



**#WorkingTogetherToPreventSuicide**

**Mapawa Nature Park,  
Malasag, Brgy. Cugman,  
Cagayan de Oro City  
April 23 – 27, 2019**

# Table of Contents

Foreword	.....	2
Introduction	.....	4
Summary Report	.....	5
Lesson Learned	.....	6
A. Setting of Expectations	.....	6
B. Shibashi/Qui Gong	.....	6
C. Creative Recapitulation	.....	6
D. The Problem Tree	.....	6
E. Paper Bag Puppet	.....	7
F. Team Building	.....	7
G. Swimming	.....	9
H. Evening Prayer	.....	11
I. Fun Night	.....	11
J. Understanding Suicide	.....	11
K. Celebrating The Holy Communion	.....	13
Recommendation	.....	14
Summer Camp 2019 Staff, Resource Speakers and Facilitators	.....	15
Photos	.....	16
Appendix	.....	34

# Foreword

This year's summer camp addressed the alarming issue on Suicide on children and youth. The activities was designed in consonance with the 2019 World Suicide Prevention Day entitled "Working Together To Prevent Suicide."

It is the goal that every camper to enhance the resiliency to prevent suicide of the fifty-two (52) children participants from Gugma sa Kabataan, Inc. and Malisa Home. The approach was psycho-social to consider the circumstances that the children were into as victim survivors of all forms of abused, abandonment, discrimination and a violent-stricken atmosphere.

An imagery of a "big black dog" controlling its master was presented to the children. It symbolizes how depression controls a person. Psychologists pointed out that suicide can be characterized by abnormal thoughts, emotions and relationship that would develop to mental disorder called "depression." Guilt, sadness, confusion, and anger were common feelings identified by the children as their struggles towards their families and perpetrators, was and cannot decide for him/herself, is unable to care and love for self, and hopelessness is leading to suicide.

Medical practitioner in the Northern Mindanao Medical Center (NMMC) pointed out that most cases in the hospital who committed suicide were in the age range of 15 - 34 years old and mostly male. Chemical ingestion and strangulation are the common means to suicide

However, suicide can be prevented when members of the family, friends and the community have full awareness on the signs and symptoms of people who have suicidal tendency - disturbed sleep, loss of appetite, anxiety, lack of focus, low esteem, extreme

**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**

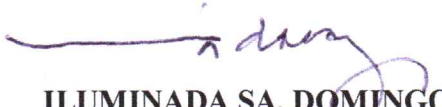
---

pessimism, lack of support, and difficulty handling stress.vvMore important inmost understanding of oneself and to love oneself is very important to hope amidst hopelessness.

Again, we deeply acknowledge all participants – children and staff of Gugma Sa Kabataan, Inc. and Malisa Home and all the resource persons: Ms. Fretzie Rose T. Dante, Ms. Cychris Rosalada, Dr. Jaymee Q. Leonen, Dr. Marlon C. Turaja and Rev. Beryl Sale.

This 2019 summer camp would not be made possible without the support of Gugma Street Kids Germany and its Board members through the leadership of Dr. Stefan Wolfenstetter.

Above all to God be the glory!

  
**ILUMINADA SA. DOMINGO**  
**CAMP DIRECTOR**

# Introduction

Summer Camp is an annual activity of Gugma Sa Kabataan, Inc. (GSK). It provides an opportunity for every child to develop a life shaping skills on intra and interpersonal, handling communication, emotions, solving problems, making decisions and setting goals related to issues affecting children. The 2019 summer camp addressed the alarming issue on Suicide with the theme “Working Together To Prevent Suicide.” The theme was in consonance to the World Suicide Prevention Day (WSPD) on September 10, 2019.

The 4-day summer camp started in the afternoon of April 23 and it ended in the morning of April 27. The venue is in Mapawa Nature Park, Malasag, Brgy. Cugman, Cagayan de Oro City

At the end of the 4-day camp, the participants were able to:

1. Have knowledge on suicide and its causes,
2. Capacitated the children on preventing suicide,
3. Capacitated skills on resiliency to prevent suicide.

