



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

OCT 01 2026

MEMORANDUM

BSP-MCC: 2nd MENTAL HEALTH AWARENESS TALK 2026

To: Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Secondary School Principals / OICs
All Others Concerned

1. Attached is a letter from the Muntinlupa City Council-Boy Scouts of the Philippines, Scout Leader Michael N. Padua, WBH, BSP-MCC Mental Health Advocate, dated September 14, 2026, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. In response to reported incidents and growing concerns involving self-harm, anxiety, depression, emotional distress, and other mental health issues affecting our young people, the BSP-MCC underscores the importance of strengthening preventive mental health education and ensuring that young people know how to recognize warning signs, healthily manage stress, seek assistance, and connect to and with appropriate support systems.
3. Please see the attached program flow and number of participants attending the said event for your reference.
4. For inquiries and clarification, please get in touch with the BSP-MCC OIC-Council Scout Executive, Mr. Eduardo L. Kondo, WBH, Project Development Officer II (DRRM), Schools Division Office of Muntinlupa, at 0966-524-0873
5. Immediate and wide dissemination of this Memorandum is desired.


VIOLETA M. GONZALES CESO VI
Schools Division Superintendent

Encl.: As stated

References: As stated

To be indicated in the Perpetual Index
Under the following subjects:

SAFETY EDUCATION COMMUNICATIONS

ELK/DM/BSP-MCC: 2nd MENTAL HEALTH AWARENESS TALK 2026
405 /September 24, 2026

UN-2026-405



Student Center for Life Skills Bldg., Centennial Ave, Brgy. Tunasan, Muntinlupa City
84237560, 84237561, 84237562
sdo.muntinlupa@gmail.com / sdo.muntinlupa@deped.gov.ph
deped-muntinlupa.com

600-405



Boy Scouts of the Philippines Muntinlupa City Associate Council

3rd Floor, Plaza Central, Corner National Road/Rizal St., Barangay Poblacion,
Muntinlupa City

Tel no. (02) 8692-8463 / CP no. 09206801935
email address: muntinlupacitycouncil.bsp@gmail.com



September 14, 2026

DR. VIOLETA M. GONZALES, CESO VI
Schools Division Superintendent
Office of the Schools Division Superintendent
Schools Division of Muntinlupa City

Thru: **SL EDUARDO L. KONDO, WBH**
Council Scout Executive
Division Scout Coordinator

SDO - MUNTINLUPA CITY
RECORDS UNIT

RECEIVED

9-15-26

BY: EVELYN N. DINGAL

TIME: 3:00 PM

Subject: Request To Conduct a Division-Wide Mental Health Awareness Talk for Senior Scouts

Dear Dr. Gonzales:

Warm greetings of peace and service!

The **Boy Scouts of the Philippines (BSP) – City Council of Muntinlupa**, in collaboration with the **Junior Chamber International (JCI) – Alabang**, respectfully seeks the approval and support of the Schools Division Office of Muntinlupa City for the conduct of a **Division-Wide Mental Health Awareness Talk for Senior Scouts** on **October 9, 2026, from 8:00 A.M. to 5:00 P.M. at the Museo ng Muntinlupa**.

I. RATIONALE

The mental health and emotional well-being of young people are matters that require continued attention, prevention, awareness, and community support. Adolescents may experience various challenges involving academic pressure, family circumstances, peer relationships, social expectations, emotional difficulties, anxiety, depression, and other concerns that can affect their overall well-being.

The BSP – City Council of Muntinlupa recognizes the importance of creating a safe environment where young people can receive appropriate information about mental health and learn that seeking help is an important and responsible step when facing emotional or psychological difficulties.

The proposed activity is also being initiated in response to **reported incidents and growing concerns involving suicide, depression, anxiety, emotional distress, and other mental health issues among young people, including concerns reported within youth and Scouting communities and in other areas of the country**.

These concerns underscore the importance of strengthening preventive mental health education and ensuring that young people know how to recognize warning signs, manage stress in healthy ways, seek assistance, and connect with appropriate support systems.

In this regard, the **BSP – City Council of Muntinlupa** proposes a **Division-Wide Mental Health Awareness Talk** specifically for **Senior Scouts from public and private schools in Muntinlupa City**.

