

Adolescent Resource Newsletter

April 2007

To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development.

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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 with chronic illness and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.

Young People Wanted!

Big Debate on Bullying in Birmingham

A Big Debate on bullying has been planned by young people for young people (12-17 years) from the Raise Your Potential (RYP) Project. RYP works with young people in the West Midlands to help them gain skills in facilitation, research and media. This is the first year of a 3-year Big Lottery Funded project aimed to get more young people involved in making a difference in their community. As well as talking about bullying in general, the young people decided that bullying within the community as part of gang or turf culture is becoming a big problem in Birmingham and they wanted to get other young people's views on this. The event will include a dance company 'Sister Act' and a young man, Witness, who specialises in rapping and poetry to offer creative sessions alongside the interactive discussion groups which the young people will lead.

Date: Thursday 12 April 2007

Time: 1.15pm – 4.30pm

Place: Birmingham Midlands Institute, Margaret Street, Birmingham, B3 3BS

Cost: Absolutely free! They will also receive a goody bag and a voucher for taking part

If young people are interested in attending or you would like to bring some along you can call Jayne Garner on 020 7843 6064 you can email Jayne at jgarner@ncb.org.uk who will give you more details.

YouthHealthTalk: Being Young and Living with EPILEPSY

www.youthhealthtalk.org (YHT) is the new youth section of the DIPEX website. YHT has hundreds of audio and video clips from interviews with young people who discuss what it is like to live with an illness or to have health problems. YHT provides a unique insight into young people's lives. The website attracts 1.3 million hits a month and has won several awards including the young people's sexual health site being highly commended in the 2005 BMA book awards. YHT is widely used by the public and in training health professionals.

The DIPEX Research Group is based at the University of Oxford. It has just started a Department of Health funded project on young people with epilepsy and would like to ask your help in identifying young people between the ages of 16 to 25 who may want to take part in this project.

The project has Multi-Centre Research Ethics Committee (MREC) approval. We will be collecting between 30 and 40 interviews across the UK and will visit young people at home or wherever they prefer. Interviews will be video or audio taped with their consent.

If you would be interested in helping us to recruit young people for this project, please ring Ulla Raisanen on 01865 289324 or email her at ulla.raisanen@dphpc.ox.ac.uk. It would be great if you could help!

What should equality for disabled people look like in 2025?

<http://www.officefordisability.gov.uk/consultations>

The Office for Disability Issues has launched a consultation to hear what disabled people think equality for disabled people should look like in 2025 and what they think are the most important areas of their lives that they should focus on when measuring progress.

The consultation runs from 14 February until 9 May 2007. They want to hear from as many disabled people as possible, as well as from people whose lives are affected by disability or long- standing illness. This includes children, young people and adults of all ages and all backgrounds, as well as parents and carers of disabled people.

The consultation paper is available in a range of formats. These can be obtained from their website at <http://www.officefordisability.gov.uk/consultations>

or by request.

A report summarising responses will be published in Summer 2007.

Contact: Tel 020 7712 2548, Text 020 7712 2332, Email disability.progress@dwp.gsi.gov.uk.

Young people wanted in the planning of YoungMinds new website.

In addition to focus groups with children and young people, and asking their young panel what they think, YoungMinds (www.youngminds.org.uk) are asking young people to look at an online survey to ensure they get it right from the start!

The link is below:

<http://www.surveymonkey.com/s.asp?u=987522936085>

The BT Seen and Heard awards

The Seen and Heard Awards are part of BT's Better World campaign, which aims to grow young people's communication skills and help young people campaign to create real social change. One of the ways they help young people do this is by identifying and recognising those who have already made their voices heard and effected real change to inspire others.

The annual BT Seen and Heard awards, in partnership with the UK Youth Parliament, recognise inspiring examples of young people making their voices heard on issues that matter to them. Previous winners include a group of young people who decided to tackle litter in their community, a young girl who wrote a self-help book to help others who's parents had divorced, and staff from a school in Ipswich who involved students in the appointment of a new headteacher. If you have a story to tell and have used your voice to achieve something positive on your own or as part of a group they would love to hear from you.

If you are interested in applying or would like more information about the awards please visit www.btplc.com/listening or email alex.hartnall@corporateculture.co.uk. **The closing date is 16 April 2007.**

Adolescent Webwatch

Teen Health Check

Sponsored by NHS and need2know

[http://tlc.need2know.co.uk/\(S\(uukilxiifz3hvxmn3wufm055\)\)/Default.aspx?refID=3](http://tlc.need2know.co.uk/(S(uukilxiifz3hvxmn3wufm055))/Default.aspx?refID=3)

The 'Personal Health MOT' was proposed in *Youth Matters* (2005) in response to the recognition that the transition from primary to secondary school can be a challenging time for some young people. It evolved into the Teen Life Check, which was outlined in the White Paper *Our Health, Our Care, Our Say* (2006) along with Life Checks for early years and later life. Young people have been involved in the development of the tool from the outset.

