

# Adolescent Resource Newsletter

## January 2017

A Happy and Healthy New Year to all our readers!



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](http://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](http://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](http://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 – 22 September 2017\*\*\***

## **YPHSIG Annual symposium**

The annual clinical symposium of the RCPCH YPHSIG will be held on September 22 at the RCPCH in London.

Details of programme to follow soon.

**ALSO,**  
**Joint YPHSIG & Mental Health session**  
**at RCPCH Annual Meeting, Birmingham 24 May 2016**

## Young People Webwatch and Book shelf

 <http://www.cldf-focus.org/Living-with-liver-disease/Taking-your-liver-into-adulthood/My-Liver-App>  
**My Liver** is a new app from Children's Liver Disease Foundation and a specialist research team at Coventry University designed to support transition from paediatric to adult liver services and help young people to have all the knowledge they need about their liver, their transition and their care.

 <https://reach.scot/>  
**REACH** - a website developed with young people providing advice and information about how they can get the help they need at school.

 <https://charityapprentice.org>  
A social enterprise developed to give apprentices the experience they need to navigate the charity sector.

## Professional Webwatch

### Parenting

 <http://www.youngpeopleshealth.org.uk/consultancy/homepage-practice/parenting-project>  
**"There for you": the role of parents in supporting young people with mental health problems**  
The Association for Young People's Health has an ongoing programme of work on the challenges facing parents and their young people in navigating mental health services. This briefing presents the results of an online survey of 316 parents undertaken in the summer of 2016 and identifies emerging messages for improving information and support.

### <http://www.childrenssociety.org.uk/what-we-do/research/troubled-teens-understanding-adolescent-neglect>

**Troubled teens: a study of the links between parenting and adolescent neglect**  
This research report from The Children's Society lifts the lid on the extent of neglectful parenting of teenagers in homes across the country, as well as society's widespread failure to understand and respond to the lack of care and support that many teenagers receive.

### Mental Health and emotional Well-being

#### <http://www.youngpeopleshealth.org.uk/wp-content/uploads/2016/11/AYPH-health-and-sport-review-Nov-2016.pdf>

**The connections between young people's mental health and sport participation: scoping the evidence**

This scoping review from the Association for Young People's Health focuses on the role of sport and organised physical activity in helping to prevent and treat mental health problems in young people, particularly in the 14-25 age group.

 <http://www.ymca.org.uk/research/i-am-whole-research>

## **YMCA: I AM WHOLE**

Mental health difficulties among children and young people are common and can be both persistent and damaging. This report seeks to get under the surface and understand the real experiences of those with mental health difficulties. This is done by examining the prevalence of this stigma, who is experiencing it and how they are doing so, the impact of this stigma, and the potential solutions that the young people themselves have identified.

<https://www.gov.uk/government/publications/improving-the-mental-health-of-children-and-young-people>

### **The mental health of children and young people in England**

The purpose of this report from Public Health England is to describe the importance of mental health in children and young people (CYP), to describe the case for investing in mental health, to provide a descriptive analysis of mental health in CYP in England and to summarise the evidence of what works to improve mental health in CYP in order to inform local transformation of services. A version of this report that provides a descriptive analysis of mental health in CYP in London is also available.

## **Bullying**

<https://www.nspcc.org.uk/services-and-resources/research-and-resources/2016/what-children-are-telling-us-about-bullying/>

### **What children are telling us about bullying: childline bullying report 2015/16**

This report aims to help people working with children to understand what children who are being bullied are experiencing, think about what support they need, and consider how to respond effectively.

## **Inequalities**

<http://www.childrenscommissioner.gov.uk/news/northern-regeneration-offers-once-generation-opportunity-reshape-prospects-children>

### **Growing up north: time to leave the north-south divide behind**

This prospectus from the Children's Commissioner introduces Growing up North, a project that seeks to understand how growing up in a particular area impacts on the chances a child has going into adulthood and make recommendations to improve these.