II. OBJECTIVES

The activity aims to:

1. Increase mental health awareness and literacy among Senior Scouts;
2. Provide appropriate information about depression, anxiety, stress, and emotional distress;
3. Help Senior Scouts recognize possible warning signs that may indicate that a young person needs help;
4. Promote healthy coping mechanisms, emotional regulation, resilience, and self-care;
5. Reduce stigma and misconceptions concerning mental health;
6. Promote responsible help-seeking behavior among young people;
7. Raise awareness about suicide prevention and the importance of seeking immediate assistance when a person may be at risk;
8. Provide participants with appropriate information on how to respond when a fellow Scout or young person is experiencing emotional distress;



Boy Scouts of the Philippines Muntinlupa City Associate Council

3rd Floor, Plaza Central, Corner National Road/Rizal St., Barangay Poblacion,
Muntinlupa City

Tel no. (02) 8692-8463 / CP no. 09206801935
email address: muntinlupacitycouncil.bsp@gmail.com



10. Strengthen awareness of appropriate referral pathways involving Guidance Offices, school Care Centers, parents/guardians, and qualified mental health professionals.

III. TARGET PARTICIPANTS

The activity shall be participated in exclusively by **Senior Scouts from public and private schools within the City of Muntinlupa.**

The schools shall be encouraged to send **five (5) Senior Scouts.** The participating schools shall select their representatives in accordance with their respective school policies and coordination with their Scout Coordinators, Outfit Adviser and School Principal. The selected scouts must be in **Type A uniform** during the events.

IV. LEGAL AND POLICY BASES

The proposed activity is supported by the following laws, policies, and international observances:

1. Republic Act No. 12080 – Basic Education Mental Health and Well-Being Promotion Act

RA 12080 strengthens mental health promotion and well-being within the basic education system and provides for school-based mental health programs, including mental health awareness and literacy, support mechanisms, and appropriate referral systems.

The law recognizes the importance of strengthening mental health and well-being services for learners and establishing mechanisms through which learners can access appropriate assistance.

2. Republic Act No. 11036 – Mental Health Act

The Mental Health Act establishes a national policy for promoting mental health, protecting the rights of persons with mental health needs, preventing mental health conditions, reducing stigma and discrimination, and improving access to appropriate mental health services.

3. Republic Act No. 7610 – Special Protection of Children Against Abuse, Exploitation and Discrimination Act

The activity shall uphold the protection, welfare, dignity, and best interests of children and adolescents and shall be conducted in a safe, child-sensitive, inclusive, and non-discriminatory environment.

4. World Mental Health Day – October 10

October 10 is recognized internationally as **World Mental Health Day**, providing an opportunity to raise awareness of mental health issues and mobilize support for mental health and well-being.

The proposed activity shall therefore serve as a local youth-centered initiative in observance of World Mental Health Day 2026.

V. EXPECTED OUTCOMES

At the conclusion of the activity, participating Senior Scouts are expected to:

- Have increased knowledge and awareness of mental health;
- Better understand depression, anxiety, stress, and emotional distress;
- Recognize possible warning signs requiring attention and support;
- Understand healthy coping and self-care strategies;
- Develop a more compassionate and non-stigmatizing attitude toward mental health concerns;
- Understand the importance of seeking appropriate help;
- Know where and how to access school and community support services; and
- Become better informed about suicide prevention and appropriate referral mechanisms.



Boy Scouts of the Philippines Muntinlupa City Associate Council

3rd Floor, Plaza Central, Corner National Road/Rizal St., Barangay Poblacion,
Muntinlupa City

Tel no. (02) 8692-8463 / CP no. 09206801935
email address: muntinlupacitycouncil.bsp@gmail.com



VI. REQUEST FOR SUPPORT AND COORDINATION

In view of the foregoing, the **Boy Scouts of the Philippines – City Council of Muntinlupa**, through the undersigned Project Chairman, respectfully requests the **Schools Division Office of Muntinlupa City** to support and endorse the conduct of the **Division-Wide Mental Health Awareness Talk for Senior Scouts** on October 9, 2026.