# Summary Report

The 2019 Summer Camp was a joint venture of Gugma Sa Kabataan, Inc. and Malisa Home. Gugma sa Kabataan, Inc. is an accredited social welfare development agency working with survivor children at risk from the street, abused of all forms and abandoned and with thirty-two (32) clientele between the age range of 7-18 years old. Malisa Home is a non-governmental organization working with girls who are sexually abused and trafficked to prostitution in Region X. Currently they have seventeen (19) clients between the age range of 14 to 19 years old.

A total of fifty-two (52) children participated the summer camp. Eighteen (18) girls and fifteen (15) boys from Gugma Sa Kabataan, Inc. then nineteen (19) girls from Malisa Home.

Both organizations have cases of children who attempted to commit suicide while others came from families who committed completed suicide.

# Lessons Learned

## A. SETTING OF EXPECTATIONS

Every child is mindful on the rules in the house, activity area and in sessions, and practice protocols. The presence of eight (8) staff from the two agencies helped in keeping the time, monitor the kids who needs help, served as officers of the day. Participants were into an intergeneration group of 7 - 8 members working together as a team who help, and cooperate with each other.

## B. SHIBASHI/QUI GONG

It was a daily form of meditation at 5:45 in the morning. It is a breathing in and out exercise as the body moved. Twelve (12) children represented the different body movements with a reflection and prayer.

## C. CREATIVE RECAPITULATION

Groups presented the learnings for the morning and afternoon sessions. The presentations were innovative, creative, and dynamic. Also, it maximized participation of all group members that motivated to communicate feelings and insights.

## D. THE PROBLEM TREE

Every child has to choose a tree to draw they perceived as a "Problem Tree." Each of them described tree is dead, dying and decomposing. Analysing its causes: it was isolated, lack of water, not well taken cared and attended, neglected, isolated, huge trees did not allow it to grow, too young to be cut.

The “Problem Tree” was contextualize by the children that there was a problem in the family. The children felt the need to be cared, to be loved, to grow in a family atmosphere that is violent free (from all forms of abused), rejected as a child, loyalty and faithfulness as husband and wife.

The family as an institution is focus more on norms of every member. The Filipino family, the father is the provider while the mother says at home to do household work. The siblings according to their hierarchy “Kuya and Ate” were tasked to look after the younger siblings. Many of the campers felt that together with the other siblings that they grew up in a family atmosphere that rules were imposed without communication among other members. On the other hand, the family should consider the relationship function. A camper was longing for her family whom she grew up loving and caring by:

- “going to church”
- “having bonding time”
- “eating together”

#### E. PAPER BAG PUPPET

Each camper made a puppet to signify the person they would like to talk to. Everybody moved to tears as they saw their “Mother” who is the significant person they would like to talk to. As life stories were shared each group listens with affirmation. Empathized into their situation they are. Brave and with *Faith*; comforting them with words of *Hope*, assurance that they can be trusted.

#### F. TEAM BUILDING

Working as a team. Team building with children means we are developing their ability to work together toward a common goal. This makes the work or job



## SUMMER CAMP 2019

### #WorkingTogetherToPreventSuicide

---

easier because the children are working together. When a team works together to solve a challenge, everyone in the group wins and all children have a positive experience. The conduct of team building activities with children that emphasize cooperation and collaboration, not competition. The skills learned from being part of a team are necessary for positive action in everyday life in school, work, and the community. Conducting team building activities with children can help children work on developing the following skills:

- Problem solving
- Communication
- Cooperation
- Listening
- Self-esteem
- Idea exchange
- Working with others and different groups
- Leadership
- Creative thinking

The children were divided two groups and including the staff. The team building games were patterned from “Minute to Win It.” a popular television game show. Three (3) points was given to first team who have finished the game. And two (2) points for the second team to have finished the game. Then zero (0) is the score given to the team who was not able to complete the game. The two teams have competed with the following games:

1. Jack Pencil
2. Ping-Pong Soccer
3. Carry the Straw
4. Sharp Shooter
5. Ping-Pong Relay
6. Shoe Fly Shoe

7. Flip Your Lid
8. Summit Tower
9. Crazy Soda
10. Nut Cracker

#### G. SWIMMING

It is an opportunity for the children to develop the five (5) basic skills in swimming.

