



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
Tanggapan ng Pangalawang Kalihim

**OUA MEMO 00-0122-0065**  
**MEMORANDUM**  
18 January 2022

For: **Regional Directors and BARMM Education Minister**  
**Schools Division Superintendents**  
**School Heads**  
**Adolescent Reproductive Health Focal Persons**

Subject: **CONDUCT OF TRAININGS FOR FOUNDATIONAL COURSE**  
**ON ADOLESCENT HEALTH**

To continuously support primary care service providers for a friendly and responsive adolescent health care, the Office of the Undersecretary for Administration (OUA), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), shall conduct a series of Online Training for the Foundational Course on Adolescent Health.

The Training for Region and Division ARH Focal Person will be conducted via Zoom from 8:30 am to 12:00 noon on the specified dates below. Please see the attached training design for reference.

Batch	Date	Participants	Regions
1	January 25-28, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 59)	1, 2, 3, CAR
2	February 15-18, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 66)	4A, 4B, NCR, 5
3	March 8-11, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 66)	6, 7, 8, 9
4	March 29- April 1, 2022	1 Regional and 1 Division ARH Focal Person (expected pax 63)	10, 11, 12, CARAGA, BARMM

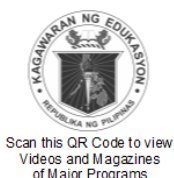
The trainings to be conducted by the DepEd Central Office shall be cascaded by the trained Regional and Division ARH Focal Person to school personnel, including all guidance counselors in the DepEd offices, in their jurisdiction within the year 2022. Training materials shall be shared to ARH Focal Persons who will pass the evaluation at the end of the training program.



**Office of the Undersecretary for Administration (OUA)**

[Administrative Service (AS), Information and Communications Technology Service (ICT), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)]

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Evaluation:

- Attendance - 100%
- Participation in discussions
- Activity Outputs - 100 % submission
- Pre-test - completion
- Post Test - 80% passing rate
- Training Evaluation - completion
- Action Plan - submission


Region and Division ARH Focal Person shall register through <https://bit.ly/FCAHReg> to receive the meeting link before the scheduled dates. Additional information shall also be sent to registered participants via email.

Continuing Professional Development (CPD) Units is being processed for the course.

The Training on Foundational Course on Adolescent Health is in collaboration with the Department of Health (DOH) and the World Health Organization (WHO), supported by the Society of Adolescent Medicine of the Philippines (SAMPI), Plan International Philippines, and RTI Philippines.

For more information, queries and concerns on the abovementioned subject, please contact Dr. Maria Corazon C. Dumlao (Chief Health Program Officer) or Ms. Lien Ivy C. Callado (Health Education and Promotion Officer II) of BLSS – SHD through (02) 8632 9935 and email at [arh@deped.gov.ph](mailto:arh@deped.gov.ph).

For immediate and appropriate action.

  
**ALAIN DEL B. PASCUA**  
Undersecretary



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# **Training on the Adolescent Health Care for Primary Health Service Providers - Foundational Course**

## **Training Design**

### **I. Rationale**

To continuously support primary care service providers in their efforts of creating acceptable, friendly and responsive health systems for adolescent health care, the Family Health Division of Department of Health (DOH), in collaboration with the World Health Organization (WHO) Philippine Country Office, developed a more comprehensive skills development, based on the competency of the participants for adolescent health care. The Foundational Course for Adolescent Health Care capacitates the health service providers in better understanding their adolescent clients or parents, and how their developmental changes influence their behaviors.

Primarily for health providers, its earlier versions have proven relevance and applicability to school teachers and counsellors, nurses, and social workers. With a common client base, this Foundational Course serves as a venue for these providers of various professions and backgrounds, to appreciate the work of each other, and potentially serve as a jumping board in the development of a service delivery network for the adolescent.

On 9 November 2021, The Department of Education, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), in collaboration with the DOH, requested technical support from WHO Philippines to conduct a series of capacity building activities for its Adolescent Reproductive Health (ARH) Program Focal Persons. The training on the Foundational Course for Adolescent Health is slated from January to March 2022. This is in support of the implementation of the Comprehensive Sexuality Education (CSE) and ARH program in schools to address the risky behaviors of learners.

### **II. Objective of the Course**

To capacitate DepEd teaching and non-teaching personnel in understanding the development of an adolescent, hence, to be adept in providing the right services to adolescents.