We respectfully seek the assistance of the Schools Division Office in coordinating with the **public and private schools within Muntinlupa City** to facilitate the participation of their Senior Scouts in this important activity.

The BSP – City Council of Muntinlupa, together with the JCI-Alabang, and other partner organizations, is committed to ensuring that the activity is conducted responsibly, safely, and with appropriate professional guidance.

We believe that investing in mental health awareness among young people is an important preventive measure. By giving Senior Scouts access to accurate information, supportive conversations, and knowledge of appropriate referral channels, we can help strengthen a culture where young people feel safe to seek help and where mental health concerns are addressed with compassion rather than stigma.

We respectfully request your favorable consideration and support for this proposed initiative.

Thank you very much for your continued commitment to the welfare, safety, and holistic development of the young people of Muntinlupa City.

Respectfully yours,

SL. MICHAEL N. PADUA, WBH

Program Chairman – Mental Health Awareness Talk 2026
MNHS - SHS Institutional Scout Coordinator

NOTED BY:

SL. EDUARDO L. KONDO, WBH
Council Scout Executive
Division Scout Coordinator

APPROVED:

SL. VIOLETA M. GONZALES, WBH
Schools Division Superintendent
Office of the Schools Division Superintendent
Schools Division of Muntinlupa City

“Mental Health Awareness Talk 2026”

October 9, 2026
7:00 AM – 5:30 PM
MUSEO NG MUNTINLUPA

PROGRAM FLOW

Time	Activity	Person In-Charge
7:00 – 8:00 AM	Registration & Attendance	SL. Elma D. Dapulaza Muntinlupa City Council District 1 Coordinator ROMNICK E. PATAO Teacher III - MNHS
8:00 – 8:10 AM	National Anthem, Opening Prayer, Muntinlupa March, SDO Hymn	Muntinlupa National Chorale SL. Jayson B. Abir - Conductor
8:10 – 8:20 AM	Welcome Remarks	SL. Eduardo L. Kondo Council Scout Executive Division Scouts Coordinator
	Opening Message	Brandon Cachapero Vice President for Internal Affairs JCI Alabang Gerlie P. Sevilla G17 Ambassador – Adviser Lakbayan Pilipinas President
8:20 – 8:40 AM	Inspirational Message	Dr. Violeta M. Gonzales, CESO VI Schools Division Superintendent SDO Muntinlupa City Hon. Rozzano Rufino “Ruffy” B. Biazon City Mayor City of Muntinlupa Sctr. Carmelita C. Rongavilla, LT BSP Muntinlupa Council Chairperson
	Statement of Purpose	SL. Michael N. Padua Project Chairperson SHS Institutional Scout Coordinator
8:40 – 10:10 AM	Resource Speaker 1 with Workshop	JESSAMINE E. PALLER Licensed Professional Teacher II Registered Guidance Counselor
10:10 – 11:10 AM	Resource Speaker 2	Dr. Ryan Jay Lacuna Chief Operating Officer- Neuropsychiatric & Lifespan Intervention
11:10 – 12:10 PM	Resource Speaker 3	Mr. Felicisimo C. Molina III English Department Head
12: 10 – 1: 00 PM	HEALTH BREAK	LUNCH
1:00 – 2:00 PM	Resource Speaker 4	Dr. Ma. Via Jucille R. Galban, MBA FriendlyCare Foundation Inc. – President & CEO
2:00 PM – 4:00 PM	Resource Speaker 5	Dr. Nicanor L. Echavez Psychiatrist and Lead Doctor Babaran Echavez Medical and Psychiatric Clinic and Medical Center, Muntinlupa
4:00 – 4:15 PM	HEALTH BREAK	AFTERNOON BREAK
4:15 – 5:15 PM	Resource Speaker 6 with Workshop	Mr. Eduardo L. Kondo Council Scouts Executive Project Development Officer II Division Scouts Coordinator
5:15 – 5:20 PM	AWARDING OF CERTIFICATES PHOTO OP	
5:20 – 5:30 PM	CLOSING MESSAGE	WINE EBASAN VP for External Affairs

