



Republic of the Philippines

Department of Education

REGION IV- A CALABARZON

CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

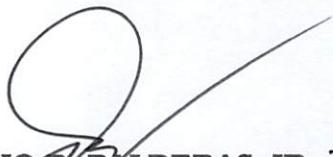
04 February 2026

DIVISION MEMORANDUM
No. 083 s. 2026

12TH HEeADSSS WORKSHOP OF THE PHILIPPINE CHILDREN'S MEDICAL CENTER – ADOLESCENT MEDICINE DIVISION (PCMC-AMD)

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. In reference to **Regional Memorandum No. 77, s. 2026** titled **12th Heeadsss Workshop of the Philippine Children's Medical Center - Adolescent Medicine Division (PCMC-AMD)** focusing on LGBTQIA+teens, "Seeing Beyond Stereotypes: Promoting Healthy Gender Attitudes in Teens, this Office announces the invitation of the said activity on **February 27, 2026 (Friday)**, from **8:00 a.m. to 5:00 p.m.** at the **PCMC Multipurpose Hall, Quezon Avenue, Quezon City**.
2. Invited participants are the DepEd health personnel and guidance counselors. Interested participants are expected to accomplish the registration form through the provided link before February 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.
3. 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 MOOE/local funds, subject to the usual accounting and auditing rules and regulations.
4. Attached are the aforementioned memorandum and letter of invitation from PCMC-AMD for your reference.
5. Immediate dissemination of this Memorandum is desired.


CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

Encl.: As stated

Reference: Regional Memorandum No. 77, s. 2026

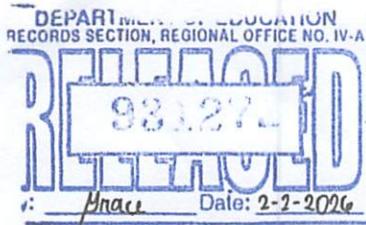
To be indicated in the Perpetual Index
under the following subjects:

CHILDREN

GENDER

WORKSHOP

SGOD- 12th heeadsss workshop of the philippine children's medical center - adolescent medicine division (pcmc-amd)
T3979-000048/February 4, 2026



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)**

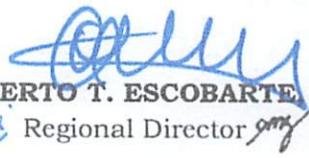
To: **Schools Division Superintendents
All Others concerned**

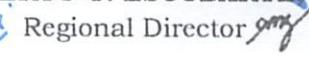
1. Relative to Memorandum OM-OUGOPS-2026-08-08058¹, the Department of Education Regional Office IV-A CALABARZON, through the Education Support Services Division–School Health Section, announces the invitation from the Philippine Children's Medical Center–Adolescent Medicine Division (PCMC-AMD) to the **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 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 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)

(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@depe.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 *omg*

ROE3/NAF



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 HEEADSSS
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 **HEEADSSS 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 HEEADSSS Tool. DepEd's health personnel and guidance counselors are invited to attend the workshop on a **first-come,**

D4530

DepED



16th floor, Techzone Building, 213 Sen. Gil Puyat Ave., San Antonio Village, Makati, Metro Manila, 1203
Telephone Nos.: (02) 8633-5313; (02) 8611 8492
Email Address: ougoa@deped.gov.ph | Website: www.deped.gov.ph



first-served basis. Please register at <https://forms.gle/c4ioTCdEWxY6RLmK8>. Registration is open until February 14, 2026.

The workshop aims for the participants 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 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 HEEADSSS 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.shd@deped.gov.ph or by calling (02) 8632-9935.



PHILIPPINE CHILDREN'S MEDICAL CENTER
ADOLESCENT MEDICINE DIVISION



THE 12TH HEEADSSSS WORKSHOP

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

1 Physician PRC Units
6 Psychology PRC Units
1 Guidance Counselor PRC Units
3 Professional Teachers PRC Units
5 PPS Units

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

PROGRAM of ACTIVITIES

AM Session

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

- 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, MPM
 - Overview of the Workshop/Introduction of Speakers:
Liah Ann G. Cruz, MD, MHCM
- 8:30 - 9:15AM LECTURE 1
 - HEEADSSSS 101: 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 Ron O. Padua, MD
Lea Joana 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. Camus, MD
Niño B. Galacgac, PhD, 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 R. Pecache, MD