### **III. Learning Outcomes**

At the end of the activity the health care providers are expected to achieve the following:

<b>Learning Outcomes</b>	<b>Assessment of Learning Outcomes</b>
<ol style="list-style-type: none"><li>1. Describe the stages of adolescent development and how these are influenced by various biological, social, emotional, and environmental factors.</li><li>2. Describe the cognitive, affective, and behavioral development of adolescents and how these are affected by the neurocognitive maturation of the brain.</li><li>3. Explain the leading causes of mortality and morbidity among adolescents, the prevalence of key health-related behaviors and conditions among adolescents, and protective and risks factors using national/regional/local age and sex-disaggregated data.</li><li>4. Explain how the structural social determinants of health and more proximal protective and risk factors affect the adolescent health.</li></ol>	<ol style="list-style-type: none"><li>1. Pre-and Post-Test</li><li>2. Self- assessment</li><li>3. Facilitated discussion</li><li>4. Demonstration</li><li>5. Case study/analysis</li></ol>



<ol style="list-style-type: none"> <li>5. Discuss the numerous factors that can improve the climate of the consultation: the importance of confidentiality, privacy, confidence, neutral non-judgmental attitudes, respect and empathy.</li> <li>6. Provide a trustful atmosphere in the consultation by informing adolescents about their rights to privacy and confidentiality.</li> <li>7. Demonstrate a friendly, respectful manner that is empathic, non-judgmental and without discrimination to an adolescent client.</li> <li>8. Assess the influence of gender norms on an adolescent client's health behaviors and outcomes.</li> <li>9. Perform a psychosocial assessment thorough the use of Rapid HEEEEADSSSS (Home, Education, Employment, Eating, Activities, Drug Use, Sexuality, Suicide, Safety, and Spirituality) to detect risk and protective factors in adolescents' social, educational, and home environment.</li> <li>10. Explain the main laws and policies that affect the legal educational and health status of adolescents in the country.</li> <li>11. Describe the main characteristics of quality health services for adolescents.</li> <li>12. List locally applicable standards exist and the WHO global standards.</li> <li>13. Plan the roll-out using national/ regional/ local age and sex disaggregated data</li> </ol>	
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#### IV. Contents

The training course duration is four (4) days. The duration includes meeting of facilitators, registration, pre- and post-training activities; and interactive activities for participants on adolescent clients using HEEEEADSSSS.

- Stages of Development
- Inner working of the adolescent
- Gender and Health
- Rapid HEEEEADSSSS
- Being Client Friendly to the Adolescent
- Key Actions for Adolescents
- Adolescent Friendly Facility Checklist
- Laws and Policies related to adolescent health



## V. Methodology

- Pre-test and Post-test
- Facilitated discussion
- Demonstration
- Self –assessment
- Case study/analysis

## VI. Evaluation

- Attendance - 100%
- Participation in discussions
- Activity Outputs - 100 % submission
- Pre-test - completion
- Post Test - 80% passing rate
- Training Evaluation - completion
- Action Plan - submission

## VII. Program

Time	Activity	Methodology	Responsible Person
<b>Day 0 – Meeting of Facilitators (Monday Afternoon)</b>			
<b>Day 1 AM (Tuesday)</b>			
8:00 - 8:30 am	Opening of Training Link Reminders Pre-test		
8:30 – 8:45 am	Opening program Prayer Philippine National Anthem Introduction of Participants Messages		DepEd Message: <b>Dir. Lope B. Santos</b> DOH Message: <b>Dir. Beverly Ho</b>
8:45 – 9:15 am	Mental Health Activity		<b>WHO: Dr. Jasmine Vergara</b>
9:15 - 9:30 am	Overview and Orientation on Training Principles and Approaches		DOH : Course Overview <b>Ms. Dulce Elfa</b>  WHO : Training design <b>Mr. Eugene Arbis</b>
9:30-10:15 am	<b>Module 1: Understanding the Adolescent</b> <ul style="list-style-type: none"> <li>● Session 1 Stages of Development <ul style="list-style-type: none"> <li>○ Activity 1.1 Changes during Adolescence</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Introductory Video Lecture-Discussion  <b>Breakout session (15 minutes)</b>  Activity materials: <ul style="list-style-type: none"> <li>● Markers</li> <li>● Writing/bond paper</li> </ul>	<b>Dr. Jacqueline Kitong WHO</b>
10:15-10:40 am	○ Activity 1.2 Adolescent development	<b>Plenary (25 minutes)</b> Lecture Presentation	