- Water Comfort

The most basic and essential swimming skill is simply becoming comfortable in the water. Although humans are born with innate water skills, many people develop a fear of the water. When unintentional submersion occurs, panicking gets in the way of logical thinking and increases the likelihood of drowning. To become more comfortable in the water, spend time in a shallow pool or wading in the ocean. Never enter the water alone, especially if you are not a strong swimmer.

- Breath Control

Breathing is often difficult for novice swimmers. With water all around, having some water enter the nose and mouth is a common occurrence. Some novice swimmers panic at the feeling of water in their noses, while others have trouble holding their breath while submerged. Learning to control your breathing is a key component in learning to swim.

Breath control begins with simple exercises such as drawing a breath, submerging, blowing bubbles and then resurfacing for another

## SUMMER CAMP 2019

### #WorkingTogetherToPreventSuicide

---

breath. As your swimming skills improve, you will learn specific breathing techniques for different strokes.

- Floating

Floating, or keeping your body in a horizontal position in the water, is a basic water skill. If you accidentally fall in the water, you may be able to float until you are rescued, even if you are not strong enough to swim to safety. Humans are naturally buoyant, and floating is not difficult. Like any other skill, however, floating does require a bit of technique.

- Kicking

Kicking provides propulsion through the water. Once you are comfortable with floating, kicking is the logical next step. Kicking is also used in treading water, which is the process of remaining in one place while keeping your head above the water line. Many coaches use kickboards, or flat flotation devices made of foam or plastic, to support the swimmer's body. A kickboard allows you to focus solely on your kicking technique without worrying about staying afloat.

- Strokes

Strokes are the arm movements used to pull the body through the water. The front crawl, sidestroke, breast stroke, backstroke and butterfly are the five most common swimming strokes. Each stroke uses different body positioning, breathing techniques and arm movements.

H. EVENING PRAYER

At the end of the day, groups pause for a quiet time to offer prayers of thanksgiving, to uphold their families.

I. FUN NIGHT

It was always the activity the night before the camp ends. It was a colorful evening of excitement, laughter, fun, fun, fun as the groups shared their talents in dance from 1960 to 2019. Kids were in their fashion presentation.

It was a Night of the Nights for campers to receive individual and group awards.

J. UNDERSTANDING SUICIDE

Campers were able to increase their awareness on suicide. An Internal Medicine Physician presented the suicide cases in the hospital where he worked. Findings:

- ✓ Age range of 15-34 years old
- ✓ Majority male
- ✓ Strangulation and chemical ingestion were the common cases of suicide admitted in the hospital.
- ✓ Attempted, completed and assisted suicide were identified committed. The successful act of suicide as completed while attempted suicide was common among women that does not end in death rather in self-injury.

Furthermore, Psychologist stressed that Depression is a mental disorder that leads to suicide. Depression is a combination of genetics and environmental experiences. Depression can be caused by:

- ✓ Loss of parent in childhood
- ✓ Death of a loved one
- ✓ termination of employment
- ✓ chronic illness
- ✓ Lack of support system
- ✓ Certain personality pattern
- ✓ difficulty in handling stress
- ✓ Low self esteem
- ✓ Extreme Pessimism
- ✓ Persistent sad, anxious or empty mood
- ✓ Feelings of guilt, worthlessness or helplessness
- ✓ Restlessness, irritability
- ✓ Changes in sleep patterns: insomnia, early morning wakening or oversleeping
- ✓ Appetite and weight changes

According to a Developmental Psychologist, Filipinos grew up in a culture that children were taught to love others instead of “loving and understanding myself.” In addition, she said that children ages 10-20 years old is an identity formation where the physical, emotional, cognitive and social. Communication of feelings becomes a problem at this stage of development. The loss of genuine connection between parent and child can predispose or trigger the onset depression. Parenting done in the right way can be the best protective factor from adolescent depression.

