

# Adolescent Resource Newsletter

## February 2018



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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### **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.*

## Professional Webwatch

### **Research about Young People and Brexit**

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

The **British Council** is the United Kingdom's international organisation for cultural relations and educational opportunities. Their research programme includes **Next Generation** which is a series of global British Council research focusing on the attitudes and aspirations of young people, and the policies and conditions that support them in becoming creative, fulfilled and active citizens.

The research projects examine young people's views around education, employment and lifestyle, as well as uncovering their hopes and fears for their country, their degree of international engagement and views on the wider world, and the values and beliefs that affect their lives. Results of "**Next Generation UK**" have recently been published.

With the backdrop of the UK's decision to leave the EU, the British Council commissioned Demos to undertake independent research for Next Generation UK, aiming for honest dialogue about the challenges

facing young people in the UK, as well as exploring ways in which they can still have opportunities and agency as local and global citizens. The report is organised according to three key research themes around which we have explored youth attitudes and aspirations: the UK's place in the world, political and social engagement, and opportunities in education and work.

 <https://www.gov.uk/government/publications/the-wellbeing-of-15-year-olds-analysis-of-the-what-about-youth-survey>

Further analysis of the 2014 What About YOUth? (WAY) survey has been published. This report highlights the associations between health behaviours, other self-rated life factors (such as bullying and body image) and wellbeing. Commissioners and providers of health, social care and education can use this information to target local resources where they are likely to have maximum impact in terms of improving the wellbeing of young people. It also looks at inequalities in relation to deprivation, disability and sexual identity to show where vulnerable young people may be overlooked.

## Adolescent Brain

<http://www.bbc.co.uk/programmes/b00snr0w/episodes/downloads>

"Teenage Brain" episode in series 17 of the Infinite Monkey Cage programme on Radio 4 – podcast now available

## Sexual Health

 [https://en.unesco.org/news/urges-comprehensive-approach-sexuality-education#163961\\_20180116030230](https://en.unesco.org/news/urges-comprehensive-approach-sexuality-education#163961_20180116030230)

UNESCO guidance designed to assist education policy makers in all countries design accurate and age-appropriate curricula re sexuality for children and young people aged 5 – 18+.

## Mental Health

 <https://www.annafreud.org/insights/news/2018/01/just-released-talking-mental-health-with-young-people-at-secondary-school/>

The Schools in Mind network has launched its latest activity to support schools by sending every single secondary school two leaflets – one for staff and one for parents and carers. The booklet for School staff offers an introduction to some of the mental health problems that children and young people in secondary schools may face. The parent/caregivers leaflet has advice and information on how to respond to children and young people who are struggling at school.

## Healthcare for Young People

 <https://www.rcpch.ac.uk/news/take-action-state-child-health-one-year>

The RCPCH has published [\*\*State of Child Health – One Year On scorecards\*\*](#) for England, Wales and Scotland. These documents examine progress against the recommendations made for the governments in each nation in last year's landmark State of Child Health report. The England scorecard reveals progress in some areas including the launch of a Digital Child Health Strategy, the publication of a new Tobacco Control Plan, the initiation of some specialist service reviews in paediatrics and the implementation of the sugar tax. However, there has been no improvement in several fundamental areas, including: No plans for an overarching child health strategy; no junk food advertising ban and no increased investment in child health research

## Digital Technology

 <http://www.bps.org.uk/news-and-policy/better-evidence-needed-appropriate-screen-time-children-and-young-people>

British Psychological Society have produced some recommendations “**Changing behaviours: children, adolescents and screen use (Adam Galpin and Gemma Taylor)** for parliamentarians, policy makers and practitioners interested in the impact of social media and digital technology on children and young people’s mental health. It also makes recommendations for families on how to reduce the negative impact that technology can have on some young people’s mental health.

 <https://www.childrenscommissioner.gov.uk/2017/08/06/digital-5-a-day/>

**Life in Likes: children’s Commissioner report into social media use among 8-12 year olds** Including Digital 5 a day: a guide for children and young people.

<https://www.hon.ch/>


**Health On The Net’s** mission is to guide Internet users to reliable understandable accessible and trustworthy sources of medical and health information. HON specialized Search engine and directory help Internet Users and Health Professionals to find the most reliable sources of information.


