

# Adolescent Resource Newsletter

## September 2016



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.*

## Young People Webwatch and Book shelf

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

This website offers a free, interactive service designed to help people better understand complex health research and “go beyond the headlines”. Designed to be useful for a range of people including patients, carers, students, policymakers, health professionals, researchers and those working in the third sector, the site guides users through the process of understanding health research.

 “Stuff that Sucks” book

By Ben Sedley

Publishers: Robinson (1 Oct 2015)

A book aimed at adolescents that will help them deal with painful emotions by drawing on the principles of Acceptance and Commitment Therapy (ACT) and presenting them in ways that are eye-catching and easy to understand.

## Professional Webwatch

### Mental Health

[http://www.syp.org.uk/our\\_generation\\_s\\_epidemic](http://www.syp.org.uk/our_generation_s_epidemic)

#### **Our generation's epidemic: young people's awareness and experience of mental health information, support, and services**

This report, published by the Scottish Youth Parliament, presents research to better understand young people's experience and awareness of mental health services and information.

### Learning Disability

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

#### **The Challenging Behaviour Foundation information sheet: teaching new skills**

This information sheets aims to be a practical tool for families when teaching their relatives new skills, and includes various examples of how this can be done and details about the tools and professionals who can help. In particular the information sheets covers: learning a new activity; communication skills; coping skills.

[www.skillsforhealth.org.uk/news/latest-news/item/450-coming-soon-learning-disabilities-core-skills-training-framework](http://www.skillsforhealth.org.uk/news/latest-news/item/450-coming-soon-learning-disabilities-core-skills-training-framework)

#### **Learning disabilities core skills education and training framework**

This framework sets out the essential skills and knowledge necessary for all staff involved in learning disability care and will enable organisations to: identify key skills and knowledge for roles and team; plan and design content for education and training; commission education and training; conduct training needs analysis; and support performance management processes and the assessment of competence.

### Gender Issues and Adolescent health

<http://www.adassoc.org.uk/publications/picture-of-health/>

#### **Picture of health?**

This report shines the spotlight on boys' body confidence. It focuses on the way male models are portrayed in advertising and the media – particularly, whether boys are aware of digitally enhanced imagery and whether this impacts their behaviour.

### Adolescent Services

<https://www.unison.org.uk/news/press-release/2016/08/millions-axed-from-youth-service-spending-says-unison/>


#### **A future at risk: cuts in youth services**


This report examines what youth services and youth workers do, describes and analyses what has happened to funding for youth services in recent years, and discusses the impact of funding cuts.


## Professional Bookshelf

 Appleton J, Powell C, Coombes L. Children's missed healthcare appointments: professional and organisational responses. *Arch Dis Child*. 2016 Sep;101(9):814-8.


 Callander EJ Pathways between health, education and income in adolescence and adulthood. *Arch Dis Child*. 2016 Sep;101(9):825-31.


 Golden NH, Schneider M, Wood C; Committee on Nutrition; Committee on adolescence; Section on Obesity. Evidence-based guidance by pediatricians can help identify behaviors that predispose to obesity and eating disorders. *Pediatrics*. 2016 Sep;138(3). pii: e20161649.


 Hart RI, McDonagh JE, Thompson B, Foster HE, Kay L, Myers A, Rapley T."Being 'as normal as possible': How young people (aged 16-25 years) evaluate the risks and benefits of treatment for inflammatory arthritis" *Arthritis Care & Research* 2016 Sep;68(9):1288-94

 Heath G, Farre A, Shaw KL. Parenting a child with chronic illness as they transition into adulthood: a systematic review and thematic synthesis of parents' experiences. *Patient Education and Counseling*. 2016 [Epub ahead of print]

 Hislop J, Mason H, Parr JR, Vale L, Colver A. Views of Young People With Chronic Conditions on Transition From Pediatric to Adult Health Services.*J Adolesc Health*. 2016 Sep;59(3):345-53.