## **Rights**

<http://researchbriefings.parliament.uk/ResearchBriefing/Summary/CBP-7721>

### **UN convention on the rights of the child: a brief guide**

This House of Commons Library briefing gives an overview of the 1989 UN Convention on the Rights of the Child, what it covers and how it is enforced.

<http://www.crae.org.uk/>

### **State of children's rights in England 2016**

This annual report from the Children's Rights Alliance for England (CRAE) draws on hundreds of sources and responses to Freedom of Information requests (FOIs) to examine how children and young people are faring in all aspects of their lives and assesses how well England is meeting its commitments under the UN Convention of the Rights of the Child.

## **Service Provision**

<http://www.euro.who.int/en/media-centre/events/events/2016/12/paris-high-level-conference/news/news/2016/12/101-examples-of-improving-the-health-and-well-being-of-children-and-adolescents-through-intersectoral-action>

### **Compendium of case studies: partnerships for the health and well-being of our young and future generations**

WHO has developed a compendium of case studies and stories showing how working across the health and social, and the health and education sectors contributes to solving complex health inequalities and improving health and well-being for children and adolescents.

## **Gambling**

<http://www.gamblingcommission.gov.uk/pdf/Young-people-and-gambling-2016.pdf>

### **Young people and gambling 2016: a research study among 11-15 year olds in England and Wales**

This report presents the findings of the latest in a series of annual surveys by Gambling Commission to identify the incidence and frequency of gambling among young people in England and Wales.

## **Volunteering**

<http://www.iwill.org.uk/2016-national-youth-social-action-survey-headline-findings/>

**Step Up To Serve** has published headline findings from the third National Youth Social Action Survey, which measures the number of young people who have taken part in activity such as volunteering, fundraising and campaigning over the past 12 months.

## **Big Data!**

<http://www.content.digital.nhs.uk/catalogue/PUB22610>

### **Health survey for England, 2015**

**The Health Survey for England** series was designed to monitor trends in the nation's health; estimating the proportion of people in England who have specified health conditions, and the prevalence of risk factors and behaviours associated with these conditions. For the 2015 survey, the number of 2 to 15 year olds included in the survey was increased to enable a specific focus on child health issues.

## **Professional Bookshelf**

 Coyne B, Hallowell SC, Thompson M. Measurable Outcomes After Transfer From Pediatric to Adult Providers in Youth With Chronic Illness. *J Adolesc Health*. 2017 Jan;60(1):3-16.

 Crosby LE, Joffe NE, Peugh J, Ware RE, Britto MT. Pilot of the Chronic Disease Self-Management Program for Adolescents and Young Adults With Sickle Cell Disease. *J Adolesc Health*. 2017 Jan;60(1):120-123

 Dibben C, Playford C, Mitchell R. Be(ing) prepared: Guide and Scout participation, childhood social position and mental health at age 50-a prospective birth cohort study. *J Epidemiol Community Health*. 2016 Nov 10. [Epub ahead of print]

 Dhawan A, Samyn M, Joshi D. Young adults with paediatric liver disease: future challenges. *Arch Dis Child* 2017;102:8-9.