## Education and Vocation


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

**Youth Employment** UK is a leading organisation working to change the **youth employment** landscape for young people in the UK aged 16-24

## Professional Bookshelf

 Al-Tayyib A, Riggs P, Mikulich-Gilbertson S, Hopfer C. Prevalence of Nonmedical Use of Prescription Opioids and Association With Co-occurring Substance Use Disorders Among Adolescents in Substance Use Treatment. *J Adolesc Health* 2018;62: 241-44

 Brooks F, Michaelson V, King N, Inchley J, Pickett W. Spirituality as a protective health asset for young people: an international comparative analysis from three countries. *Int J Public Health*. 2018 Jan 13.. [Epub ahead of print]

 Clarke J, Proudfoot J, Vatiliotis V, Verge C, Holmes-Walker DJ, Campbell L, Wilhelm K, Moravac C, Indu PS, Bridgett M. Attitudes towards mental health, mental health research and digital interventions by young adults with type 1 diabetes: A qualitative analysis. *Health Expect*. 2018 Jan 10. [Epub ahead of print]

 Dawson LA. What factors affect adherence to medicines? *Arch Dis Child Educ Pract Ed*. 2018 Jan 27. [Epub ahead of print]

 McDonagh JE, Farre A. Are we there yet? Transitional care in rheumatology. *Arthritis Research and Therapy* 2018;20:5

📖 Shandra CL. Research on Adolescent Sexuality Should Be Inclusive of Disability. J Adolesc Health 2018 Jan 9 [Epub ahead of print]

📖 Signorini G, Singh SP, Marsanic VB, et al MILESTONE Consortium. The interface between child/adolescent and adult mental health services: results from a European 28-country survey. Eur Child Adolesc Psychiatry. 2018 Jan 24. [Epub ahead of print]

📖 Simpson J. GMC confidentiality guidance 2017 Arch Dis Child Educ Pract Ed. 2018 Jan 27. [Epub ahead of print]

📖 Viner RM, Hargreaves DS, Ward J, Bonell C, Mokdad AH, Patton G. The health benefits of secondary education in adolescents and young adults: An international analysis in 186 low-, middle- and high-income countries from 1990 to 2013. SSM Popul Health. 2017 Dec;3:162-171.

📖 Waite-Jones JM, Majeed-Ariss R, Smith J, Stones SR, Van Rooyen V, Swallow V. Young People's, Parents', and Professionals' Views on Required Components of Mobile Apps to Support Self-Management of Juvenile Arthritis: Qualitative Study. JMIR Mhealth Uhealth. 2018 Jan 19;6(1):e25. doi: 10.2196/mhealth.9179.

## Forthcoming Dates for your Diary!

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

### 2018

<b>February</b>		
<b>21</b>	<b>AYPH Conference, ICH London</b>	Further info to follow <a href="http://www.youngpeopleshealth.org.uk">www.youngpeopleshealth.org.uk</a>
<b>March</b>		
<b>3</b>	<b>Paediatric Anaesthesia for the General Anaesthetist</b>  Birmingham, UK	The whole event will cover Children & Adolescent Anaesthesia and our main speaker Dr Hugh Wellesley is covering 'medicolegal update (summarising Montgomery & its significance, APA Consent Guidelines) and the law around consent and refusal in under 16s and in 16&17 year olds (and how it's different from adults)'.  Further info: <a href="http://www.partnersinpaediatrics.org">www.partnersinpaediatrics.org</a>
<b>14-17</b>	<b>Society of Adolescent Health and Medicine</b> <i>Global Adolescent health Equity</i> , Seattle USA	<a href="http://www.adolescenthealth.org/Meetings/2018-Annual-Meeting.aspx">http://www.adolescenthealth.org/Meetings/2018-Annual-Meeting.aspx</a>
<b>June</b>		
<b>29</b>	<b>3<sup>rd</sup> annual Northwest Transition</b>	Further info to follow

	conference Liverpool	
<b>October</b>		
<b>3-6</b>	<b>EIAAH annual conference</b> Moldova	Further info to follow
<b>December</b> <b>5</b>	<b>RCP Conference</b> <i>Adolescents and young adults: Improving health and wellbeing in 2018</i> London	Further info to follow <a href="https://www.rcplondon.ac.uk/events/adolescents-and-young-adults-improving-health-and-wellbeing-2018">https://www.rcplondon.ac.uk/events/adolescents-and-young-adults-improving-health-and-wellbeing-2018</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)*