10:40- 11:30 am	<ul style="list-style-type: none"> <li>• Session 2 Inner Workings of the Adolescent <ul style="list-style-type: none"> <li>○ Activity 2.1 Psychosocial development</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Lecture Discussion  <b>Breakout session (20 minutes)</b> Activity materials: <ul style="list-style-type: none"> <li>• Markers</li> <li>• Writing/bond paper</li> </ul>	<b>RP for Session 2: SAMPI</b>
11:30-12:00pm	<ul style="list-style-type: none"> <li>○ Activity 2.2 The Teen Brain</li> </ul>	<b>Plenary (30 minutes)</b> Presentation with video	
<b>Day 2 AM (Wednesday)</b>			
8:30 - 8:45am	Prayer Recap of Day 1 Checking of activity output		
8:45 - 10:00 am	<ul style="list-style-type: none"> <li>• Session 3 Gender &amp; Health <ul style="list-style-type: none"> <li>○ Activity 3.1 Human Sexuality and Gender</li> </ul> </li> </ul>	<b>Plenary (45 minutes)</b> Lecture Discussion  <b>Breakout session (30 minutes)</b> Activity materials: <ul style="list-style-type: none"> <li>• Marker, paper</li> </ul>	<b>Ms. Mona Stella R. Mariano</b> <b>Plan International</b>
9:45 – 10:30 am	<ul style="list-style-type: none"> <li>○ Activity 3.2 Gender, Health and Health Care</li> </ul>	<b>Plenary (30 minutes)</b> Video presentation Discussion	
10:30 – 12:00 nn	<b>Module 2: Responding to the Adolescent</b> <ul style="list-style-type: none"> <li>• Session 1 HEEADSSS <ul style="list-style-type: none"> <li>○ Activity 1.1 Screening Tool</li> <li>○ Activity 1.2 Interview Protocol</li> </ul> </li> </ul>	<b>Plenary (40 minutes)</b> Lecture-Discussion  <b>Breakout session (50 minutes)</b> Activity material/s: <ul style="list-style-type: none"> <li>• Interview guidelines</li> <li>• HEEADSSS screening tool</li> <li>• Case Scenarios</li> </ul>	<b>Dr. Angeli Conti-Lopez</b> <b>USAID</b>
<b>Day 3 AM (Thursday)</b>			
8:30 – 8:45 am	Prayer Recap Checking of Activity Output		
8:45 - 9:30 am	Session 1 Processing of Interviews	<b>Break-out Session (45 minutes)</b> Assignment Presentation Discussion	
9:30 – 10:30 am	<ul style="list-style-type: none"> <li>• Session 2 Being Adolescent – Client Friendly <ul style="list-style-type: none"> <li>○ Activity 2.1 Finding Compassion</li> <li>○ Activity 2.2 Compassionate Listening</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Lecture Discussion  <b>Breakout session (30 minutes)</b> Activity material/s: <ul style="list-style-type: none"> <li>• Pen/marker, paper</li> <li>• Compassionate listening worksheet</li> </ul>	<b>Dr. Miel Nora</b> <b>USAID</b>



10:30-11:00 am	<ul style="list-style-type: none"> <li>Session 3 Gaining the Adolescents Trust <ul style="list-style-type: none"> <li>Activity 3.1 Privacy, Confidentiality &amp; Informed Consent</li> </ul> </li> </ul>	<b>Plenary (30 minutes)</b> Video Discussion	<b>Dr. Miel Nora</b>  <b>USAID</b>
11:00 – 11:40 nn	<ul style="list-style-type: none"> <li>Session 4 Advising Parents with Adolescents</li> </ul>	<b>Plenary (40 minutes)</b> Lecture Discussion	<b>Dr. Jacqueline Kitong</b> <b>WHO Philippines</b>
11:40 - 12:00 nn	<ul style="list-style-type: none"> <li>Overview of Module 3</li> <li>- Assignment</li> </ul>	<b>Plenary (20 minutes)</b>  Announcement for Activity Materials: <ul style="list-style-type: none"> <li>Provider self-assessment form</li> <li>DOH AFHF standard evaluation tool</li> </ul>	<b>Mr. Eugene Arbis</b> <b>WHO Philippines</b>
<b>Day 4 AM (Friday)</b>			
8:30 – 8:45am	Prayer Recap Checking of Activity Output		
8:45 – 10:45 am	<b>Module 3 Moving Towards Adolescent Friendly Health Services</b> Session 1 The Adolescent Friendly Health Facility <ul style="list-style-type: none"> <li>Session 2 The Adolescent Friendly Health Facility</li> <li>Session 3 Improving Quality of Adolescent Care <ul style="list-style-type: none"> <li>Activity 3.1 Adolescent Health Services Quality Gap Analysis</li> <li>Activity 3.2 Key Actions to Improve Adolescent Health Services</li> </ul> </li> </ul>	<b>Plenary (1 hour)</b> Lecture-Discussion Video  <b>Break-out Session (1 hour)</b> Materials: <ul style="list-style-type: none"> <li>Provider self-assessment form</li> <li>DOH AFHF standard evaluation tool</li> </ul>	<b>Mr. Eugene Arbis</b> <b>WHO Philippines</b>
10:45 – 11:45 am	<ul style="list-style-type: none"> <li>Session 4 Laws and Policies <ul style="list-style-type: none"> <li>Activity 4.1 Case Analysis</li> </ul> </li> </ul>	<b>Plenary (20 minutes)</b> Lecture Discussion  <b>Break-out Session (40 minutes)</b> Case Analysis	<b>Ms. Dulce Elfa</b> <b>DOH</b>
11:45 – 12:00 pm	<b>Closing Program</b> Message and Ways Forward	<b>Plenary</b>	<b>Dr. Jacqueline Kitong</b> <b>WHO</b>  <b>Dr. Maria Corazon C. Dumlao</b> <b>DepEd</b>

