

Adolescent Resource Newsletter

May 2008



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) but remaining available to non-YPHSIG members!

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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!

 www.youthhealthtalk.org

YouthHealthTalk (YHT) is part of a national charity that produces the unique, award winning website www.dipex.org. On the YHT website you can watch, listen to or read interviews with young people about their experiences of health, illness and lifestyles. The site also has reliable information about different health conditions and links to other websites, support groups, books and videos. The site has won several awards, 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.

They would like to ask for your help with making contact with young people who can help them to produce two new sites.

1. Young people's experiences of obesity and being overweight. They are particularly keen to speak to young people aged 16-20 who are struggling with their weight or who have been told they're overweight or obese.

2. Young people's experiences of depression.

They are looking for young people aged 16-25 who have experienced depression or persistent low mood.

Full ethics approval has been obtained from the multi centre research ethics committee. If you have someone in mind that you think would like to participate, or if you would like further information, please do not hesitate to contact either of the Youth Health Talk team:

Krysia Canvin (YP and obesity)

Ulla Raisanen (YP and depression)

Krysia.canvin@dphpc.ox.ac.uk
01865 289306

ulla.raisanen@dphpc.ox.ac.uk
01865 289324

YouthHealthTalk & DIPEX Research Group, Dept of Primary Health Care, University of Oxford, Old Road Campus, Headington, Oxford, OX3 7LF

Quit Because...

Quit Because... is an organisation that helps young people to stop smoking and it needs their help! Quit Because... want to improve the way it works with children and young people and is asking those aged 10 to 15 to complete an online questionnaire and give their views about things that matter to them. Those completing the questionnaire can win one of five £10 HMV vouchers.

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

Youth at the Table

Youth at the Table is a one-day course for young people who are or would like to become charity trustees and want to develop their skills and knowledge to be more effective at their roles. The course introduces young people to the role of trusteeship, as well as enhancing exiting trustees understanding of how they can effectively and confidently take up their role. The structure of the course is based on National Occupational Standards for Trustees and Management Committee Members and the training has been developed with young people to make it engaging and inspiring to other young people. Young people can bring a support worker along with them to the training

Course dates are:

21th June, Taunton

5th July, Birmingham

4th Oct, London

To book your place or find out more about the training visit our Online Gateway: www.participationworks.org.uk or call the Participation Works Enquiry Line: 0845 603 6725

<http://www.shootnations.org/main/home>

Shoot Nations is a free global youth photography competition. It is open to young people aged **11 – 24** from anywhere in the world. Shoot Nations gives young people the chance to express their opinions through visual communication. The 2008 theme is "**Young People In A Changing Climate**" - a hot global issue directly affecting us all! All you have to do is take 3 photographs or draw 3 pictures that capture the following:

1. How is climate change affecting your life?
2. Act now - be the change!
3. Your world in the future.

And then sign up and upload you work by following this link: <http://www.shootnations.org/main/home>

The best entrants will be in with the chance to win a trip to Quebec and be exhibited at the [World Youth Conference](#) as part of [International Youth Day](#) 2008. Get your entries in by **31st July 2008**.

www.NOISEfestival.com

NOISE shows off the very best in creative talent from people 25 and under - any creative work that can be presented digitally (on screen or on air) including fashion, film, music, design, architecture, written word, graphic design, fine art and illustration can be entered. Deadline fort submission of entries: **1st September 2008**.

Adolescent Webwatch

 <http://www.11million.org.uk/>

The Children's Commissioner for England has launched a new interactive website to gather the views and opinions of children and young people across the country. Themed rooms, linked to 11 MILLION's work programme, will allow young people to share their experiences on specific areas such as asylum, the use of the Mosquito, being happy and healthy, and the organisation's major project, 'Guns, gangs and knives', as well having the chance to raise other important issues.

 <http://invo.org.uk/pdfs/healthindicatorsypreport1.pdf>

"How healthy are children and young people in England?"

