

Adolescent Resource Newsletter

January 2015



To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development. Adopted in April 2008 by the Young Peoples Health Special Interest Group of the Royal College of Paediatrics and Child health
(www.yphsig.org.uk)

Editor: Dr Janet E McDonagh, Clinical Senior Lecturer in Paediatric and Adolescent Rheumatology
(NB will be at new address at University of Manchester from Feb 2015. Please use following email for newsletter enquiries: janet.mcdonagh@nhs.net)

YPHSIG: Young Peoples Health Special Interest Group
Of the Royal College of Paediatrics and Child Health.

If you are interested in joining YPHSIG and/or would like to find out more about the YPHSIG, please go to our website www.yphsig.org.uk

AYPH: Association for Young People's Health

Is a charity and membership organization creating a focus for all professionals and organizations working in the field of young people's health. If you are interested in joining AYPH and/or would like to find out more about it, please go to www.youngpeopleshealth.org.uk.

Disclaimer

Resources detailed here have been identified as potentially useful and whilst every care has been taken to ensure that they are appropriate and/or relevant for adolescents and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.

A good view for 2015!

 <https://www.youtube.com/watch?v=xEO4I6sL0ko&index=2&list=UURXulrY0w8NPvBptXtfDKvA>

Young people at SickKids Toronto celebrate the 25th Anniversary of the Convention on the Rights of the Child with this video.

Young People Webwatch

 <http://www.whataboutyouth.com/>

What About YOUth? is a new study which aims to make improvements to the health of young people across England. As part of the study, thousands of 15 year olds are being invited to answer questions about important subjects such as their health, diet, exercise, bullying, alcohol, drugs and smoking.

Professional Webwatch

Mental Health

 <https://www.seemescotland.org/whatsonyourmind>

What's on Your Mind is an educational resource pack developed in conjunction with seeMe for use with young people raising mental health and exploring how young people feel about it and what they can do to support themselves and others. The pack is aimed at young people between the ages of 13 and 15 but seeMe know that teachers and youth workers have used it successfully with younger and with older young people.

 www.healthscotland.com/documents/1485.aspx

Cool Heads: Stress Essentials is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

Smoking

 <http://www.ashscotland.org.uk/what-we-do/young-people-and-tobacco/resources-and-information/information-resources-for-professionals.aspx>

The below link provide useful resources and information for raising the issue of tobacco with young people and equipping you with resources to engage young people's interest in tobacco prevention.

 http://www.ash.org.uk/files/documents/ASH_891.pdf

This Action on Smoking and Health (ASH) briefing summarises the evidence on electronic cigarettes.

Involvement of Young People

 <http://www.paha.org.uk/resource/youth-scotland-launches-mini-evaluation-pack>

The Mini-Evaluation Pack has been produced to provide youth groups, volunteers and youth leaders with information and some simple tools that they can use to track and evaluate their projects.

 http://www.childrenscommissioner.gov.uk/content/publications/content_898

They still need to listen more: a report about disabled children and young people's rights in England

This report presents a snapshot of 34 disabled children and young people's views and perceptions about the realisation of their rights as outlined in the UN Convention on the Rights of Persons with Disabilities.

Driving

 <http://www.road-safety.org.uk/driving/young-drivers>

Road Safety Scotland has invaluable resources for young drivers for road safety.

Alcohol

 <http://www.nta.nhs.uk/New-guidance-to-support-young-people-in-AE-with-alcohol-problems.aspx>

Young people's hospital alcohol pathways: support pack for A&E departments

This guidance to improve support for young people in A&E with alcohol related problems is aimed at A&E clinicians, hospital managers, substance misuse and young people's commissioners and includes a set of key questions or prompts for professionals to help them develop care pathways within A&E and into other services for young people

Bullying

 <http://www.cafamily.org.uk/advice-and-support/sen-national-advice-service/bullying-at-school/>

Dealing with bullying

Contact a Family have developed a series of podcasts with practical advice and information for parent carers of children with special educational needs or a disability (SEND) who are experiencing bullying at school.

Transition

 <http://www.rcpch.ac.uk/news/making-gear-change-transition-what-needs-happen-next>

Transition to adult services is an ongoing challenge for all those working in healthcare. RCPCH's Head of Health Policy looks at the latest research and explores what it means in practice.

Data

 <http://new.girlguiding.org.uk/girls-attitudes-survey-2014>

Girls' attitudes survey 2014

This survey from Girlguiding takes a snapshot of what girls and young women think on a wide range of issues, including wellbeing, mental health, violence and sex and relationships. It also shows what changes girls support and would like to see in specific areas to improve their lives and those of their peers.