Campers were asked to draw “Heart of Colors.” The color yellow stands for *happiness*, orange for *anger*, blue for *sadness*, purple for *guilt* and green for *confusion*. The colors blue and purple were common colors while many kids combined all colors. She emphasized the importance of communicating feelings.

**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**

---

The psychologist asked the kids to draw a BIG SUN and wrote the names of all the persons who gave meaning to the children's lives.

Suicide interventions are as follows:

- Individual MUST not be left alone
- Removed anything that may use to hurt the individual
- Learn ways to relax our body
- Spend time with people who care
- Be Positive

K. CELEBRATING THE HOLY COMMUNION

The celebration of the Holy Communion was an opportunity for the children of Gugma sa Kabataan, Inc. to be with their parents. It was an act of surrender, reconciliation, sharing and unity as One body of Christ.

As each one partake the bread and the cup, the song was very appropriate.

*Life is not all that bad, my friend, hmmm*

*If you believe in yourself*

*If you believe there's Someone*

*Who walks through life without you*

*You'll never be alone*

*Just learn to reach out,*

*And open your heart*

*Lift up hands to God,*

*And He'll show you the way.*

RECOMMENDATION

Advocate to the government that suicide should be addressed as an alarming issue:

- According to World Health Organization (WHO) every 40 seconds, a life is lost to suicide which is equivalent to 2,160 lives lost within 24 hours.
- By 2020, depression will be the second most disabling illness in the world.

**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**

---

**SUMMER CAMP 2019 STAFF, RESOURCE SPEAKERS  
AND FACILITATORS**

Camp Director:	Dr. Iluminada SA. Domingo
Secretariat:	Devine Grace G. Dagang Imee Jane I. Solano
Program:	Jennifer Jade G. Camasura Jonah Domingo Daisy B. Sinonis Sharne A. Cervantes
Documentation:	Esther Buehlmann
Input 1: “Self – Awareness”	Ms. Cychris Rosalada, Philippine Mental Health Association
Input 2: “Hospital Care for Suicide and Suicide Ideation”	Dr. Marlon C. Turaja, Northern Mindanao Medical Center
Input 3: Understanding Depression, Suicide, and Stressors Among The Youth”	Ms. Fretzie Rose T. Dante, Philippine Mental Health Association
Input 4: Understanding Myself To Love Myself More”	Dr. Jaymee Q. Leonen, Psycho Social Division, City Social Welfare Development Department, Cagayan De Oro City
Bible Study/Celebrating The Holy Communion:	Rev. Beryl Sale, United Church of Christ in the Philippines, Cagayan De Oro City