Embedded within the Child Health Promotion Programme, the Teen Life Check is a quick quiz-style online questionnaire for young people between 11 and 14, but primarily 12 to 13 year olds. It has been designed to empower young people to take greater control of, and responsibility for, their health and well-being by raising their awareness of risk and the range of local and national support services available to them. It will be completed by young people themselves and the results will be personal and confidential, unless they choose to share them.

The tool is available on the Teenage Health Freak website - www.teenagehealthfreak.org/homepage/index.asp and on the DfES facilitated websites - www.need2know.co.uk/ and www.l8r.uk.net/go/advicelinks&category=31. The findings from the evaluation will inform the next steps.

As of the 20 February 1753 individuals had accessed the Teen Life Check site and 761 had completed it. It will be evaluated over a six month trial period in the Teenage Health Demonstration Sites in Bolton, Hackney, Northumberland and Portsmouth which have been set up to explore and evaluate how services can become better equipped and coordinated to meet the health needs of young people aged 11-19.

If professionals would like to have a go on the tool, ie, are not a young person aged between 11-14 then please press 'other' when selecting from the 'age' tab to ensure that impact on the evaluation findings is minimised.

Self-Management

Health Action Plans for people with learning disabilities

To help people with Learning Disabilities stay healthy....

Factsheets: www.askmencap.info

www.leedsmentalhealth.nhs.uk/ldservices/healthactionplan.cfm
includes downloadable booklet

Advocacy

www.rcpch.ac.uk

There are new pages planned for children and young people on the Royal College of Paediatrics and Child Health website – watch that space!

Mental Health

 www.mindyourmind.ca

A mental health resource for youth from Canada! e sure to have your sound on because it starts with an intro from the Barenaked Ladies!!!.

Creativity!

 www.talentedyoungpeople.com

A new website has been launched which aims to be a one stop shop where young people (13-24 years) can get advice and ideas on how to progress their talents!!.

Adolescent Bookshelf!

 ***'Thinking about you'***

Written by Muscular Dystrophy Campaign www.muscular-dystrophy.org .This booklet is written for 11-14yr olds who have a neuromuscular condition and covers areas such as , feeling good about yourself, bullying, food, wheelchairs.

 ***'Growing Up, sex and relationships: a booklet for young disabled people'***.

Booklet written by Contact A Family for teenagers with disabilities.


further information www.cafamily.org.uk OR 209-211 City Road, London EC1V 1JN Freephone Helpline: 0808 8083555 (10am-4pm)

Parents of Adolescents Bookshelf!

 ***"Safe Parenting Handbook. You and Your Teenager" booklet***

From Birmingham Safeguarding Children Board

See www.lscbbirmingham.org.uk

 ***'Growing Up, sex and relationships:a booklet to support parents of young disabled people'*** Produced by Contact a Family

This not only has lots of useful information but also has a resource section where you can look for further information www.cafamily.org.uk OR 209-211 City Road, London EC1V 1JN Freephone Helpline: 0808 8083555 (10am-4pm)

Professional Webwatch

Disability

http://www.cabinetoffice.gov.uk/strategy/work_areas/disability/

Two of the 5 central themes of the government report "Life Chances" (2005) specifically addressed young people with disability and transition:

- Improved support for families with young disabled children
- Eliminating service gaps and facilitating transition between childhood and adulthood

Sexual Health

<http://www.nice.org.uk/guidance/PH13>

Preventing sexually transmitted infections and reducing under 18 conceptions

NICE published new public health intervention guidance with recommendations on 'one to one interventions to reduce the transmission of sexually transmitted infections (STIs) including HIV, and to reduce the rate of under 18 conceptions, especially among vulnerable and at risk groups'. The guidance is for NHS and non-NHS professionals who have a direct or indirect role in, or responsibility for, sexual health services. This includes those working in local authorities and the education, community, voluntary and private sectors.

Epidemiology

http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5602a1.htm?s_cid=ss5602a1_e

Youth Risk Behavior Surveillance

The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors, general health status, and the prevalence of overweight and asthma among youth and young adults in the USA. YRBSS includes a national school-based survey conducted by CDC and state and local school-based surveys conducted by state and local education and health agencies.

Multi-agency Working

Contact Point: the Information Sharing Index

The national Information Sharing Index, part of the Every Child Matters programme to improve outcomes for children, is to be known as 'Contact Point'. Contact Point will provide a quick way for those working with children and young people to find out who else is working with the same child or young person, making it easier to deliver more coordinated support. It will be available to authorised staff who need it to do their jobs.

