



December 7, 2015

DIVISION MEMORANDUM

No. 844, s. 2015

**CPADAC PLANNING- WORKSHOP ON THE IMPLEMENTATION OF PROJECT SEEK
FOR DRUG ABUSE PREVENTION**

**To: Assistant Superintendents
Education Supervisors/Coordinators
District Supervisors/OICs
Elementary and Secondary School Heads**

1. This Office announces the conduct of the **Cebu Provincial Anti-Drug Abuse Commission (CPADAC) Planning-Workshop on the Implementation of Project School-Based Education Enhances Knowledge (SEEK) for Drug Abuse Prevention** at the DepED Ecotech Center, Sudlon, Lahug, Cebu City on December 17-18, 2015.
2. This workshop aims to:
 - a. assess the existing drug abuse prevention program in schools;
 - b. explain the guiding principles of the school-based education for drug abuse prevention;
 - c. review the CPADAC teaching resources and strategies; and
 - d. design a workable communication plan for the implementation of the drug abuse prevention program in schools.
3. Participants to this conference are all **Division Supervisors/Coordinators**. They are to bring their laptops and Subject Area Curriculum Guides to be used during the said workshop.
4. Expenses for board and lodging, venue rental, workshop materials and other incidental expenses shall be chargeable against **CPADAC Funds**, while traveling expenses shall be chargeable against **Division MOOE Funds**, subject to their availability and the usual accounting and auditing rules and regulations.
5. This Memorandum serves as participants' Authority to Travel.
6. Immediate dissemination of the contents of this Memorandum is desired.


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LET'S DEVELOP

OUR LIVES
OUR COMMUNITIES
OUR IDENTITIES

WITHOUT DRUGS

Drug Awareness & Prevention Week Celebration 2015

**Best Practices: Safe and Drug-free Schools and Communities
Creating a better tomorrow...**

I. Project Title:

Linking the Interests of Families and Teachers (LIFT)

II. Overview:

Linking the Interests of Families and Teachers (LIFT) is a school- and community - based intervention program designed to improve positive social behavior, family interaction, and school/home coordination, reduce delinquent behavior later in life.

It is an intervention program designed to reduce substance abuse and behavioral problems during adolescence.

III. Background

On May 2015, the CPADAC and the DEPED already held training activity involving the various presidents of the student councils in the province.

During this forum, it was emphasized to the participants the need for cohesion and action among the youth and students and their peer counseling on their fellow youth and students.

In recent years, there has been no programs yet involving the PTAS. For this reason, so far, there has been no programs implemented that sought to renew and strengthen the linkages between the actions of the student and the parents and the schools and the communities with regards to drug abuse.

IV. Objectives

The LIFT seeks to attain the following:

1. Promote and scale – up the drug awareness among the Parent – Teachers Associations and the schools;
2. Establish An AdHoc Group on the Network of PTA's and Schools on Drug Awareness;

3. Draw a Minimum Short Term Plan for PTA's and Schools on Drug Awareness;
4. Identification of Resource Persons from the Ranks of the PTA and Schools for Sustainable Drug Awareness Programs;

V. Principles/Approaches/Components:

The LIFT Program is based on the premise that the behavior of a person, and his drift or propensity towards a life of delinquency and violence, is developed at an early stage in life. Inversely, a positive outcome and a life that firmly rejects or repels unwholesome elements also start early in life.

Thus, the development of children and the youth and their upbringing, and in this regard, the family, and the teachers, in the various communities, are very relevant factors for the tendencies towards success or failures of children. The family in particular, the schools are the very basic social institutions where the children and the youth are exposed and reared to conditions that impact on the future of persons.

LIFT focuses on oppositional and socially inept behavior in children and on discipline and monitoring strategies used by parents. It consists of five main components:

- 1) Classroom- based social skills training for children, including problem-solving, skills review, and rewards;
- (2) The Good Behavior Game, focusing on group interaction and positive and negative behaviors of children at recess or in a playground setting;
- (3) Parent management training, including lecture, discussion, role-play of issues, and review and presentation of home practice exercises
- (4) Improving parenting skills (e.g., monitoring, expressing affection, setting limits),
- (5) Building life skills in youth (e.g., resisting peer pressure, managing emotions, setting goals), and strengthening family bonds.

VI. Implementation Plan

A. Resource Speakers

- a. DepEd Selected Speaker
- b. Family Psychologist Speaker
- c. CPADAC Speaker

B. Target Participants

- a. Parents Teacher Association Federation Presidents
- b. DepEd Coordinator on PTA Affairs

C. Schedule and Venue

- a. November 17, 2015
- b. Cebu Grand Hotel, Escario St., Cebu City

D. Topics Covered

- a. Growing Up Drug Free: A Parents Guide to Prevention
- b. Engaging Parents in Drug Education in School and in the Community
- c. Recovery and drug dependency: a new deal for families

E. Activities

- a. Lecture
- b. Sharing and leveling of Values and of best practices
- c. Small Group Discussions
- d. Networking among support groups.

