)	
10:15AM – 12:00NN	Module 2—Introduction to the Family	Joyce R. Limson RN, MPH, ICAP-P
12:00NN - 1:00PM	Lunch Break	
1:00PM – 3:00PM	Module 3—Family-Based Interventions: Types and Evidence	Sheridan S. Manamtam, RGC
3:00PM – 3:15PM	Break (PM Snacks)	
3:15PM – 5:00PM	Module 3—Family-Based Interventions: Types and Evidence (Continued)	Sheridan S. Manamtam, RGC
Day 3		
January 22, 2026		
TIME	CONTENT	TRAINER
8:00AM – 8:30AM	Recap	
8:30AM – 10:00AM	Module 4—Examples of High Quality Family-based Prevention Programs	R'mon Ian S. Castro RN, MAN, MPH, ICAP-P
10:00AM – 10:15AM	Break (AM Snacks)	
10:15AM – 12:00NN	Module 4—Examples of High Quality Family-based Prevention Programs (Continued)	R'mon Ian S. Castro RN, MAN, MPH, ICAP-P
12:00NN - 1:00PM	Lunch Break	
1:00PM – 3:00PM	Module 5—Implementing Family-based Preventive Interventions: Barriers and Solutions	Shairuz Caesar B. Dugay RN, MSN, MPA, ICAP-P
3:00PM – 3:15PM	Break (PM Snacks)	
3:15PM – 5:00PM	Module 5—Implementing Family-based Preventive Interventions: Barriers and Solutions (Continued)	Shairuz Caesar B. Dugay RN, MSN, MPA, ICAP-P
Day 4		
January 23, 2026		
TIME	CONTENT	TRAINER

8:00AM – 8:30AM	Recap	
8:30AM – 10:00AM	Module 6—Monitoring and Evaluation of Family Programs	Haydee Maiquez EdD
10:00AM – 10:15AM	Break (AM Snacks)	
10:15AM – 12:00NN	Module 7—Review of Family-based Prevention Interventions: Application to Practice	Shairuz Caesar B. Dugay RN, MSN, MPA, ICAP-P
12:00NN - 1:00PM	Lunch Break	
1:00PM – 2:30PM	UNODC's Strong Families Program	Ireneo R. Nacua III RN
2:30PM – 2:45PM	Break (PM Snacks)	
2:45PM – 5:00PM	UNODC's Strong Families Program (Continued) and	Ireneo R. Nacua III RN
	Family United - Peer Pressure	Joyce R. Limson RN, MPH, ICAP-P
Day 5 January 24, 2026		
TIME	CONTENT	TRAINER
8:00AM – 8:30AM	Recap	
8:30AM – 9:00AM	Post test	
9:00AM – 9:15AM	Break (AM Snacks)	
9:15AM - 12:00NN	Awarding of Certificates to Resource Speakers/Facilitators and Closing Program	
12:00NN - 1:00PM	Lunch Break	
	House Clearing	
	HOME SWEET HOME	