

Young People's Health Resource Newsletter July 2019



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 Persons Health Special Interest Group

Is a group of health professionals within RCPCCH but with co-opted members from RCN, RCGP RCP and AYPH creating a focus for professionals within the college working in the field of young people's health. Non-RCPCCH members are very welcome to join too. If you are interested in joining YPHSIG and/or would like to find out more about it, please go to 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 in the UK. 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.

******Save the date******

Adolescent Health Coming of Age

18-19 September 2019 Windsor, UK.

RCPCCH and Society for Adolescent Health and Medicine (SAHM) with keynote talks from global experts to focus on the present advances in AYA health.

HEADSSS App store

This HEADSS training app (from YPHSIG's very own Damian Wood) available to download for free at

 <https://app.appinstitute.com/heedsss>

NEW Another HEEDSSS app with linked resources if you live in certain areas available now; from our very own Dr David James and colleagues in Southampton and a grant from Health Education England

 <http://app.heeadsss.uk/>

Read an excellent review here: <https://www.imedicalapps.com/2019/05/heedsss-up-the-popular-screening-tool-comes-to-mobile-devices/#>

Professional Webwatch

 www.themix.org Essential Information for Under 25's

Weight and Shape

 New website for Beat <https://www.beateatingdisorders.org.uk/>

Education and Vocation

 *Breakthrough UK* www.breakthrough-uk.co.uk employment support for disabled people

 *Groundwork* www.groundwork.org.uk Youth Programmes including delivery of Prince's Trust Team Programme, 1-1 mentors, and environmental programmes.

 *National Careers Service* <https://nationalcareersservice.direct.gov.uk/> Government Website, Careers and course advice

 *National Citizens Service* <https://www.ncsyas.co.uk> Programme for all 15-17 year olds

 *Apprentices* <https://www.gov.uk/apply-apprenticeship> Government website for apprenticeships, apply online

Exercise

 *Activity Alliance* <http://www.activityalliance.org.uk/> working to make active lives possible with a vision that disabled people are active for life.

Financial Support


 *Turn2Us* <https://www.turn2us.org.uk/> Online Benefits Calculator and information on grants available

Sexual Health and Relationships


 *Act On It Now* <https://www.actonitnow.co.uk/> help to educate teenagers on healthy relationships and how to explain what abuse is

 [LGBT Foundation](https://lgbt.foundation/) <https://lgbt.foundation/> national **charity** delivering **advice, support and information services** to **lesbian, gay, bisexual** and trans (LGBT) communities.

Young Carers and young adult carers

 <https://carers.org/cy/node/1444>
web pages for young carers and young adult carers


Youth Voice

 <https://www.byc.org.uk/uk/nhs-youth-forum/my-nhs-story>
Many young people have a wide range of experience within the healthcare system, either through their own experiences or by supporting friends and family members through healthcare challenges, and many have a valuable and important story to share. The NHS Youth Forum want to empower all young people to feel confident to share their healthcare story with their family, friends, peers and teachers, or through charities and youth organisations. It's important that young people find their voice, know that someone will listen and support them, and understand they are not alone. The NHS Youth Forum have created a postcard for young people, with tips and advice for how to share their story.


 https://www.barnardos.org.uk/campaign-with-us/childrens-social-media-and-mental-health#163961_20190617084657

Left to their own devices: children's social media and mental health This report from Barnardo's charity, looks at what children, young people and practitioners say about the impact of social media on mental health and wellbeing and the social media experiences of vulnerable children in the UK.

Young Adulthood

 www.euro.who.int
Reducing inequities in health across the life-course: Transition to independent living – Young adults (2019)
Taking a life-course approach, this paper outlines the key health equity issues for young adults, their social determinants and how policy-makers can act to reduce them

Tattoos and Piercings

 https://www.rsph.org.uk/our-work/policy/infection-control/skins-and-needles.html#163961_20190623090804
Skins and Needles (report from the Royal Society for Public Health) This report looks at health risks associated with the increasing number of people in the UK having tattoos, piercings and other treatments that compromise the skin barrier. Between 2004-2014 there was a 173% increase in the number of tattoo parlours in the UK, and now one in five of us have a tattoo. The report includes recommendations for additional protection for under 18s.