4 page leaflet compiled for the Association of Public Health Observatories (APHO) by the Young People's Reference Group on Public Health, a 12 strong group of young people led by the National Children's Bureau.

Further info contact

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Senior Research Officer

NCB

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Young People with Epilepsy

 www.youthhealthtalk.org

To mark The National Epilepsy Awareness Week, DIPEX, the award-winning charity that publishes personal accounts of people's experiences of health and illness on the web, announces the launch of a multimedia website about Young People's experiences of living with Epilepsy www.youthhealthtalk.org/epilepsy

The site features forty-one young people talking openly about all aspects of living with epilepsy and includes 350 video, audio and written clips, supported by first-class medical information on epilepsy and its effects. The website is based on high quality research at the University of Oxford, lead by the leading Adolescent Health Expert and GP Dr Ann McPherson, medical director of DIPEX.

"The website gives voice to young people with epilepsy and presents their real experiences. People can use the website freely, when and where suits them best. Learning from others in a similar situation can bring so much hope and encouragement and above all, young people with epilepsy can see that they are not alone." said Dr McPherson.

Being diagnosed with epilepsy as a young person can raise many questions. Can the seizures be treated and managed? Can I get support with school and my studies? What about jobs and finding work? Can I still go out and drink alcohol? Will my friends understand? The website offers young people the opportunity to find out what it's going to be like from others who've been there too - so much more than their doctor, parents or friends could ever tell them. The site also gives health professionals vital insights into how the young people they care for really think and feel.

The young people featured have been interviewed by researcher Ulla Räisänen, and are from all social and ethnic backgrounds from across the UK. There are 28 summaries on the site exploring young people's experiences of diagnosis, symptoms, medication and side-effects. Interviewees speak of experiences of different seizures and tests, school, studies, work and unemployment, relationships, sex and contraception, lifestyle, feelings and emotions. They also give advice to other young people living with epilepsy.

"I desperately didn't want epilepsy, I didn't want to stand out or be different... but then I actually realized diagnosis was very helpful and made things a lot better. Giving it a name meant that I could get treatment, medication, and it was a positive thing rather than a negative thing." Anna, 20

"Epilepsy is different for each person. I think sometimes you can be put in a category if you've got that type of epilepsy then these are the trigger factors or whatever. But it's different in each person and each person's lifestyle is different." Rebecca, 20

YouthHealthTalk has become one of the UK's top health resources for young people, health professionals and those in training as well as a resource for schools and PHSE. The site on Young people and Epilepsy was funded by the Department of Health.

 www.ruralyouth.com

As part of their ongoing work, **Rural Youth Network** would like to collect, collate and disseminate examples of good practice on a variety of topics, all relating to children and young people in rural areas. Currently they are collecting information on Transport, Leisure, Positive Activities and Volunteering. They will be expanding on the topics that they are collecting on in the coming months. To submit an example of good practice use the form at

www.ruralyouth.com/module_images/RYN%20Examples%20of%20Good%20Practice%20Form.doc.

If you require more information please contact Sarah Hope on 0116 242 7441 or email ruralyouth@nya.org.uk.

Parents of Adolescents Webwatch

 <http://www.bbc.co.uk/barefacts/index.shtml>

The Family Planning Association and BBC Learning have created a new "bare facts" website, which presents information for parents to talk to their children about sex, love and relationships. The ten questions were based on fpa's experience of working with parents and carers and come from the common things parents asked them.

Professional Webwatch

 <http://www.acsa-caah.ca/>

The new website of the Canadian Association for Adolescent Health

The January issue of Pediatrics & Child health was dedicated to adolescent health in Canada. This is the journal of the Canadian Paediatric Society and this special January issue celebrates the new subspecialty of Adolescent Medicine in Canada.

