

Adolescent Resource Newsletter

March 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)

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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

*****Save the Date*****

**Come and Join our YPHSIG “How to do it” session
at the RCPCH Spring Meeting
Tuesday 28 April 1345-1800 in Birmingham**

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.

Young People Webwatch

 <http://riseabove.org.uk/>

Created by young people for young people, the Rise Above website aims to build emotional resilience in individuals aged 11 to 16 by equipping them with the skills and knowledge they need to make informed decisions, and help deal with the pressures of growing up. It also encourages conversations about the key health and wellbeing issues that affect teens and young people.

 <http://mycamhschoices.org/>

My CAMHS Choices has launched their new website which has been created by young people for young people, to act as a support and provide information on child and adolescent mental health services (CAMHS).

Professional Webwatch

Mental Health and Emotional Well-being

 <http://www.nspcc.org.uk/fighting-for-childhood/news-opinion/young-people-contacting-childline-increasingly-struggling-with-mental-health-issues/>

ChildLine review: under pressure. What's affected children in April 2013 – March 2014

This annual report explores trends in what children and young people are contacting ChildLine about.

 <http://mindfulnessforteens.com>

This website, developed by Professor Vo, Division of Adolescent health and medicine at British Columbia Children's Hospital Vancouver Canada, includes free downloadable guided meditation recordings, videos, mindfulness info and instructions, resources, and book excerpts from The Mindful Teen.

 <http://www.mentalhealth.org.uk/publications/right-here-how-to-guide-four/>

This 'How to' guide is one of a series of guides designed to bring together learning from the five year Right Here programme initiated by Paul Hamlyn Foundation (PHF) and the Mental Health Foundation (MHF) to support the mental wellbeing of young people aged 16–25. This particular guide is aimed at those delivering mental health and wellbeing services for young people aged 16–25. It has been written to help services address the specific needs of this age group and tackle some of the barriers which prevent them from accessing traditional mental health services

 <https://www.gov.uk/government/publications/improving-young-peoples-health-and-wellbeing-a-framework-for-public-health>

Improving young people's health and wellbeing: a framework for public health

This framework has been developed as a resource to enable local areas in the delivery of their public health role for young people. It poses questions for councillors, health and wellbeing boards, commissioners, providers and education and learning settings to help them support young people to be healthy and to improve outcomes for young people

Transition

 <http://www.england.nhs.uk/resources/resources-for-ccgs/#camhs-tools>

Model specification for transitions from child and adolescent mental health services

This resource has been developed to support commissioning effective, seamless transitional mental health services for young people. It builds on previous specifications and can be adapted locally to reflect the multi-agency nature of commissioning and delivering these services. A sample transition discharge from and transfer of care protocol has also been developed that can be inserted into the NHS Standard contract to help improve support for young people leaving CAMHS.

 <http://www.gottransition.org/>

New Tips Available for Starting a Transition Improvement Process

 <http://preparingforadulthood.org.uk/what-we-do/joint-commissioning/pfa-guide-to-joint-commissioning-resources>

Preparing for Adulthood: guide to joint commissioning resources

This guide aims to help local authorities, clinical commissioning groups (CCGs) and their partners to deliver on the joint commissioning expectation contained in the Children and Families Act 2014, with particular reference to the interface between children's and adult services

Sexual Health

https://www.adolescenthealth.org/Topics-in-Adolescent-Health/Sexual-Reproductive-Health.aspx?utm_source=SAHM%2DInformz&utm_medium=email&utm_campaign=default
SAHM website enhancements on specific topics in adolescent health, with clinical care resources. The YP2.0 project has posted their first in-depth content-specific resource guide focused on sexual and reproductive health

<http://www.who.int/reproductivehealth/topics/adolescence/journal-supplement/en/>
The Journal of Adolescent Health supplement (Jan 2015) on adolescent Sexual and reproductive health

Learning Disability

[Learningdisabilitynurse.com](http://learningdisabilitynurse.com)
This recently relaunched website provides a hub for learning disability nursing.

