

# Adolescent Resource Newsletter

## October 2017



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)

### 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.*

**\*\*\*YPHSIG is now 10 years old and getting a re-vamp\*\*\*  
so has got a new membership system.**

**If you are a member,  
you should receive an email very soon inviting you to renew your membership.  
If you don't receive an email and would like to join  
– please do so via [www.yphsig.org.uk](http://www.yphsig.org.uk)**

**In the next few months there will be a call  
for nominations to the steering group  
so please consider joining,  
if you are interested in shaping the next 10 years of YPHSIG  
and continue to help improve the health of young people!**

## Young People's Webwatch

 <https://www.sendmyfriend.org/>

**Send My Friend to School** campaign brings together thousands of children and young people across the UK to speak up for the right to education and remind world leaders of their promise that all CYP should get the chance to go to school. Send My Friend to School is the UK coalition of the Global Campaign for Education.

 <http://www.nhsgo.uk/>

App with health information and advice for young people in London.

 <https://www.rsph.org.uk/qualification/level-2-certificate-for-youth-health-champions.html>

This qualification is for individuals (aged 14-18) with an interest in health who also want to take on the role of a health champion helping other young people to improve their health. Learners will take three mandatory units and one optional unit from a choice of six. It has been specifically developed for all young people aged 14-18 to enable them to act as 'health advisors' to their peers. This can be in a variety of settings from schools, colleges, youth clubs and associations and young offender institutions. This is the first qualification that encourages and empowers students to make healthier lifestyle choices from a young age. This is a totally new approach to health education with the benefit of an accredited qualification on completion of the course. The qualification requires around 38 hours of classroom time with additional further study to be completed by students independently. It will cover health promotion and safe signposting, focusing on emotional wellbeing and sexual health.

## Professional Webwatch

 [https://www.childrenssociety.org.uk/the-good-childhood-report-2017#163961\\_20170906103742](https://www.childrenssociety.org.uk/the-good-childhood-report-2017#163961_20170906103742)

**The Good Childhood Report 2017**, produced in partnership with the University of York, is the sixth in a series of annual reports published by The Children's Society about how children in the UK feel about their lives. The report examines the latest trends in well-being over time, explanations for gender patterns in well-being, and insights into how multiple experiences of disadvantage are linked to children's well-being. The Children's Society's report finds that young people's happiness is at its lowest since 2010. Fear of crime, living in a family struggling to pay the bills and not having enough emotional support at home are just some of the serious problems that leave teenagers more likely to be unhappy. Teenagers with more than seven serious problems in their life are ten times more likely to feel unhappy than those with none.

 <https://www.gov.uk/government/publications/social-mobility-challenges-faced-by-young-muslims#2017-09-07T00:15:04+01:00>

Report into **young Muslims' perceptions and experiences of growing up and seeking work in Britain.**

 <https://www.healthylondon.org/children-and-young-people>

Healthy London Partnership formed in April 2015, has been working across health and social care, and with the Greater London Authority, Public Health England, NHS England, London's councils, clinical commissioning groups, and Health Education England.

## Involvement of Young People

 <http://www.byc.org.uk/wp-content/uploads/2017/07/NHS-Youth-Forum-Brochure-for-PPGs.pdf>

<http://www.byc.org.uk/wp-content/uploads/2016/09/NHS-Youth-Forum-Tip-Brochure-FINAL.pdf>

Resources from the NHS Youth Forum

Top tips to involving young people in patient participation groups

Top tips to involving young people in health care planning

 <https://www.qualitasconsortium.com/index.cfm/programs-services/15-steps/15-steps-for-children-and-young-peoples-inpatient-services/>

**The 15 Steps Challenge for children and young people's inpatient services.** The 15 step toolkit to support involvement of CYP and their families in improving quality of in-patient care

## Mental Health and Well-being

 [http://www.annafreud.org/what-we-do/schools-in-mind/youre-never-too-young-to-talk-mental-health/#163961\\_20170921091513](http://www.annafreud.org/what-we-do/schools-in-mind/youre-never-too-young-to-talk-mental-health/#163961_20170921091513)

The Anna Freud National Centre for Children and Families has developed a booklet: **Supporting mental health and well-being in schools** and a series of expert advice films which offer practical guidance about what teachers can do in the classroom to support mental health, and what to do if they are concerned about a child. The teaching materials are designed to help children learn the life-long skills to help them talk about 'big' and 'small' feelings, and how to listen to their friends when they need to talk. A leaflet and film for parents and carers offering tips on how to start conversations with their children about mental health has also been made available.