To consult the table of content:

<http://www.pulsus.com/journals/toc.jsp?HCtype=Physician&sCurrPg=journal&jnlKy=5&isuKy=759&>

 <http://www.incenterstrategies.org/jan07/specialreport.pdf>

The National Alliance to Advance Adolescent Health, has produced a special report on adolescent medicine fellowship training programs in the US (April 2008)

Adolescent Medicine at the Crossroads: a review of fellowship training and recommendations for reform. By Harriette B. Fox, Margaret A. McManus, Jane E. Wilson, Angela Diaz, Arthur B. Elster, Marianne E. Felice, David W. Kaplan, Jonathan D. Klein, and Charles J. Wibbelsman

Sexual Health

 www.spermcatcher.net

Brook has developed a new campaign - www.spermcatcher.net - around encouraging condom use among young men. Posters and postcards are available for use in youth clubs, schools, pupil referral units and all health and sexual health services including general practice. www.spermcatcher.net links to the Ask Brook service including the Brook website with information about sex, sexuality and sexual health for young people under 25.

Alcohol


 <http://www.knowyourlimits.gov.uk/units/index.php>

As part of the government's alcohol awareness campaign, The Know Your Limits website includes an online alcohol unit calculator


Professional Bookshelf

 Burke R, Spoerri M, Princes A, Cardosi A-M, Flanagan P. Survey of Primary Care Pediatricians on the Transition and Transfer of Adolescents to Adult Health Care. *Clinical Pediatrics* 2008;47:347-354

 Campbell R, Starkey F, Holliday J et al. An informal school-based peer-led intervention for smoking prevention in adolescence (ASSIST): a cluster randomised trial. *Lancet*. 2008 May 10;371(9624):1595-602.


 Coad J, Evans R. Reflections on practical approaches to involving children and Young people in the Data Analysis Process. *Children and Society* 2008;22:41-52.

 Dashiff C, Hardeman T, McLain R. Parent-adolescent communication and diabetes: an integrative review. *J Adv Nursing* 2008;62:140-162.


 Haller DM, Sanci LA, Sawyer SM, Patton G. Do young people's illness beliefs affect healthcare? A systematic review. *J Adolesc Health*. 2008 May;42(5):436-49. Epub 2007 Dec 21.

 Kohler PK, Manhart LE, Lafferty WE. Abstinence-only and comprehensive sex education and the initiation of sexual activity and teen pregnancy. *J Adol Health* 2008;42:344- 351


 McDonagh JE. Getting it Right for Young People: developing adolescent rheumatology services. *Future rheumatol* 2008;3(2):133-141.

 Roberts RE, Roberts CR, Duong HT. chronic insomnia and its negative consequences for health and functioning of adolescents: a 12-month prospective study. *J Adol Health* 2008;42:294-302

 Scal P, Davern M, Ireland M, Park K. Transition to adulthood: delays and unmet needs among adolescents and young adults with asthma. *J Pediatr* 2008;152:471-5.

 Tucker L, Uribe A, Fernandez M, et al. Adolescent onset of lupus results in more aggressive disease and worse outcomes: results of a nested matched case-control study within LUMINA, a multiethnic US cohort (LUMINA LVII). *Lupus*. 2008;17(4):314-22.

 Carpentier MY, Mullins LL, elkin TD, Wolfe-Christensen C. Predictors of health-harming and health-protective behaviors in adolescents with cancer. *Pediatr Blood Cancer*. 2008 May 13. [Epub ahead of print]

 Duke NN, Sieving RE, Pettingell SL, skay CL. Associations Between Health Screening Questions and Sexual Risk Behaviors in Adolescent Female Clinic Patients: Identifying a Brief Question Format to Yield Critical Information. *Clin Pediatr (Phila)*. 2008 May 8. [Epub ahead of print]

Forthcoming Dates and meetings for your Diary!

Youth Work for Health, National Youth Agency **<http://www.nya.org.uk/eventslist/109208/109702/nyaevents/>** **June and July 2008**

The NYA's YW4H (Youth Work for Health) team is running 9 regional events for policymakers and managers from local authorities to examine the key role that youth work has in addressing **young people's health issues**. Participants will receive a free copy of The NYA's newly published 'Good Practice Guidelines for Healthy Youth Work', a quality assurance tool and resource for ensuring the effectiveness of health related youth work at all levels. Check the website for dates and venues.

