

Adolescent Resource Newsletter

October 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 Arthritis Care.

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Disclaimer


The inclusion of these resources should not be construed as BPRG/ARC/CCAA/LHT/AC 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

 Rosen DS, Blum RW, Britto M, Sawyer SM, Siegel DM. Transition to adult health care for adolescents and young adults with chronic conditions. *J Adol Health* 2003;33:309-311.

 Lind C, Anderson B, Oberle K. Ethical issues in adolescent consent for research. *Nursing Ethics* 2003;10:504-11

 Zach J, Jacobs CP, Keenan PM, Harney K, Woods ER, Colin AA, Emans SJ. Perspectives of patients with cystic fibrosis on preventive counselling and transition to adult care. *Pediatr Pulmonol* 2003;36:376-383.

 Young People in 2002

This is the latest edition of the annual report of responses to over 100 health-related behaviour questions given by 37 150 young people in the UK produced by the Schools Health Education Unit
Tel: 01392 667272

Email: sheu@sheu.org.uk

www.sheu.org.uk

 www.birmingham.gov.uk/younglibraries

For suggestions of books on topics such as bullying, eating disorders, bereavement and dyslexia, visit this library website and click on "A book might help".

 www.justlikeus.org.uk

National disability charity John Grooms has launched an education pack to introduce a variety of disability topics as part of citizenship requirements in the national curriculum. Just like us! Is a free resource for key stage 2 and 3 teachers. To request copies, call 0207 4522114 or via the website

Adolescent Webwatch

Alcohol

 www.dontdodrunk.com

A recent campaign to promote sensible alcohol use by 18-24 year olds by the Portman Group. Also supply resources for use with younger teenagers

Careers

 www.connexions-direct.com/jobs4u

The database draws together 2 sources of job information – Athena (Odyssey), aimed at young people and Occupations, used by practitioners. There are search facilities, qualifications, salary information and interests so that young people can get ideas on the kind of careers that might suit them. Currently 600 job descriptions are included.

Mental Health

 www.readthesigns.org

mental health website targeting the 14-21 year old age group which seeks to inform them about signs of stress and distress in themselves and their friends and reduce the stigma that mental illness carries

 www.changeourminds.org

interactive website from the Samaritans to appeal to young people. It also publicise its email services jo@samaritans.org which provides a reply within 24 hours.

Other

 www.storiesfromtheweb.org.22.

For young people (11-14 years) who want to get their own creative writing or book reviews published on the Internet, Stories from the Web can provide the space and the inspiration. Created by Birmingham Libraries, the website includes information on the latest books and authors for teenagers plus a discussion board and gallery of other young people's work.

www.getconnected.org.uk

Is a free confidential help line on 0808 808 1994 available to all young people in the UK. The help line is open from 1pm – 11pm daily. The staff will listen to the young person and then put them in touch with services that match their needs. Get Connected will also text young people the telephone numbers and details of support organizations if this is what the young person wants to do.

Useful Information

Forthcoming conferences from the Trust for the Study of Adolescence

- More than one to one. Youth Counselling 21-22 November 2003
London
- Parenting Young People. New research and implications for practice 24 March 2004
London
- Suicide and self harm in adolescence 27 April 2004
Bristol
- Alcohol and drug use among young people 13 May 2004
London
- An introduction to conducting research among young people 14-15 July 2004
London

Further details from TSA, 23 New Road, Brighton, BN1 1WZ, UK. Tel: 01273 693 311
Fax: 01273 679 907 Email: publications@tsa.uk.com Website: www.tsa.uk.com

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