-  Donath C, Baier D, Graessel E, Hillemacher T. Substance consumption in adolescents with and without an immigration background: a representative study-What part of an immigration background is protective against binge drinking? *BMC Public Health*. 2016 Nov 14;16(1):1157.
-  Czeisler CA, Shanahan TL. Problems Associated With Use of Mobile Devices in the Sleep Environment—Streaming Instead of Dreaming. *JAMA Pediatr*. 2016 Dec 1;170(12):1146-1147
-  Hames A, Matcham F, Joshi D, Heneghan MA, Dhawan A, Heaton N, Samyn M. Liver transplantation and adolescence: The role of mental health. *Liver Transpl*. 2016 Nov;22(11):1544-1553.
-  Hesketh KR, Fagg J, Muniz-Terrera G, Bedford H, Law C, Hope S. Co-occurrence and clustering of health conditions at age 11: cross-sectional findings from the Millennium Cohort Study *BMJ Open*. 2016 Nov 22;6(11):e012919.
-  Hodgkinson S, Godoy L, Beers LS, Lewin A. Improving Mental Health Access for Low-Income Children and Families in the Primary Care Setting. *Pediatrics*. 2017 Jan;139(1). pii: e20151175.
-  Hysing M, Petrie KJ, Boe T, Lallukka T, Siversten B. The social gradient of sleep in adolescence: results from the youth@hordaland survey. *European J Public Health* 2016, Nov 17 [Epub ahead of print]
-  Jasik CB, Berna M, Martin M, Ozer EM. Teen Preferences for Clinic-Based Behavior Screens: Who, Where, When, and How? *J Adolesc Health*. 2016 Dec;59(6):722-724
-  Kenney EL, Gortmaker SL. United States Adolescents' Television, Computer, Videogame, Smartphone, and Tablet Use: Associations with Sugary Drinks, Sleep, Physical Activity, and Obesity. *J Pediatr*. 2016 Dec 9. [Epub ahead of print]
-  Klaber RE, Blair M, Lemer C, Watson M. Whole population integrated child health: moving beyond pathways. *Arch Dis Child* 2017;102:5-7
-  Madden L, Shilling V, Woolfall K, Sowden E, Smyth RL, Williamson PR, Young B. Questioning assent: how are children's views included as families make decisions about clinical trials? *Child Care Health Dev*. 2016 Nov;42(6):900-908
-  Moreno AM. Media Use and Sleep *JAMA Pediatr*. 2016;170(12):1236

 Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, Malow BA, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Consensus Statement of the American Academy of Sleep Medicine on the Recommended Amount of Sleep for Healthy Children: Methodology and Discussion. *J Clin Sleep Med*. 2016 Nov 15;12(11):1549-1561.

<http://www.aasmnet.org/Resources/pdf/Pediatricsleepdurationconsensus.pdf>).

 Rosenberg AR, Wolfe J, Wiener L, Lyon M, Feudtner C. Ethics, Emotions, and the Skills of Talking About Progressing Disease With Terminally Ill Adolescents. *A Review JAMA Pediatr*. 2016 Dec 1;170(12):1216-1223.

 Rosenberg AR, Bona K, Ketterl T, Wharton CM, Wolfe J, Baker KS. Intimacy, Substance Use, and Communication Needs During Cancer Therapy: A Report From the "Resilience in Adolescents and Young Adults" Study. *J Adolesc Health*. 2016 Oct 18. [Epub ahead of print]

 Santos T, de Matos MG, Marques A, Simões C, Leal I, Machado MD. Adolescent's subjective perceptions of chronic disease and related psychosocial factors: highlights from an outpatient context study. *BMC Pediatr*. 2016 Dec 12;16(1):211.

 Spirito A, Bromberg JR, Casper TC, Chun TH, Mello MJ, Dean JM, Linakis JG; Pediatric Emergency Care Applied Research Network. Reliability and Validity of a Two-Question Alcohol Screen in the Pediatric Emergency Department. *Pediatrics*. 2016 Dec;138(6). pii: e20160691.

 Todres J, Wolf LE. The Complexities of Conducting Research on Child Trafficking. *JAMA Pediatr*. 2017 Jan 1;171(1):9-10.

 Yassaee AE, Hargreaves DS, Chester K, Lamb S, Hagell A, Brooks FM. Experience of Primary Care Services Among Early Adolescents in England and Association With Health Outcomes. *J Adolesc Health* 2016 (in press)

## Research

### Teenage and Young Adult Cancer Research Priority Setting Partnership – Update

The recent survey included in a previous newsletter for the Teenage and Young Adult Cancer Research Priority Setting Partnership closed on 31st Dec. Over 300 people responded to the survey, with a great response rates from young people, their families/friends and professionals. 835 questions were submitted in total. The steering group are now in the process of sorting through these questions, grouping them, checking for duplicates and checking which questions have already been answered by research. Following this stage of the James Lind Alliance process, people will be invited to take part in an online ranking exercise (in the summer) to cut a long list of research questions down to a more manageable size to go forward for discussion at future workshops. For more details: <https://www.tyac.org.uk/news/have-you-or-someone-you-know-been-affected-by-cancer-as-a-teenager-or-young-adult>