 <http://www.ons.gov.uk/ons/rel/wellbeing/measuring-national-well-being/exploring-the-well-being-of-young-people-in-the-uk--2014/index.html>

Measuring national well-being - exploring the well-being of young people in the UK, 2014

This ONS report presents a baseline for 27 of the 28 provisional headline measures of young people's well-being. It considers how selected measures compare across age groups, change over time or differ by gender for young people aged 16 to 24.

Millennium Cohort Study: initial findings from the age 11 survey

This report presents the full initial findings from the age 11 survey of the Millennium Cohort Study, including findings on: growing up and independence; family structure and stability; schooling and transition to secondary school; cognitive development; physical development; and poverty and deprivation. To accompany the report, a series of plain English briefing papers summarising the findings and a series of podcasts on different issues facing children are available.

Education and vocation

 www.gov.uk


Special educational needs and disability pathfinder programme evaluation. Thematic report: provision for older young people, aged 19-25


An evaluation of the special educational needs and disability (SEND) pathfinder programme, focussing on the provision of services for 19- to 25-year-olds with SEN and disabilities.


 <https://www.gov.uk/government/statistics/rates-of-relative-low-income-among-16-to-24-year-olds>

Rates of relative low income among 16 to 24 year olds for the financial years from 1994/95 to 2012/13.


Professional Bookshelf

 Champaloux SW, Young DR. Childhood chronic health conditions and educational attainment: a social ecological approach. *J Adolesc Health*. 2015 Jan;56(1):98-105

 Egan M, Daly M, Delaney L. Childhood psychological distress and youth unemployment: Evidence from two British cohort studies. *Soc Sci Med*. 2015 Jan;124:11-7

 Elgar FJ, Napoletano A, Saul G, Dirks MA, Craig W, Poteat VP, Holt M, Koenig BW. Cyberbullying victimization and mental health in adolescents and the moderating role of family dinners. *JAMA Pediatr*. 2014 Nov;168(11):1015-22.

 Le JT, Mukherjee S. Transition to Adult Care for Patients with Spina Bifida. *Phys Med Rehabil Clin N Am*. 2015 Feb;26(1):29-38.

 Simoes E, Kronenthaler A, Emrich C, Rieger MA, Rall KK, Schäffeler N, Hiltner H, Ueding E, Brucker SY. Development of a provisional model to improve transitional care for female adolescents with a rare genital malformation as an example for orphan diseases. *Biomed Res Int*. 2014;2014:913842.

Research Webwatch

The NIHR has featured the University of Newcastle NIHR Transition Research Programme's young people's working group, UP, on its website. Please see the link to the article below

<http://www.nihr.ac.uk/newsroom/get-involved-news/young-people-lead-on-developmentally-appropriate-healthcare-dvd/2510>

Forthcoming Dates for your Diary!

2015

2015		
January 21	CAMHS National Networking Forum 2015 Birmingham	http://www.nnf-events.com/national-networking-forum/6-camhs-national-networking-forum
February 4	AYPH training day London	http://www.ayph-behealthy.org.uk/training/ AYPH is pleased to announce their first training day for professionals, using the techniques developed on the Be Healthy participation project. The training is young people-led, very interactive and appropriate for anyone working with marginalised groups of young people.
March 18-21	SAHM annual Meeting <i>"Embracing Transitions: Promoting Health Through Adolescence and Young Adulthood."</i> Los Angeles USA	http://www.adolescenthealth.org/Meetings/2015-Annual-Meeting.aspx Educational submissions: June 5- July 21 Scientific presentations: June 19-August 26
April 15	Public Policy Exchange seminar <i>Domestic Violence and Young People: Tackling Teenage Relationship Abuse</i> London	www.publicpolicyexchange.co.uk
	The Sick! Festival Manchester	http://www.mahsc.ac.uk/news/TakepartintheSICK!Festival2015 An arts festival raising public awareness of healthcare issues will be held in Manchester in 2015.
June 24-26	19th European International Association of Adolescent Health Meeting	Training in Adolescent Health: Moving Forward http://www.iaahlisboa2015.com/
October 12	Royal College of Physicians <i>Transition: Developmentally appropriate care for young people with long term conditions</i> London	Further information to follow

*Do you know of any other useful resources or opportunities for professional development in adolescent health?
If you do, please let us know by email to: janet.mcdonagh@nhs.net*