Involvement of Young People

<http://www.ncb.org.uk/participation-essays>
NCB has published a collection of essays, *Involving Children and Young People in Policy, Practice and Research*, which looks at how children and young people can actively participate in the development of government policy and legislation, and how professionals, such as social workers, nursery staff, and researchers, can involve them in their work

Public Health

<http://atlas.chimat.org.uk/IAS/dataviews/youngpeopleprofile>
The Young People's Profiles allow areas to see how they perform against the national average and against other local areas when considering the key public health outcomes for young people. Baseline and trend information are provided where available.

http://www.ilcuk.org.uk/index.php/publications/publication_details/next_generation_health_consumers
A new journey to health - health information seeking behaviour across the generations
This report addresses Health Information Seeking Behaviour (HISB) along the life trajectory and finds that younger people are more likely than older to look towards pharmacists and online and telephone services.

http://www.princes-trust.org.uk/about_the_trust/what_we_do/research/youth_index_2015.aspx
The Prince's Trust Macquarie youth index 2015
The annual youth index tracks the concerns of young people over time, based on a survey of over 2000 16-25 year olds.

Bullying

<http://www.anti-bullyingalliance.org.uk/onlinetraining>
Anti-Bullying Alliance: Free online training for professionals
This free online training for the children's workforce looks at issues relating to bullying of disabled children and those with special education needs. The training is split into 6 modules and each module takes between 30-40 minutes to complete.

 <http://www.anti-bullyingalliance.org.uk/send-programme>

Information hub with information and resources about reducing the bullying of children and young people and those with special educational needs (SEN)

Cybersafety

 <http://www.saferinternet.org.uk/safer-internet-day/2015/up-2-us>

Friendship in a digital age: a survey of 1,004 young people aged 11-16 years

This study by the Safer Internet Centre reveals the huge role that technology plays in supporting young people's friendships, with over half (55%) saying they interact online with their closest friends several times an hour and 63% saying they are closer to their friends because of the internet. Reassuringly the internet is a positive place for the majority of young people surveyed.

 <http://www.bbc.co.uk/corporate2/insidethebbc/whatwedo/learning/audienceresearch#heading-bbc-be-smart>

BBC Learning commissioned this research (Be Smart) into the pressures that children and young people face online, to gain an up to date and detailed insight into the extent of online peer pressure and whether such pressure can lead to negative online behaviours or online bullying.

Professional Bookshelf

 Atkinson M, Rees D, Davis L. Disability and economic disadvantage. Facing the facts. Arch Dis Child 2015 Mar 4 [Epub ahead of print]

 Elgar F, Pfortner TK, Moor I, De Clercq B, Stevens GW, Currie C. Socioeconomic inequalities in adolescent health 2002–2010: a time-series analysis of 34 countries participating in the Health Behaviour in School-aged Children study. Lancet 2015 Feb 3 [Epub ahead of print]

 Hadland SE, Knight KR, Harris SK. Medical Marijuana: Review of the Science and Implications for Developmental-Behavioral Pediatric Practice. J Dev Behav Pediatrics 2015 Feb-Mar;36(2):115-23

 Han Y, Faulkner MS, Fritz H, Fadoju D, Muir A, Abowd GD, Head L, Arriga RI. A pilot randomized trial of text-messaging for symptom awareness and diabetes knowledge in adolescents with type 1 diabetes. J Pediatr Nurs 2015 Feb 23 [Epub ahead of print]

 Hart RI, Foster HE, McDonagh JE, Thompson B, Kay L, Myers A, Rapley T. Young people's decisions about biologic therapies: Who influences them and how? Rheumatology 2015 Feb 5. [Epub ahead of print]

 Hysing M, Pallesen S, Stormark KM, Jakobsen R, Lundervold AJ, Sivertsen B. Sleep and use of electronic devices in adolescence: results from a large population-based study. BMJ Open. 2015 Feb 2;5(1):e006748. doi: 10.1136/bmjopen-2014-006748.

 Keyes KM, Maslowsky J, Hamilton A, Schulenberg J. The Great Sleep Recession: Changes in Sleep Duration Among US Adolescents, 1991–2012. Pediatrics 2015; Feb 16 [Epub ahead of print]

 Kirk S, Milnes L. An exploration of how young people and parents use online support in the context of living with cystic fibrosis Health Expect. 2015 Feb 17