## Forthcoming Dates for your Diary!

2017

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|------------------------------|--|---|
| <p><b>January<br/>26</b></p> | <p><b>3<sup>rd</sup> National Adolescent Rheumatology Symposium</b><br/>UCL, London</p>  | <p>The Arthritis Research UK Centre for Adolescent Rheumatology will be hosting its 3rd one day National Symposium on Adolescent Rheumatology.</p> <p>The meeting will consist of speakers drawn from UCL, across the UK and internationally, who will be speaking on a wide range of novel and exciting topics related to adolescent rheumatology. There will also be a poster session.</p> <p>Brenda Bell <a href="mailto:brenda.bell@ucl.ac.uk">brenda.bell@ucl.ac.uk</a><br/><a href="http://www.eventbrite.com/e/3rd-national-adolescent-rheumatology-symposium-tickets-26804013526">http://www.eventbrite.com/e/3rd-national-adolescent-rheumatology-symposium-tickets-26804013526</a></p>  |
| <p><b>February<br/>1</b></p> | <p><b>Children's Policy Research Unit</b><br/><b>Drawing on data to transform lives: improving services for vulnerable adolescents</b><br/>UCL/GOSH ICH<br/>London</p> | <p><i>The Children's Policy Research Unit (CPRU) is a consortium led from the UCL Great Ormond Street Institute of Child Health (ICH) in partnership with the National Children's Bureau (NCB), the Anna Freud Centre and the Social Care Institute of Excellence (SCIE). Their aim is to provide evidence for policy and practice for the health and wellbeing of children, young people and families. CPRU is funded as part of the Department of Health Policy Research Programme.</i></p> <p>This event brings together leading researchers and policy makers from the fields of health, education and social care, to show how routinely collected 'big data' can improve services for vulnerable adolescents. We will focus on the public health and individual burden of adolescent vulnerability, including its immediate and far reaching consequences, and on improving and evaluating services for this group of young people - all using routinely collected data. The day will finish with a panel discussion on how to best use research to improve services and outcomes.</p> <p><a href="https://www.eventbrite.co.uk/e/drawing-on-data-to-transform-lives-improving-services-for-adolescents-registration-27992863408">https://www.eventbrite.co.uk/e/drawing-on-data-to-transform-lives-improving-services-for-adolescents-registration-27992863408</a></p> |
| <p><b>May<br/>12-14</b></p>  | <p><b>TOWARDS HEALTH AND WELLBEING FOR ALL ADOLESCENTS BY 2030"</b><br/>The Egyptian Society for Adolescent Medicine<br/>Cairo.</p>                                    | <p><a href="http://adolescents-eg.org/templates/frontend/home.html">http://adolescents-eg.org/templates/frontend/home.html</a></p>  |
| <p><b>May<br/>24-26</b></p>  | <p><b>RCPCH Annual Meeting</b><br/>Birmingham, UK</p>  | <p><a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a><br/><b>"Getting into young heads - the needs of children and young people"-</b></p>   |

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|   |  | Joint YPHSIG & Mental Health session<br>Wednesday 24 May 2017 from 14:00 - 17:45.                     |
| <b>July</b>                                     | <b>Euteach summer school</b><br>Lausanne, Switzerland            | Dates and details to follow<br><a href="http://www.euteach.com">www.euteach.com</a>                   |
| <b>September 22</b>                             | <b>RCPCH YPHSIG Clinical symposium</b><br>RCPCH<br>London        | Details to follow<br>Check <a href="http://www.yphsig.org.uk">www.yphsig.org.uk</a> for updates       |
| <b>October 27-29</b><br><i>NB amended date)</i> | <b>11<sup>th</sup> IAAH world congress</b><br>New Delhi<br>India | <a href="http://www.iaah2017congress.org">www.iaah2017congress.org</a><br><i>(NB amended website)</i> |

*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](mailto:janet.mcdonagh@manchester.ac.uk)*