 Huguet A, Tougas ME, Hayden J, McGrath PJ, Stinson JN, Chambers CT. A Systematic Review with Meta-analysis of Childhood and Adolescent Risk and Prognostic Factors for Musculoskeletal Pain. *Pain*. 2016 Aug 10. [Epub ahead of print]

 Lubans D, Richards J, Hillman C, Faulkner G, Beauchamp M, Nilsson M, Kelly P, Smith J, Raine L, Biddle S. Physical Activity for Cognitive and Mental Health in Youth: A Systematic Review of Mechanisms *Pediatrics*. 2016 Sep;138(3). pii: e20161642.


 L'Engle KL, Mangone ER, Parcesepe AM, Agarwal S, Ippoliti NB. K Mobile Phone Interventions for Adolescent Sexual and Reproductive Health: A Systematic Review *Pediatrics*. 2016 Sep;138(3). pii: e20160884.


 Lee H, Pantazis A, Cheng P, Dennisuk L, Clarke PJ, Lee JM. The Association Between Adolescent Obesity and Disability Incidence in Young Adulthood. *J Adolesc Health* 2016 Jul 25 [Epub ahead of print]


 Mitchell KR, Geary R, Graham C, Clifton S, Mercer CH, Lewis R, Macdowall W, Datta J, Johnson AM, Wellings K. Sexual Function in 16- to 21-Year-Olds in Britain J Adolesc Health. 2016 Jul 28.

 Powell CV, Heinz P. New models of care: the future of child health services. What does this mean for you and your patients? Arch Dis Child. 2016 Aug 29.

 Sharp C. Bridging the gap: the assessment and treatment of adolescent personality disorder in routine clinical care Arch Dis Child. 2016 Aug 9

 Stanley N, Oram S, Jakobowitz S, Westwood J, Borschmann R, Zimmerman C, Howard LM. The health needs and healthcare experiences of young people trafficked into the UK. Child Abuse Negl. 2016 Aug 20;59:100-110.

 Urbina EM and de Ferranti SD. Lipid Screening in Children and Adolescents. JAMA 2016 Aug 9; 316:589-91

 Weiss Kelly AK, Hecht S; Council on Sports Medicine and Fitness. The Female Athlete Triad. Pediatrics 2016 Aug 138:e20160922

 Williams B, Cassar C, Siggers G, Taylor S. Medical and social issues of child refugees in Europe Arch Dis Child. 2016 Sep;101(9):839-42.

### **Special editions:**

International Journal of Adolescent Medicine and Health

Training adolescent health professionals: improving the care of adolescents and young adults around the world. <http://www.degruyter.com/view/j/ijamh.2016.28.issue-3/issue-files/ijamh.2016.28.issue-3.xml>

Journal Pediatric Psychology

Cost Effectiveness and Economic Impact of Pediatric Psychology Interventions

Volume 41 Issue 8 September 2016 <http://jpepsy.oxfordjournals.org/content/41/8.toc>

## **Training Resources**

 [www.seenandheard.org.uk](http://www.seenandheard.org.uk)

The Seen and Heard course from the Children's Society is narrated by young people, sharing real experiences about what it's like to be an abused or exploited child with 'something to tell'.