-  Law EF, Bromberg MH, Noel M, Groenewald C, Murphy LK, Palermo TM. Alcohol and Tobacco Use in Youth With and Without Chronic Pain. *J Pediatr Psychol*. 2015 Jan 22 [Epub ahead of print]
-  Moore Hepburn C, Cohen E, Bhawra J, Weiser N, Hayeems RZ, Guttman A. Health system strategies supporting transition to adult care. *Arch Dis Child* 2015 Feb 16 [Epub ahead of print]
-  Prescott J, Gray NJ, Smith F, McDonagh JE. Blogging as a viable research methodology for young people with arthritis. *J Med Internet Res*. 2015 Mar 5;17(3):e61. doi: 10.2196/jmir.3608.
-  Richardson T, Elliott P, Roberts R. The impact of tuition fees amount on mental health over time in British students. *J Public Health* 2015 Feb 10 [Epub ahead of print]
-  Richardson T, Elliott , Waller G, Bell L. Longitudinal relationships between financial difficulties and eating attitudes in undergraduate students. *Int J Eating disorders* 2015 Jan 27 [Epub ahead of print]
-  Rosenberg AR, Yi-Frazier JP, Eaton L, Wharton C, Cochrane K, Pihoker C, Baker KS, McCauley E. Promoting Resilience in Stress Management: A Pilot Study of a Novel Resilience-Promoting Intervention for Adolescents and Young Adults With Serious Illness. *J Pediatr Psychol* 2015 Feb 11 [Epub ahead of print]
-  Sivertsen B, Skogen JC, Jakobsen R, Hysing M. Sleep and use of alcohol and drug in adolescence. A large population-based study of Norwegian adolescents aged 16 to 19 years. *Drug Alcohol Depend*. 2015 Feb 11 [epub ahead of print]
-  Wheeler R. Why do we treat the children of Jehovah's Witnesses differently from their adult parents? *Arch Dis child* 2015 Mar 4 [epub ahead of print]
-  Wolke D, Lereya ST. Long-term effects of bullying. *Arch Dis child* 2015 Feb 10 [Epub ahead of print]
-  Wright J, Elwell L, McDonagh JE, Kelly DA, Wray J. 'It's hard but you've just gotta get on with it' - The experiences of growing-up with a liver transplant. *Psychol Health*. 2015 Mar 2:1-29. [Epub ahead of print]
-  Yonker LM, Zan S, Scirica CV, Jethwani K, Kinane TB. Yonker LM, Zan S, Scirica CV, Jethwani K, Kinane TB. "Friending" teens: systematic review of social media in adolescent and young adult health care. *J Med Internet Res*. 2015 Jan 5;17(1):e4. doi: /jmir.3692.

Education and Training Webwatch

 http://www.who.int/maternal_child_adolescent/documents/core_competencies/en/

Core competencies in Adolescent Development and Health for primary care providers from the WHO.

 <https://www.disabilitymatters.org.uk/>

The **Disability Matters** e-portal has been launched to challenge and positively change attitudes amongst the UK workforce towards disabled children and young adults. It is a free programme for those who work or volunteer with disabled children, young people and young adults, made up of 57 individual sessions of e-learning plus a range of resources to support face-to-face learning in localities.

Research Webwatch

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

New journal concerning Research Involvement and Engagement

 <http://research.ncl.ac.uk/transition/transitionsgottalent.html>

The film 'Transitions Got Talent' by the young people's working group, UP, of the Newcastle-based NIHR Transition Programme is now available to view on the Transition Programme website. The film takes a look at the important issue of how health professionals interact with and treat young people, using a humorous talent-show format.

 Various clips of Young People talking about research

<https://www.youtube.com/watch?v=Be97b8Ulk8M&feature=youtu.be>

<https://www.youtube.com/watch?v=e2k6eA0dn9Q>

<https://www.youtube.com/watch?v=aJfS3GPehyk>

Forthcoming Dates for your Diary!

2015

2015		
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
April 15	Public Policy Exchange seminar <i>Domestic Violence and Young People: Tackling Teenage Relationship Abuse</i> London	www.publicpolicyexchange.co.uk
28	RCPCH Spring Meeting YPSIG session 1345-1800 Birmingham	Includes abstract presentations and workshops on How to.....deliver- adolescent-focussed services How to.... achieve adolescent health training competencies How to.... involve young people in research
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 Transition: Developmentally appropriate care for young people with	http://events.rcplondon.ac.uk/details.aspx?e=3575 Early Bird deadline 30 April 2015 Abstract deadline: 5pm, 10 July 2015

	long term conditions London	
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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@manchester.ac.uk