**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**

---



**PARTICIPANTS OF THE SUMMER CAMP 2019**



**STAFF AND CHILDREN OF MALISA HOME**

**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**



**STAFF AND CHILDREN OF GUGMA SA KABATAAN, INC.**



**THE CAMP DIRECTOR AND THE STAFF OF THE SUMMER CAMP**

ORIENTATION, LEVELLING OF AND OVERVIEW



SHIBASHI/QUI GONG



CREATIVE RECAPITULATION

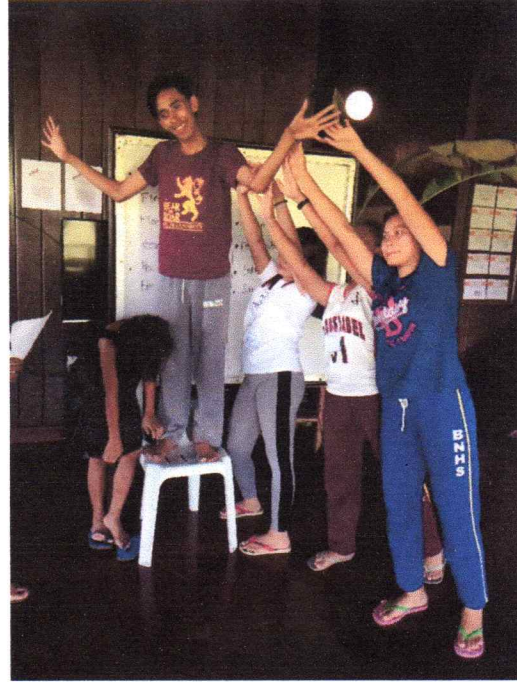
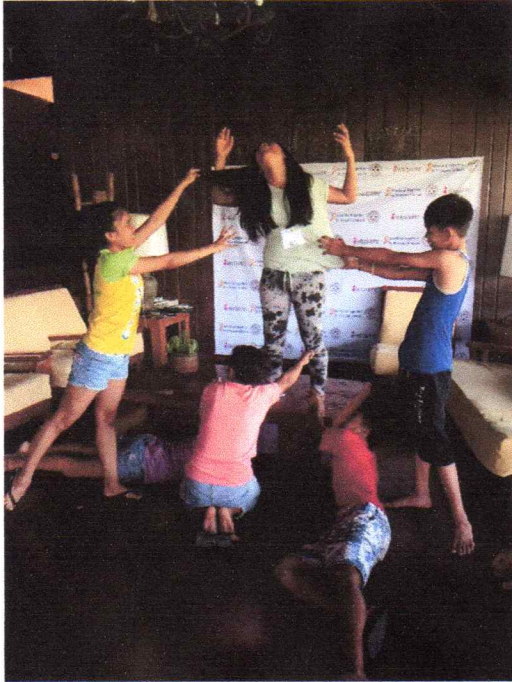


THE PROBLEM TREE



SUMMER CAMP 2019  
#WorkingTogetherToPreventSuicide

THE PROBLEM TREE



PAPER BAG PUPPET



TEAM BUILDING





SWIMMING



EVENING PRAYER



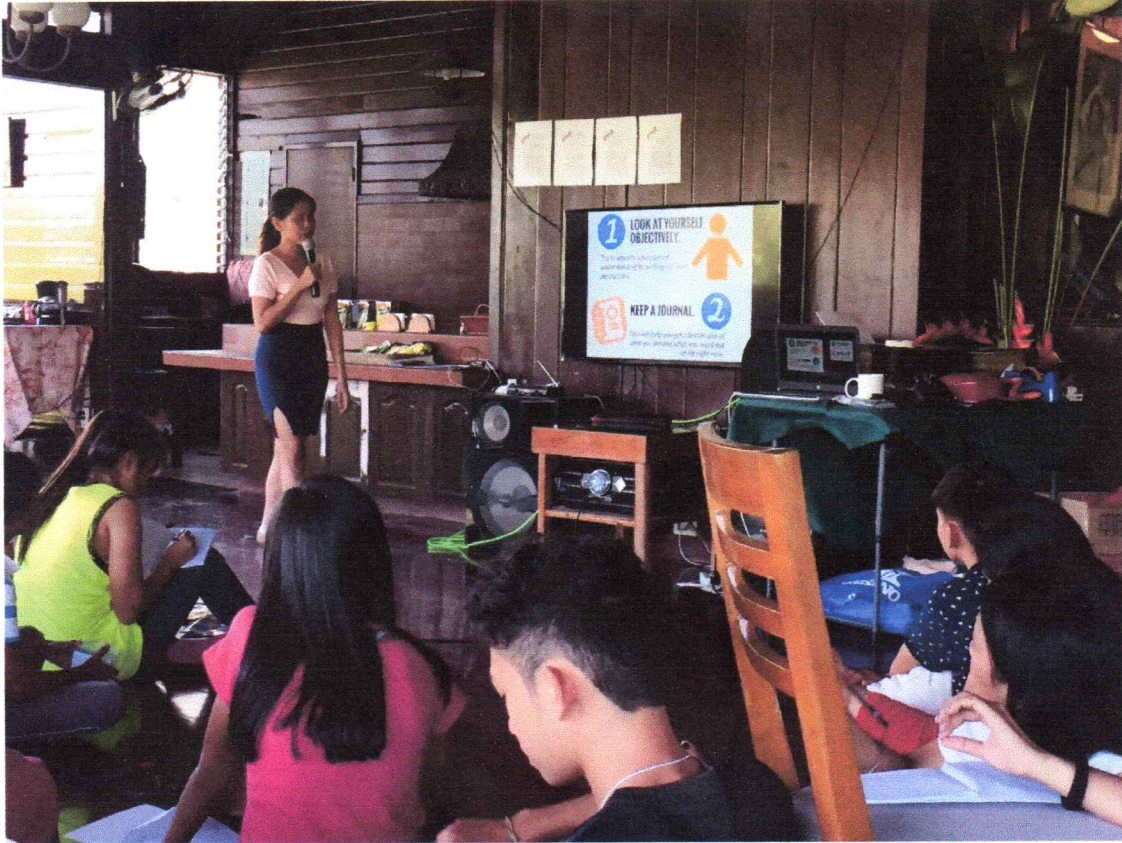
**SUMMER CAMP 2019**  
**#WorkingTogetherToPreventSuicide**