The website www.everychildmatters.gov.uk/contactpoint/ will include updated information about the tool.

Transition

Transition and Longterm ventilation (NHS webpages)

<http://www.longtermventilation.nhs.uk/site/3368/default.aspx>

Transition and CAMHS

Downloadable documents available on www.hascas.org:


- CAMHS to Adult Transition:
- Tools for Transition – Self-Assessment Checklist
- Bookshelf Annotated Bibliography
- Literature Review for Informed Practice

Training


www.leedsmentalhealth.nhs.uk/ldservices/healthactionplan.cfm

includes tool kit designed to give GPs a practical approach to providing inclusive health care for people with Learning Disabilities. It is based on requirements for health care as set out in the document 'Action For Health - Health Action Plans and Health Facilitation'.

Professional Bookshelf

 Santor DA, Poulin C, LeBlanc JC, Kusumakar V. Online health promotion, early identification of difficulties and help seeking in young people. J Am Acad Child Adolesc Psychiatry 2007;46:50-9

 Bell L. Adolescents with renal disease in an adult world: meeting the challenge of transition of care. Nephrol Dial Transplant 2007;22:988-991.

 Bell L. Adolescent dialysis patient transition to adult care: a cross-sectional survey. Pediatr Nephrol 2007 Feb 27 [Epub ahead of print]

Forthcoming Dates and meetings for your Diary!

2007 Series of Adolescent Health Study Days

25th April: Adolescent Health – A Practical Guide

includes Definitions and Epidemiology; Bio-psychological development; Adolescent Health Service Provision
Communication skills. Speakers to include Russell Viner, Aidan MacFarlane, Janet McDonagh

9th May : The Teenage Brain

Mental Health in adolescence; Education, vocation and young people; Peer Support. Speakers to include Rebecca Hodgetts, Ray McMorro, Janine Hackett, Janet McDonagh

23rd May: Adolescent Risk and Resilience

Substance use and misuse; Sexual and reproductive health; Health Promotion. Speakers to include Ann McPherson, Dr Sangeeta Ambegaokar , Brook, Prof Ilana Crome, Dr Penny Gool, Rebecca Hodgetts

13th June Young People First - Chronic illness and Adolescence

Impact of chronic illness on adolescence; Confidentiality, consent, rights and personal advocacy; Adherence and Transition. Speakers to include Janet McDonagh, Marcelle de Sousa, Rebecca Hodgetts

Organiser: Dr Janet McDonagh

Venue: Birmingham Children's Hospital

£165 per day for Drs, £95 for nurses and allied health professionals

Contact: d.reay@bham.ac.uk to register and/or further information. A few spaces still available for most days.

Tuesday May 8 2007

Sharing ANSWERS on teenage pregnancy

Edinburgh Conference Centre,

Heriot-Watt University, Edinburgh

Chaired by Simon Blake, Brook Chief Executive

The conference will offer delegates the chance to share learning from areas in Scotland that are taking forward initiatives to reduce teenage pregnancy rates. It will illustrate major success factors identified by the Teenage Pregnancy Unit in England and enable participants to explore ways of replicating good practice in their work. The programme will also allow delegates to hear about factors influencing teenage pregnancy in Scotland and to benefit from Brook's and others' experience in working effectively with young people.

Email for a booking form to: training@brookcentres.org.uk

12 & 13th November 2007

4th Teenage Health Conference

Academic Centre, The James Cook University Hospital, Marton Rd, Middlesbrough

£150 for 1 day, £225 for 2 days.

For an application form or for further information please contact:

Joan Flannigan Tel: 01642 282825 email: joan.flannigan@stees.nhs.uk

www.conferencessouthtees.co.uk

27th November 2007 Adolescent Medicine Symposium

Royal Society of Medicine (West Midlands),

University of Birmingham including the Leonard Parsons Lecture given by Professor Pierre-Andre Michaud, Professor of Adolescent Medicine, Lausanne and Coordinator of the EuTEACH initiative.

Further details to follow.

Contact: Dr Janet McDonagh j.e.mcdonagh@bham.ac.uk for further information

2007 Brook Training courses

Venue: Kings fund, London

Cost £150

For further information

training@brookcentres.org.uk

Sex, young people, confidentiality and the law

Sept 20, 2007

Venue: Kings fund, London

How to deliver young people-friendly sexual health services

Oct 19, 2007

An introduction to the principles of promoting sexual health and positive relationships to “hard to reach” and at-risk young people

April 19, November 22, 2007

Supporting young people to negotiate safer sex

May 18 and Dec 13, 2007

Training for reception staff

April 19, 2007

Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to:

j.e.mcdonagh@bham.ac.uk