

# Adolescent Resource Newsletter

April 2003

This is a monthly newsletter produced as part of a national project to *Improve the Quality of Life for Adolescents with Juvenile Idiopathic Arthritis* and aims to support professionals involved in the care of young people by highlighting opportunities for professional development and signposting useful resources.

The project is funded by the Arthritis Research Campaign and is undertaken on behalf of the British Paediatric Rheumatology Group, Children's Chronic Arthritis Association, Lady Hoare Trust for physically disabled children and Young Arthritis Care.

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### **Disclaimer**

*The inclusion of these resources should not be construed as BPRG/ARC/CCAA/LHT/YAC endorsement or support of any information or products mentioned there. They have been identified as potentially useful resources and whilst every care has been taken to ensure that they are appropriate for adolescents with JIA, the authors accept no responsibility for the accuracy or suitability of their content.*

## Adolescent Bookshelf

### References for professionals



#### ***New publications/videos from the Trust for the Study of Adolescence***

- *Young People and Peer Support*. M McGowan, TSA, 2002. £17.95.
- *Young people, Suicide and Self-harm*. J Coleman DE Piper, TSA, 2002. £12.00.
- *Drugs – a simple choice?* (Video) Alpha Films, 2002. £29.36
- *Black Youth on the Margins*. R Barn, Joseph Rowntree Foundation, 2001. £9.95.
- *Asian adolescents in the West*. PA Singh Ghuman, BPS, 1999. £14.99.
- *Ready for work?* Industry in Education, 2002. (Video and notes). £29.38.
- *Young Masculinities. Understanding boys in contemporary society*. Frosh et al., Palgrave Macmillian, 2001. £16.99
- *Sex and your teenager. A parent's guide*. J Coleman, J Wiley, 2001. £8.99

Available from TSA, 23 New Road, Brighton, BN1 1WZ, UK. Tel: 01273 693 311  
Fax: 01273 679 907 Email: [publications@tsa.uk.com](mailto:publications@tsa.uk.com) Website: [www.tsa.uk.com](http://www.tsa.uk.com)



#### ***<http://www.connexions.gov.uk/partnerships/index.cfm?CategoryID=6>***

Supplement from the Guardian Newspaper that summarises the Connexions Service for young people. Available in three versions to download



### ***Caring for Young People – RCN Leaflet***

The RCN Adolescent Health Forum has produced a new leaflet that offers guidance to nurses involved in caring for adolescents, although may have wider application. Further information/copies can be gained from RCN, 20 Cavendish Square, London W1G 0RN. Tel: 020 7409 333. [www.rcn.org.uk](http://www.rcn.org.uk)



### ***The National Longitudinal Transition Study –2 (NLTS2)***

This is a US study that began in 2001, funded by the US department of education. Over the next 10 years it aims to document the in-school and out-of school experiences of a sample of students as they move from high school into adult roles. The study, including its design and methodology, can be viewed at [www.sri.com/nlts2/](http://www.sri.com/nlts2/)



### **Amplified Musculoskeletal Pain in Children, Diagnosis and Treatment, A Guide for Physical and Occupational Therapists.**

A resource for Chronic Adolescent Pain Syndromes by the Childhood RND Educational Foundation which is a US non-profit corporation to provide educational materials about childhood amplified musculoskeletal pain . The video is geared to Physiotherapists and Occupational therapists but may be used by other health professionals and patients/families to better understand the condition and treatment. The video is available in two formats: VHS or DVD (same price) and is available through the web at: [www.childhoodrnd.org](http://www.childhoodrnd.org) At this site you can also download the patient/parent handout.

## **References for young people and their parents**



### **Information booklets from the Arthritis Research Campaign**

- *When your child has arthritis.* Revised booklet aimed at parents of children and adolescents and includes a list of useful addresses.
- *When a young person has arthritis.* Revised booklet designed for teachers and other staff working in schools or education.
- *Arthritis in Teenagers.* A booklet for young people aged 13-20 years.

Can be ordered from ARC or printed/downloaded free from [www.arc.org.uk/about\\_arth/patpubs.asp](http://www.arc.org.uk/about_arth/patpubs.asp)

## **Adolescent Webwatch**

### **CYBERSAFETY**



<http://www.thinkuknow.co.uk>



[www.icra.org](http://www.icra.org)

Part of the Government's campaign to make chat rooms safe

## GENERAL TRANSITION ISSUES



<http://www.connexions.gov.uk>

Connexions Direct is a new service for young people age 13-19 that offers quick access to information and advice on a wide range of topics, (including learning, careers, housing, money, health, relationships) through one easy to use website.

Young people can also speak to a Connexions Direct adviser by telephone, webchat, email or text message. They can listen, offer confidential advice and practical help, and signpost more specialist help if necessary.

Connexions Direct advisers are available to take calls from 8.00 am to 2.00 am seven days a week.

Call on 080 800 13-2-19

Text on 07766 4 13-2-19

Web chat or email from the website

Or arrange to have a Connexions Direct adviser ring back

Young people can also arrange to speak to a local personal adviser face to face.

All advice is confidential and young people don't have to give a name and address if you don't want to. Information will not be shared with anyone outside the helpline unless the adviser thinks that the young person or another young person is in danger or at risk of serious harm.



<http://www.birmingham.gov.uk/>

Birmingham based Information Shop for young People. Click 'Leisure and Tourism' link and then 'Youth Services'. Has free information leaflets that can be downloaded (e.g. *How to impress employers with a good CV*) and a range of newsletters that detail local resources.

## Useful Information

- ① ***“The art and science of advancing adolescent development.” The 2<sup>nd</sup> Australian and New Zealand Adolescent Health Conference, Sydney, 22-24 October 2003.***

Advance Notice & Call for Papers. Topics include chronic illness, disability, multidisciplinary working, plus many generic health and psychosocial issues. Further information: [www.youthconference.info](http://www.youthconference.info)

- ① ***“A Focus on Young Men’s Health” - The Royal College of Nursing Adolescent Health Forum Annual Conference, London, 15 November, 2003.***

Aims to explore the current health and social issues for young men, including sexuality and access to services. For more information and a booking form, contact: Malcolm on 07812 164 927.

Cost: £65     Forum/network Group Members  
£70     RCN or other professional groups  
Free     4 student places

**① *Royal College of Nursing and Yorkhill NHS Trust Conference for Nurses working with Children and Young People. “Completing the Circle – Child and Family partnerships in Practice, Glasgow, 11-13 September, 2003.***

Includes several sessions and workshops on adolescent nursing and the needs of adolescent patients. For more information and booking form, go to [www.rcn.org.uk/conferences](http://www.rcn.org.uk/conferences) or contact Elaine Sedgwick, Conference and Event Organiser, Tel: 020 7647 3859 Email: [jointpaediatric@rcn.org.uk](mailto:jointpaediatric@rcn.org.uk)

Cost: £220 RCN Members  
£270 Non RCN Member  
£90 RCN Member day delegate  
£115 Non RCN Member day delegate  
40% reduction for pre-registration nursing students

**① *EuTEACH Summer School -Second European Training Session in Adolescent Medicine and Health, Switzerland, 7-11 July 2003.***

A summer school open to practicing physicians involved in adolescent medicine and health, in-training paediatricians and general practitioners, school physicians and professionals involved in policy making. For further information go to [www.euteach.com](http://www.euteach.com) or email [UMSA@chuv.hospvd.ch](mailto:UMSA@chuv.hospvd.ch)

Cost: 600 Euros

***Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to:  
B.Thomas.1@bham.ac.uk***