---

**FUN NIGHT**



UNDERSTANDING SUICIDE



**UNDERSTANDING SUICIDE**



UNDERSTANDING SUICIDE



SUMMER CAMP 2019  
#WorkingTogetherToPreventSuicide

BIBLE STUDY/CELEBRATION OF THE HOLY COMMUNION



SUMMER CAMP 2019  
#WorkingTogetherToPreventSuicide

WORKING TOGETHER TO PREVENT SUICIDE





SUMMER CAMP 2019  
#WorkingTogetherToPreventSuicide

WORKING TOGETHER TO PREVENT SUICIDE



# Appendix

## Participants of the Summer Camp 2019

Name	Age	Gender	Agency
1. Am-Am	16	Female	Malisa Home
2. Angel	10	Female	Gugma Sa Kabataan, Inc.
3. Angel	17	Female	Malisa Home
4. Anna	15	Female	Malisa Home
5. Bebe	19	Female	Malisa Home
6. Bella	18	Female	Malisa Home
7. Brandon	16	Male	Gugma Sa Kabataan, Inc.
8. Carl	15	Male	Gugma Sa Kabataan, Inc.
9. Chelsea	11	Female	Gugma Sa Kabataan, Inc.
10. Christian	19	Male	Gugma Sa Kabataan, Inc.
11. Cristel	15	Female	Gugma Sa Kabataan, Inc.
12. Cristine	16	Female	Gugma Sa Kabataan, Inc.
13. Crystal	18	Female	Gugma Sa Kabataan, inc.
14. Daisy	14	Female	Malisa Home
15. Denmark	13	Male	Gugma Sa Kabataan, Inc.
16. Desiree	15	Female	Gugma Sa Kabataan, Inc.
17. Divine	14	Female	Gugma Sa Kabataan, Inc.
18. Earl	11	Male	Gugma Sa Kabataan, Inc.
19. Gelyn	11	Female	Malisa Home
20. Jacob	10	Male	Gugma Sa Kabataan, Inc.
21. Jane	18	Female	Gugma Sa Kabataan, Inc.
22. Janrem	15	Male	Gugma Sa Kabataan, Inc.
23. Jaquilyn	19	Female	Gugma Sa Kabataan, Inc.

24. Jason	14	Male	Gugma Sa Kabataan, Inc.
25. Jhon Lloyd	18	Male	Gugma Sa Kabataan, Inc.
26. John Paul	13	Male	Gugma Sa Kabataan, Inc.
27. Johnlie	14	Male	Gugma Sa Kabataan, Inc.
28. Joseph	7	Male	Gugma Sa Kabataan, Inc.
29. Josie	15	Female	Gugma Sa Kabataan, Inc.
30. Joy-Joy	9	Female	Gugma Sa Kabataan, Inc.
31. Judy Ann	17	Female	Gugma Sa Kabataan, Inc.
32. Kikay	14	Female	Malisa Home
33. Larry	11	Male	Gugma Sa Kabataan, Inc.
34. Lyrca	16	Female	Gugma Sa Kabataan, Inc.
35. Marimar	11	Female	Malisa Home
36. Mark	10	Male	Gugma Sa Kabataan, Inc.
37. Marlyn	16	Female	Malisa Home
38. Mayeth	18	Female	Gugma Sa Kabataan, Inc.
39. Maymay	15	Female	Malisa Home
40. Mera	16	Female	Malisa Home
41. Mimi	9	Female	Gugma Sa Kabataan, Inc.
42. Mona	15	Female	Malisa Home
43. Monica	13	Female	Gugma Sa Kabataan, Inc.
44. Nadine	16	Female	Malisa Home
45. Princess	18	Female	Gugma Sa Kabataan, Inc.
46. Richel	15	Female	Gugma Sa Kabataan, Inc.
47. Robinson	15	Male	Gugma Sa Kabataan, Inc.
48. Rose	15	Female	Malisa Home