## Forthcoming Dates for your Diary!

### 2016

<b>September 17-19</b>	<b>EIAAH Social Media and Adolescence</b> Pristina, Kosovo	20th European Congress of the International Association for Adolescent Health Abstract Deadline: 30 March 2016
<b>October 11</b>	<b>Partners in Paediatrics Annual Conference</b> Time for Transformation Birmingham	<a href="http://www.partnersinpaediatrics.org/annual-conference11-10-16.html">http://www.partnersinpaediatrics.org/annual-conference11-10-16.html</a>
<b>October 12</b>	<b>SAPHNA annual conference: the changing landscape of school nursing – embracing the challenges and opportunities</b> Newcastle	<a href="http://www.saphna.co/events/saphna-annual-conference-2016">http://www.saphna.co/events/saphna-annual-conference-2016</a>
<b>October 21</b>	<b>ACAMH Supporting children and young people coping with chronic and life limiting illnesses</b> Oxford	<a href="https://www.acamh.org/events/2016/10/supporting-children-and-young-people-coping-chronic-and-life-limiting-illnesses">https://www.acamh.org/events/2016/10/supporting-children-and-young-people-coping-chronic-and-life-limiting-illnesses</a>
<b>October 27-28</b>	<b>17<sup>th</sup> Annual Chronic Illness and Disability Conference, Transition from Pediatric to Adult- based Care</b> Houston Texas	<a href="https://www.baylorcme.org/search/detail.cfm?cme=1001">https://www.baylorcme.org/search/detail.cfm?cme=1001</a>
<b>November 4</b>	<b>How to manage: child mental health in general paediatrics</b> RCPCH London	<a href="http://www.rcpch.ac.uk/courses/how-manage-child-mental-health-general-paediatrics">http://www.rcpch.ac.uk/courses/how-manage-child-mental-health-general-paediatrics</a>
<b>4-8</b>	<b>Anit-Bullying Week 2016</b>  <b>Power for Good</b>	<a href="http://anti-bullyingalliance.org.uk/anti-bullying-week">http://anti-bullyingalliance.org.uk/anti-bullying-week</a>
<b>9</b>	<b>Improving the Transition from Paediatric to Adult Health Services</b> Developing effective transition pathways and maintaining long term engagement with young people Manchester	<a href="http://www.sbk-healthcare.co.uk/home/title/2160/transition-from-paediatric-to-adult-health-services/">http://www.sbk-healthcare.co.uk/home/title/2160/transition-from-paediatric-to-adult-health-services/</a>
<b>November 22</b>	<b>Connecting Research and Practice in Children and Young People's Mental</b>	Free conference 9-4pm A variety of research projects from across the UK focussing on children and young people's mental health

	<b>Health Child Health Research Network University of Manchester</b>	will be presented in this one-day free conference. The day will be both multi-disciplinary and multi-methodological with researchers from variety of disciplines . Topics include: exercise and mental health, self-care, online support, LGBT youth mental health, parenting, therapeutic assessment in self-harm, risk assessment, and young people's mental health advocacy. Jane Mann – Research Deanery, University of Manchester, <a href="mailto:jane.mann@manchester.ac.uk">jane.mann@manchester.ac.uk</a> Tel: 0161 306 7900
<b>December 8-10</b>	<b>Excellence in Paediatrics London</b>	<a href="https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx">https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx</a>  Includes a specific <b>Adolescent Medicine</b> Programme

<b>2017</b>		
<b>January 26</b>	<b>3<sup>rd</sup> National Adolescent Rheumatology Symposium UCL, London</b>	The Arthritis Research UK Centre for Adolescent Rheumatology will be hosting its 3rd one day National Symposium on Adolescent Rheumatology. 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. Brenda Bell <a href="mailto:brenda.bell@ucl.ac.uk">brenda.bell@ucl.ac.uk</a> <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>
<b>May 12-14</b>	<b>TOWARDS HEALTH AND WELLBEING FOR ALL ADOLESCENTS BY 2030" The Egyptian Society for Adolescent Medicine Cairo.</b>	<a href="http://adolescents-eg.org/templates/frontend/home.html">http://adolescents-eg.org/templates/frontend/home.html</a>
<b>May 24-26</b>	<b>RCPCH Annual Meeting Birmingham, UK</b>	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a>  Joint YPHSIG & Mental Health session
<b>July</b>	<b>Euteach summer school Lausanne, Switzerland</b>	Dates and details to follow <a href="http://www.euteach.com">www.euteach.com</a>
<b>October 27-29 NB amended date)</b>	<b>11<sup>th</sup> IAAH world congress New Delhi India</b>	<a href="http://www.iaah2017congress.org">www.iaah2017congress.org</a> <b>(NB amended website)</b>

***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)***