 [https://www.nice.org.uk/guidance/CG28#163961\\_20170920013907](https://www.nice.org.uk/guidance/CG28#163961_20170920013907)

**Depression in children and young people: identification and management NICE Clinical guideline CG28 updated in August 2017.** It covers identifying and managing depression in children and young people aged between 5 and 18 years. Based on the stepped care model, it aims to improve recognition and assessment and promote effective treatments for mild, moderate and severe depression.

 <https://www.nationalelfservice.net/treatment/digital-health/mental-health-apps-for-young-people-an-evidence-free-zone/>

This Mental Elf blog considers a recent systematic review of mental health apps for young people, which highlights the current dearth of reliable research to support the efficacy and safety of mobile apps.

 [https://youngminds.org.uk/resources/policy/cyberbullying-inquiry/#163961\\_20170919093338](https://youngminds.org.uk/resources/policy/cyberbullying-inquiry/#163961_20170919093338)

An Inquiry into the **Impact of Cyberbullying on Social Media on Children and Young People's Mental Health**

 <https://www.gov.uk/government/publications/psychosocial-pathways-and-health-outcomes#2017-08-30T09:30:03+01:00>

This report from Public Health England highlights the current evidence including many examples for children and young people that exists about the relationships between social determinants, psychosocial factors and health outcomes. It also provides a conceptual framework that focuses on the psychosocial pathways between factors associated with social, economic and environmental conditions, psychological and psychobiological processes, health behaviours and mental and physical health outcomes.

## School and University Health

 [https://www.rcn.org.uk/professional-development/publications/pub-006316#163961\\_20170906094131](https://www.rcn.org.uk/professional-development/publications/pub-006316#163961_20170906094131)

This **toolkit from the Royal College of Nursing** provides school nurses with information, examples of good practice, templates and useful websites to support and develop professional practice. It considers varying policy and practice which applies across the UK and the range of settings in which school nurses work.

 [https://campaignresources.phe.gov.uk/schools/topics/rise-above/about-rise-above#163961\\_20170920110954](https://campaignresources.phe.gov.uk/schools/topics/rise-above/about-rise-above#163961_20170920110954)

Public Health England (PHE) has developed a series of new resources for secondary school teachers to use in their lesson plans as part of the **Rise Above for Schools programme**. The resources will help teachers to engage pupils with coping strategies about 'traditional' health issues, like smoking and alcohol, while also addressing some of the most challenging pressures young people face today in an 'always on' social media generation.

 [https://www.ncb.org.uk/resources-publications/resources/just-getting-young-peoples-views-gender-emotional-well-being-and#163961\\_20170906123931](https://www.ncb.org.uk/resources-publications/resources/just-getting-young-peoples-views-gender-emotional-well-being-and#163961_20170906123931)

The National Children's Bureau (NCB) present the views of over 100 young people on how they cope with difficulties and seek help, with a focus on the role of gender. **Just Getting On** is a report for decision-makers, service providers and practitioners whose work impacts on children and young people's emotional and mental health and well-being. This report is part of a range of resources exploring children and young people's mental health from a gender perspective, which also includes an evidence review and examples of gender-sensitive practice. The resources aim to inform understanding of, and responses to, children and young people's different experiences, coping strategies and help-seeking behaviours.

 [https://www.ippr.org/research/publications/not-by-degrees#163961\\_20170906043721](https://www.ippr.org/research/publications/not-by-degrees#163961_20170906043721)

**Not By Degrees**. This report from the Institute for Public Policy Research explores the scale of students' mental health and issues affecting their mental health in UK universities. IPPR's review also includes their recommendations for how to improve students' access to mental health services.

## Professional Bookshelf

 Akre C, Suris JC, Belot A, Couret M, Dang TT, Duquesne A, Fonjallaz B, Geogin-Lavialle S, Larbre JP, Mattar J, Meynard A, Schalm S, Hofer M. Building a transitional care checklist in rheumatology: a Delphi-like survey. *Joint Bone Spine*. 2017 Sep 28. [Epub ahead of print]

 Boat TF, Filigno S, Amin RS. Wellness for Families of Children With Chronic Health Disorders. *JAMA Pediatr*. 2017 Sep 1;171(9):825-826.

 Breuner CC, Levine DA; COMMITTEE ON ADOLESCENCE. Adolescent and Young Adult Tattooing, Piercing, and Scarification. *Pediatrics*. 2017 Oct;140(4). Epub 2017 Sep 18.

 Brigden A, Loades M, Abbott A, Bond-Kendall J, Crawley E. Practical management of chronic fatigue syndrome or myalgic encephalomyelitis in childhood. *Arch Dis Child*. 2017 Oct;102(10):981-986.

