

Adolescent Resource Newsletter

March 2004

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 Society of Paediatric and Adolescent Rheumatology, 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 BSPAR/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 Webwatch

FOR YOUNG PEOPLE

<http://www.letsconnect.org/>

This is a US based site, set up by young people in Minnesota with a variety of illnesses including lupus, diabetes and cancer, to help other young people with serious illnesses to connect with each other.

Adolescent Bookshelf

FOR PROFESSIONALS

Merry S, McDowell H, Hetrick S, Bir J, Muller N. Psychological and/or educational interventions for the prevention or depression in children and adolescents. Cochrane Database Syst Rev 2004;1:CD003380

Can be accessed via <http://www.nelh.nhs.uk/cochrane.asp>

Ekeland E, Heian F, Hagen K, Abbott J, Nordheim L. Exercise to improve self-esteem in children and young people. Cochrane Database Syst Rev. 2004;1:CD003683
Can be accessed via <http://www.nelh.nhs.uk/cochrane.asp>

Roberts TA, Auinger P, Ryan SA. Body piercing and high-risk behaviour in Adolescents. J Adol Health 2004;34:224-229.

Murphey DA, Lamonda KH, Carney JK, Duncan P. Relationships of a brief measure of youth assets to health-promoting and risk behaviours. J Adol Health 2004;34:184-191

Santelli JS, Kaiser J, Hirsch L, Radosh A, Simkin L, Middlestadt S. Initiation of sexual intercourse among middle school adolescents: the influence of psychosocial factors. J Adol Health 2004;34:200-208.

McDonagh JE, Kelly DA. Transitioning care of the pediatric recipient to adult care-givers. Ped Clin N Am 2003; 50:1561-1584

Original papers from the host project:

Shaw KL, Southwood TR, McDonagh JE. Developing a Programme of Transitional Care for Adolescents with Juvenile Idiopathic Arthritis: Results of a Postal Survey Rheumatology 2004;43:211-219

Shaw KL, Southwood TR, McDonagh JE. "It's not about arthritis, is it? It's about living with it". Users' perspectives of transitional care for adolescents with juvenile idiopathic arthritis. Rheumatology 2004 (in press)

JE McDonagh, TR Southwood, KL Shaw. Unmet adolescent health training needs for rheumatology health professionals Rheumatology 2004 (in press)

Adolescent Bookshelf

FOR YOUNG PEOPLE

Careers

Which Way Now? 2003/4

New publication for Year 9 students re: making their option choices at age 14.

Available from

www.connexions.gov.uk/partnerships/publications/careerpubs/

Sexual Health

"Nothing but the facts"

New series of 6 booklets for young people.on

- Where to get help when you need it
- Safer sex made simple
- Condom sense made simple

- How to stay safe from sexually transmitted infections
- Contraception made simple
- Hormonal contraception made simple
- Chlamydia
- Herpes

A sample set costs £3.00 including postage.

Send the following information:

Name, delivery address and reference product C20, purchase order reference for invoicing or cheque payable to Brook Advisory Centres to
or write to

Brook Publications

PO Box 1239

Coventry CV8 3ZB

Fax: -024 7654 5558

brook@adc-uk.com

Drugs

FRANK AND CANNABIS INFORMATION PACK

Contains background information on cannabis reclassification, questions and answers, a cannabis factsheet and advice for parents and young people.

To view or order this pack see:

www.drugs.gov.uk/NationalStrategy/CannabisReclassification/Resources

YOUNG PEOPLE'S CANNABIS LEAFLET

Cannabis reclassification explained. Use this leaflet to inform young people about the changes in the law and to reinforce the message that cannabis is still illegal.

To view or order this leaflet see:

www.drugs.gov.uk/NationalStrategy/CannabisReclassification/Resources

FOR PROFESSIONALS

“Being Yourself”

Books, videos, hand puppets and therapeutic games for professionals to improve mental well-being and emotional literacy in children of various ages including adolescents.

Eg Self Esteem and Learning “SEALS” and Life Management books and cards – aimed at providing the adolescent with living and social skills, to assist with both routine and exceptional life events we all experience.

Packs of activity based handouts - £34.99 each

Packs of corresponding cards - £12.95 each

www.smallwood.co.uk

Smallwood Publishing Ltd

The Old bakery

Charlton House

Dour St

Dover Kent CT16, 1ED

Forthcoming Dates and Meetings for your diary!

“Adolescent Sexual Health” Budapest-Debrecen, Hungary September 23-26, 2004-02-20
European Network of the International Association for Adolescent Health.
Abstract deadline June 15th, 2004

Further information from
IAAH 2004-02-20 Department of Obstetrics and gynecology
Medical and Health Science Center
University of Debrecen Pf 37
Fax: +36 52 414 577

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