Professional Bookshelf


 Adams JS, Chien AT, Wisk LE. Mental Illness Among Youth With Chronic Physical Conditions. *Pediatrics*. 2019 Jun 14. [Epub ahead of print]


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 Easterlin MC, Chung PJ, Leng M, Dudovitz R. Association of Team Sports Participation With Long-term Mental Health Outcomes Among Individuals Exposed to Adverse Childhood Experiences. *JAMA Pediatr*. 2019 May 28. [Epub ahead of print]

 Hargreaves DS, Lemer C, Ewing C, Cornish J, Baker T, Toma K, Saxena S, McCulloch B, McFarlane L, Welch J, Sparrow E, Kossarova L, Lumsden DE, Cheung CRLH. Measuring and improving the quality of NHS care for children and young people. *Arch Dis Child*. 2019 Jul;104(7):618-621.

 Hart LC, Pollock M, Brown A, Shah N, Chung RJ, Sloane R, Maslow GR. Where Did They Go? Tracking Young Adult Follow-up During the Transition From Pediatric to Adult-Oriented Care. *Clin Pediatr (Phila)*. 2019 Jun 10:9922819852980. [Epub ahead of print]

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 Kanem N. Adolescents: The Face of Today, the Face of the Future. *J Adolescent health* 2019;July 65:13-14


 Kristof V. Marching for climate and youth's future. *BMJ Paediatr Open*. 2019 May 23;3(1):e000477.


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 Lee JL, Gutierrez-Colina A, Williamson Lewis R, Wasilewski-Masker K, Meacham LR, Mertens AC, Gilleland Marchak J. Knowledge of Late Effects Risks and Healthcare Responsibility in Adolescents and Young Adults Treated for Childhood Cancer. *J Pediatr Psychol*. 2019 Jun 1;44(5):557-566.


 Neale FK, Christie D, Hargreaves DS, Segal TY. Illness duration, mood and symptom impact in adolescents with chronic fatigue syndrome/myalgic encephalomyelitis? *Arch Dis Child*. 2019 Jun 13. [Epub ahead of print]

 O'Connell C, Shafran R, Bennett S. A systematic review of randomised controlled trials using psychological interventions for children and adolescents with medically unexplained symptoms: A focus on mental health outcomes. *Clin Child Psychol Psychiatry*. 2019 Jun 23 [Epub ahead of print]

 Pflugeisen BM, Patterson P, Macpherson CF, Ray BC, Jacobsen RL, Hornyak N, Johnson RH. Putting Adolescents and Young Adults in a Room Together: Launching an Adolescent and Young Adult Oncology Council. *J Adolesc Young Adult Oncol*. 2019 May 23. [Epub ahead of print]

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Forthcoming Dates for your Diary!

2019

July		
NEW 7-12	European Training in Effective Adolescent Care and Health 2019 Euteach Summer School Lausanne, Switzerland	www.euteach.com
Sept		
12-13	2nd European Transition Symposium Lausanne, Switzerland	http://www.lesadoscourses.ch/

18-19	Joint RCPCH and SAHM Conference <i>Adolescent Health Coming of Age</i> Windsor, UK	https://www.rcpch.ac.uk/news-events/events/adolescent-health-coming-age
October		
4	BSG and BSPGHAN symposium <i>Gastrointestinal disorders in Adolescence and Effective Transition of Care</i> Post Graduate Medical Centre, Sheffield Children's Hospital	For further details, email: carla@bspghan.org.uk
December		
5-7	Excellence in Paediatrics Copenhagen	Has major adolescent medicine track https://eip-pediatrics-conference.ineip.org/program_excellence_in_pediatrics_conference

Also check out: <http://www.youngpeopleshealth.org.uk/events/events-calendar>

Do you know of any other useful resources or opportunities for professional development in young people's health?

If you do, please let us know by email to: janet.mcdonagh@manchester.ac.uk