F. Output

- a. Common Grass Roots Short term/Minimum Plan of action
- b. Coalition of PTA Advocacy centers On Ad Hoc Basis with their Officers/coordinators
- c. Photo Action for Positive Advocacy
- d. Identification of Teachers, Trainers and Resource speakers from PTA membership

G. Budget and Source

An estimated budget of P _____ would be required to defray expenses. This will be taken from the CPADAC Budget.

A. PARTICIPANTS	NO.	FOOD		TOTAL
		Day 1: 3 meals/2 snacks	Day 2: 2 meals/2 snacks	
PTA Federation Presidents	57			
Coordinator for PTA Affairs	57			
Other:				
Organizers (CPADAC)	5			
Speakers	4			
DePed Personnel	10			

B. STIPEND FOR THE SPEAKERS	3	1,500 / SPEAKER		4,500.00
C. HONORARIUM FOR EMCEE	1	1,000 / EMCEE		1,000.00
E. MATERIALS		Notebook & Pens 20.00 x		
GRAND TOTAL				

PROGRAM OF WORKS



Strengthening Drug Education in School Communities

II. Project Title:

PROJECT S.E.E.K – School-based Education Enhances Knowledge (SEEK) for Drug Abuse Prevention

II. Overview

Project SEEK is a program that attempts to provide a conceptual basis upon which teachers and school administrators in developing better school- based drug prevention programs

The Program provides skills – training in developing and implementing drug education programs. It also outlines how these programs are supported by a whole-school approach for the purpose of promoting health and wellbeing vis-à-vis students and the community at large.

III. Objectives

The program aims to:

- 1) To improve the effectiveness of the curriculum- based approach to drug education
- 2) To encourage best practice principles in the design, delivery and evaluation of school- based drug education
- 3) To provide guidelines on how to plan and evaluate drug education over time to ensure it is consistent with best practice

IV. Principles/Approaches/Components

Project SEEK is a program that adopts and implements best practices as major instrument in the design, delivery and evaluation of drug education programs.

Given that young people are exposed to situations where legal and illegal drugs are used, it is essential they have the opportunity to experience effective bests practice in drug education as a major tool for enhancement of their social skills, improvement of their knowledge.

With these experiences, it is hoped that the youth is able to better and positive attitudes in life, their career and studies and that they would reject away from drugs and drug use.

The approach to drug education outlined in this program aims to prevent and to reduce drug-related harm in schools.

Consistent hereof, it recommends an inclusive approach where all students, whether they use drugs or not, are able to access, enhance and gain knowledge and skills so they can make informed choices about drug use.

V. Implementation Plan

A. Resource Speakers

- a. Representative, Dangerous Drugs Board
- b. Representative, CPADAC
- c. Representative, DEPED

B. Target Participants

- a. Superintendents
- b. District Supervisors, Division Deped

C. Schedule and venue

- a. November 18, 2015
- b. Cebu Gran Hotel, Escario St., Cebu City

D. Topics Covered

- a. Schools and drug abuse prevention ☐
- b. Guiding principles for school-based education for drug abuse prevention ☐
- c. Planning the drug abuse prevention program
- d. Teaching resources and strategies ☐
- e. School, classroom, community and home influences ☐
- f. Evaluation and assessment of the drug abuse prevention program ☐
- g. Managing drug-related incidents
- h. Counselling and referral ☐

E. Activities

- a. Lecture
- b. Workshop
- c. Brainstorming

F. Output

- a. Adoption of Minimum suggested curriculum on Drug-Education In Schools
- b. Establishment of AdHoc committee for the Review, Implementation and the Adoption of the Minimum Suggested Curriculum on Drug-related Education

G. Budget

PROGRAM OF WORKS

A. PARTICIPANTS	NO.	FOOD	Source of Funds	TOTAL
DIVISION SUPERINTENDENTS DISTRICT SUPERVISORS (PROVINCE) DISTRICT SUPERVISORS (COMPONENT CITIES)	7 54 35	500.00 / HEAD X 96	CPADAC	48,000.00
OTHERS: CPADAC PERSONNEL DEPED DIVISION OFFICE SPEAKERS	5 10 2	500.00 / HEAD X 17		8,500.00
B. STIPEND FOR SPEAKER	1	5,000.00		5,000.00
C. MATERIALS	96	50.00 X 96		4,800.00
D. HONORARIUM FOR EMCEE	1	1,500 / EMCEE		1,500.00
GRAND TOTAL				P 67,800.00