49. Tasci	18	Female	Malisa Home
50. Tep-Tep	14	Female	Malisa Home
51. Trixie	16	Female	Malisa Home
52. Van-Van	17	Female	Malisa Home



# Summer Camp 2019

## #WorkingTogetherToPreventSuicide

April 23 – 27, 2019, Mapawa Nature Park, Malasag, Brgy. Cugman, Cagayan de Oro City

### GROUPINGS

Courage	Trust	Faith	Empathy	Comforter	Adaptive	Hope
JL, 18	Judy Ann, 17	Richel, 15	Desiree, 15	Carl, 15	Cristel, 15	Cristine, 16
Mimi, 9	Robinson, 15	Angel, 10	Joy Joy, 9	Mark, 10	Josie, 15	Princess, 18
Chelsea, 11	Divine, 14	Mayeth, 18	Christian, 19	Lyrca, 16	Johnlie, 14	Denmark, 13
Jason, 14	Janrem, 15	Jacob, 10	Joseph, 7	Jane, 18	Earl, 11	Kikay, 14
Gelyn, 11	Larry, 11	JP, 13	Monica, 13	Marimar, 11	Daisy, 14	Nadine, 16
Bella, 18	Trixie, 16	Bebe, 19	Mera, 16	Tep-Tep, 14	Mona, 15	Brandon, 16
Anna, 15	Rose, 15	Van-Van, 17	May-May, 15	Marlyn, 16	Angel, 17	
Jaquilyn, 19	Am-Am, 16	Cystal, 18	Tasci, 18			



# Summer Camp 2019 #WorkingTogetherToPreventSuicide

April 23 – 27, 2019, Mapawa Nature Park, Malasag, Brgy. Cugman, Cagayan de Oro City

Time	April 23, 2019, Tuesday	April 24, 2019, Wednesday	April 25, 2019, Thursday	April 26, 2019, Friday	April 27, 2019, Saturday
			W A K E - U P C A L L		
			S H I B A S H I		
			B R E A K F A S T		
			R E C A P I T U L A T I O N		
	Assembly Time and Travel to Mapawa Nature Park				
8:30		“Self-Awareness” Ms. Cychris Rosalada	“Understanding Depression, Suicide, and Stressors Among The Youth” Ms. Fretzie Rose T. Dante	“Understanding Myself To Love Myself More” Dr. Jaymee Q. Leonen	“Puppet Making”
9:45			M O R N I N G B R E A K		
10:00	Free Time/Tour Around Mapawa Nature Park	“Self-Awareness”	“Understanding Depression, Suicide, and Stressors Among The Youth”	“Understanding Myself To Love Myself More”	Closing Ceremony
11:45			L U N C H		
	Orientation/ Leveling Of/Overview	“Hospital Care for Suicide and Suicide Ideation” Dr. Marlon C. Turaja	“The Problem Tree”	Bible Study/Celebrating The Holy Communion Rev. Beryl Sale	
4:00	Swimming	Swimming Lesson 1	Analysis/Sharing of Experience/ Counseling Workshop		
5:00		Swimming Lesson 2			Home Sweet Home
6:30			D I N N E R		
7:30			Fun Olympics (Mommy’s Cup)	Talents Night	
8:30			EVENING PRAYER		
9:00			LIGHTS OFF/STAFF MEETING		