- 1:00 - 1:15PM Game Master: Nila Jose-Santos, MD
Franklin Marc Patrick Tarronas, MD-MBA
Gianina Leisa Guillermo, RPsy
- 1:15 - 1:30PM RECAP OF MORNING SESSION AND WORKSHOP ORIENTATION
- 1:30 - 2:30PM CASE 1
- 2:30 - 2:45PM BREAK
- 2:45 - 3:45PM CASE 2
- 3:45 - 4:15PM 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
Vincent Carreon, MD
Ralph Stephenson Tan, MD
Darlene Pecache, MD
Mary Angel Conti-Lopez, MD
Julia Mae Yuide-Cruz, MD
Michelle Anne Mangubat, MD
Liah Ann Cruz, MD
Pia Parker Serviento, MD
Ester Iligan, MD
Deborah Red, MD
Moses de Guzman III, MD
Erlinda Susana Cuisia-Cruz, MD
Rosa Maria Nuncio, MD
Alicia Tamesis, MD



(02)8589900 loc 1366



09178422084



pcmc.headssss@gmail.com



PHILIPPINE CHILDREN'S MEDICAL CENTER

Quezon Avenue, Quezon City



Adolescent Medicine Division

ADOLESCENT MEDICINE DIVISION

ERLINDA S. CUISIA-CRUZ, MD
Division Head

SECTION OF ADOLESCENT MEDICINE

DEBORAH A. RED, MD
Section Head
OPD Coordinator

LEAH ANN G. CRUZ, MD
Training Officer

ESTER M. ILIGAN, MD
Transition Program Manager

DARLENE R. PECACHE, MD
Research Officer

MARY ANGELI CONTI-LOPEZ, MD
Assistant Training Officer

MOSES C. DE GUZMAN III, MD
ALICIA B. TAMESIS, MD
ROSA MARIA H. NANCHO, MD
MICHELLE ANNE N. MANGUBAT, MD
Members

NIÑA JOSE-SANTOS, MD
FRANKLIN MARC PATRICK TARRONAS, MD
LEA JOANA TALLICOD, MD
ALEXANDRA Y. DE LOS SANTOS, MD
Former Members

SECTION OF PSYCHOLOGY

GIANINA LOISA C. GUILLERMO, RPSY
Clinical Psychologist

DIVISION CLERKS
CLEOFE ESMAMA
RONA RACHELLE GASPAR

16 December 2025

GEORGINA ANN H. YANG
Assistant Secretary for Operations
Office of the Assistant Secretary for Operations

THRU/ATTN:

DR. MIGUEL ANGELO S. MANTARING
Director IV
Bureau of Learner Support Services
School Health Division

Dear Ms. Yang,

Greetings!

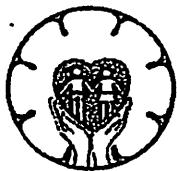
The Adolescent Medicine Division of the Philippine Children's Medical Center will be holding its **12th HEEADSSS Workshop** on **February 27, 2026** from **8:00am to 5:00pm** at the **PCMC Multipurpose Hall**. This is an annual event that aims to capacitate healthcare providers in understanding challenges faced by adolescents through guided learning sessions in conducting an interview and on screening using the HEEADSSS Tool. The focus of the 12th HEEADSSS 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 HEEADSSS 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/c4loTCdEWxYbR1mK8>

The fee for the workshop is 2,000 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,

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 HEADSSS WORKSHOP

SEEING BEYOND STEREOTYPES: PROMOTING HEALTHY GENDER ATTITUDES IN TEENS



SCAN HERE



27 February 2026

8:00 AM - 5:00 PM

PCMC, 3F, Multi-purpose Hall

Registration Fee: 2,000

PRC and PPS Units
Applied!



PAYMENT VIA
Gcash

REGISTER UNTIL FEBRUARY 14, 2026!



bit.ly/444qtn3

(02) 8589900 loc 1366

09178422084

pcmc.headssss@gmail.com



PHILIPPINE CHILDREN'S MEDICAL CENTER
Quezon Avenue, Quezon City



Adolescent Medicine Division



THE 12TH HEEADSSS WORKSHOP

SEEING BEYOND
STEREOTYPES:

PROMOTING HEALTHY
GENDER ATTITUDES IN TEENS

PRE and PPS
Units Applied!

27 February 2026

8:00 AM - 5:00 PM

POMC, 3F, Multi-purpose Hall



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- Overview of the Workshop/Introduction of Speakers
 - Lash Ann C. Cruz, MD, MHCM
- 8:20 - 9:15AM LECTURE 1
 - HEEADSSS (1) / HEEADSSS Overview, by the LGOTQIA+ Team
 - 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
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 - Panelists: Katherine B. Camus, MD
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- Nicole Marie Reyes, MD
- Vincent Carrasco, MD
- Ralph Stevenson Tan, MD
- Darlene Pecache, MD
- Mary Angeli Centi-Lopez, MD
- Julia Mae Yulda-Cruz, MD
- Michelle Anne Mangubat, MD
- Lash Ann Cruz, MD
- Pia Parker Gervionto, MD
- Ester Iigan, MD
- Deborah Red, MD
- Moses de Guzman III, MD
- Erlinda Susana Cuisia-Cruz, MD
- Rosa Maria Nancio, MD
- Alicia Temesis, MD

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