 Cohen R, Sheeder J, Kane M, Teal SB. Factors Associated With Contraceptive Method Choice and Initiation in Adolescents and Young Women. *J Adolesc Health*. 2017 Oct;61(4):454-460.

 Garrett E, Doherty A, Hann G. Harmful sexual behaviour among children and young people: NICE guideline 2016. *Arch Dis Child Educ Pract Ed*. 2017 Sep 28. [Epub ahead of print]

 Jensen PT, Paul GV, LaCount S, Peng J, Spencer CH, Higgins GC, Boyle B, Kamboj M, Smallwood C, Ardoin SP. Assessment of transition readiness in adolescents and young adults with chronic health conditions. *Pediatr Rheumatol Online J*. 2017 Sep 9;15(1):70. doi: 10.1186/s12969-017-0197-6.

 Mayberry LS, Jaser SS. Should there be an App for that? The case for text messaging in mHealth interventions. *J Intern Med*. 2017 Sep 7. doi: 10.1111/joim.12687. [Epub ahead of print]

McRee AL

 Patalay P, Fitzsimons E. Mental ill-health among children of the new century – trends across childhood, with a focus on age 14. ([www.cls.ioe.ac.uk](http://www.cls.ioe.ac.uk))

 Sattoe JNT, Hilberink SR, van Staa A. How to define successful transition? An exploration of consensus indicators and outcomes in young adults with chronic conditions. *Child Care Health Dev*. 2017 Sep;43(5):768-773.

 Tanner AE, Philbin MM, Ma A, Chambers BD, Nichols S, Lee S, Fortenberry JD; Adolescent Trials Network for HIV/AIDS Interventions. Adolescent to Adult HIV Health Care Transition From the Perspective of Adult Providers in the United States. *J Adolesc Health*. 2017 Oct;61(4):434-439

 Twiddy H, Hanna J, Haynes L. Growing pains: understanding the needs of emerging adults with chronic pain. *Br J Pain*. 2017 Aug;11(3):108-118.

 Wisk LE, Weitzman ER. Expectancy and Achievement Gaps in Educational Attainment and Subsequent Adverse Health Effects Among Adolescents With and Without Chronic Medical Conditions. *J Adolesc Health*. 2017 Oct;61(4):461-470.

 Wray J, Hobden S, Knibbs S, Oldham G. Hearing the voices of children and young people to develop and test a patient-reported experience measure in a specialist paediatric setting. Arch Dis Child. 2017 Sep 13. [Epub ahead of print]

## Forthcoming Dates for your Diary!

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

### 2017

|                           |   |  |
|---------------------------|---|--|
| <b>October 6</b><br>*New* | <b>Adolescent Depression: Real conversations about what works now.</b><br>Birmingham  | <a href="http://www.childpsychotherapy.org.uk">www.childpsychotherapy.org.uk</a><br>or 0207 922 7751   |
| <b>10</b>                 | <b>Partners in Paediatrics Annual Conference &amp; AGM, Birmingham</b><br><br>Sustainability and Transformation Partnerships / Plans.<br><i>Where are our children in the STPs?</i> | <i>Keynote Speaker - Dr. Carol Ewing, Vice President Health Policy at the RCPC</i><br><a href="http://www.partnerinpaediatrics.org">www.partnerinpaediatrics.org</a> |
| <b>October 27-29</b>      | <b>11<sup>th</sup> IAAH world congress</b><br>New Delhi<br>India  | <a href="http://www.iaah2017congress.org">www.iaah2017congress.org</a>   |
| <b>November 6-12</b>      | <b>National Youth Work Week</b><br><i>Youth Services: youth work for today and tomorrow</i>   | <a href="http://www.nya.org.uk/supporting-youth-work/youth-work-week/">http://www.nya.org.uk/supporting-youth-work/youth-work-week/</a>                              |
| <b>December 7-9</b>       | <b>Excellence in Paediatrics Vienna</b>   | Includes a significant Adolescent Health track<br><a href="http://eip-pediatrics-institute.ineip.org/">http://eip-pediatrics-institute.ineip.org/</a>                |

### 2018

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|-----------------------------|--|---|
| <b>February 21</b><br>*New* | <b>AYPH Conference, ICH London</b>   | Further info to follow<br><a href="http://www.youngpeopleshealth.org.uk">www.youngpeopleshealth.org.uk</a>  |
| <b>March 14-17</b>          | <b>Society of Adolescent Health and Medicine</b><br><i>Global Adolescent health Equity,</i><br>Seattle USA | <a href="http://www.adolescenthealth.org/Meetings/2018-Annual-Meeting.aspx">http://www.adolescenthealth.org/Meetings/2018-Annual-Meeting.aspx</a> |

***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)***