TECHNICAL WORKING GROUPS/COMMITTEES

COMMITTEES	LEAD/PERSON IN CHARGE	MEMBERS
Planning, Monitoring & Approving	SL. EDUARDO L. KONDO Council Scout Executive Division Scouts Coordinator SL MICHAEL N. PADUA Project Chairperson WINE EBASAN Vice President for External Affairs JCI Alabang BRANDON CACHAPERO Vice President for Internal Affairs JCI Alabang GERLIE P. SEVILLA G17 Ambassador – Adviser LAKBAYAN – President	All City Council Officers All JCI Alabang Officers All G17 Officers
Event Invitation for Public and Private Schools Participants	SL. PAMELA H. GALVEZ Commissioner on Advancement	CHERRYL ANNE PAJARILLO
Program Flow/Slides Deck	SL. MICHAEL N. PADUA Project Chairperson	RHAINE A. PLATILLA C-JAE IRL CAPAL
Event Registration and Attendance In-Charge	SL. ELMA D. DAPULAZA Muntinlupa City Council District 1 Coordinator	SL. PAMELA LOUISE APACIBLE
Ushers and Usherettes	JOHN MICHAEL C. ORENCE Eagle Scout/ Senior Crew Leader	AKIRA SHYNE P. DEL MUNDO JAMAICA NAZARIO
Security and Safety	SL. KYLE JEDIE KALAW	
Venue Accommodation	SL. JAYSON B. ABIR JHS Institutional Scout Coordinator	All MNHS Scouts
Foods and Snacks	SL. MICHAEL N. PADUA VP WINE EBASAN VP BRANDON CACHAPERO SL EDUARDO L. KONDO MS. GERLIE P. SEVILLA	BERNADETTE D. MABINI MARISSA A. INOCENTES ROMNICK E. PATAO
Sound System, Technical Team, Video & Program Presentation, Tarpaulin/Pubmat	RHAINE A. PLATILLA C-JAE IRL CAPAL SAM SALCEDO	
Documentation	MARIE SYRILLE R. BARCELONA Teacher III Campus Journalism Adviser	Selected Campus Journalism Officers
Certificates	SL. MICHAEL N. PADUA Project Chairperson Institutional Scouts Coordinator	RHAINE A. PLATILLA C-JAE IRL CAPAL
Tokens	SL. MICHAEL N. PADUA VP WINE EBASAN VP BRANDON CACHAPERO SL. MS. GERLIE P. SEVILLA	SAM SALCEDO
Master of Ceremony	NOERINE V. POLO Teacher V	
For Dissemination Information Division Memo	SL. EDUARDO L. KONDO Division Scouts Coordinator	

MENTAL HEALTH AWARENESS TALK 2026 PARTICIPANTS

SCHOOLS	Number of Participants Senior Scouts	Number of Participants Student Leaders (Officers in any Organizations)	Outfit Advisor/Coordinator	TOTAL
Muntinlupa National High School	10	5	1	16
Muntinlupa Science High School	10	5	1	16
Muntinlupa Business High School – Sucat Annex	10	5	1	16
Muntinlupa Business High School - Main	10	5	1	16
Lakeview Integrated School	10	5	1	16
Poblacion National High School	10	5	1	16
Pedro E. Diaz High School	10	5	1	16
Sucate Senior High School	10	5	1	16
San Beda College	10	5	1	16
Mary Cause of Joy School	10	5	1	16
	100	50	10	160

DRESS CODE: Senior Scouts – Type A Uniform
Student Leaders – School Uniform

PARTICIPANTS

SCHOOLS	Number of Participants Scouts	Number of Participants School Leaders (<u>SSLG</u> <u>Officers</u>)	TOTAL
Muntinlupa National High School	10	5	15
Muntinlupa Science High School	10	5	15
Muntinlupa Business High School – <u>Suc</u> at Annex	10	5	15
Muntinlupa Business High School - Main	10	5	15
Lakeview Integrated School	10	5	15
<u>Poblacion</u> National High School	10	5	15
Pedro E. Diaz High School	10	5	15
<u>Suc</u> at Senior High School	10	5	15
<u>Cupang</u> Senior High School	10	5	15
San Beda College	10	5	15
Mary Cause of Joy School	10	5	15
	110	55	165