Teenage Cancer Trust Fifth International Conference on Teenage and Young Adult Cancer Medicine, London, Monday 9 and Tuesday 10 June 2008

Teenage Cancer Trust

Third Floor, 93 Newman Street,
London, W1T 3EZ

www.teenagecancertrust.org

Conference Organiser - Samantha Greshoff

Tel/Fax: 01227 733 668 Email: sam@greshoff.free-online.co.uk

Association for Children's Palliative Care (ACT) – National conference **'Networks, Pathways and Maps: Navigating our way to Better Care: Better Lives'**

9th June

NCVO Conference Suite

Regent's Wharf

London

At the conference we will discuss how we can make the most of the latest children's palliative care policy developments in England, including Aiming High and Better Care: Better Lives. The conference will also explore sexuality issues for children and young people with life-threatening conditions. The conference will cost £30 for ACT members and £90 for non-members.

Booking forms can be obtained by e-mailing sally@act.org.uk

Or calling ACT on 0117 922 15576

"Sexual Health for all – Meeting Diverse Needs"

Royal college of Nursing Sexual health Forum

14th June 2008

Venue@ Royal college of Physicians, Regents Park, London

Further information: www.rcn.org.uk/events

Children's Services National conference
Delivering the 2020 vision for children, Young People and Families
hosted by the Centre for Parliamentary Studies,
Wednesday 18h June 2008
at The IMechE, One Birdcage Walk, Westminster.

Through a series of interactive sessions, this special national conference will explore how *The Children's Plan* can be implemented effectively at the local level to deliver the Government's stated pledge to close the achievement gap and improve the learning and well-being of all children by the year 2020.

confirmed speakers now include:

Anne Jackson, Director, Child Well-Being Group, Department for Children, Schools & Families
Hillary Ellam, National Development Manager, Integrated Working, Children's Workforce Development Council

Fiona Blacke, Chief Executive, National Youth Agency

Adrian Voce, Director, Play England

Fergus Crow, Head of Education, Well-Being Unit, National Children's Bureau

For further details: <http://www.sepho.org.uk/viewResource.aspx?id=11378>

"Supporting Parents and Carers to Tackle Bullying"

Anti-Bullying Alliance Annual conference (free)

26th June 2008,

Mermaid conference Centre, London.

For more information click here

http://www.ncb.org.uk/Page.asp?originx_8865gd_73325140260131z30v_20077315023z

EuTEACH Summer School

Lausanne, Switzerland

July 6-11, 2008

For further information

Email: euteach@chuv.ch

www.euteach.com

The National Youth Agency

Nine regional Health Seminars

May – Jul 2008 (see www.nya.org.uk for dates and locations)

The NYA Youth Work for Health (YW4H) team is running a series of nine regional events for policymakers and managers from local authorities, PCT's and voluntary and community sector organisations, to examine the key role that youth work has in addressing the health issues of young people. Participants will receive a free copy of The NYA's "Good Practice Guidelines for Healthy Youth Work" a groundbreaking quality assurance tool and resource for ensuring the effectiveness of health related youth work at all levels of work with young people.

25 September 2008

ADHD Update and Working together Conference (multiagency)

Chichester lecture Theatre, Sussex University, Brighton

Speakers include Dr Daphne Keen (St Georges) and Dr Paramala Santosh

(GOSH). Further details from Dr Jennifer Chapman, Consultant Community

Paediatrician

c/o lisa.dobson@southdowns.nhs.uk

European Adolescent Health Meeting - Slovenia Sep 25-26 2008

Details to Follow

“Researching Adolescent Health”

Resource Centre, Holloway Road, London.

Association for Young People’s Health conference

23 October 2008

Check www.youngpeopleshealth.org.uk for further details nearer the time

28-20 September 2009

9th World Congress

International Association for Adolescent health

Kuala Lumpur, Malaysia

www.iaah.org

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