

Adolescent Resource Newsletter

April 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



Like it is

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

Website for 11-15 year olds, providing advice on issues such as contraception, periods, teenage pregnancy, sex and sexuality.



There4me

<http://www.There4me.com>

confidential online advice for teenagers, including 'real time' talk with an NSPCC adviser. Subjects covered range from bullying, relationships, drugs and exams.



Kids Health

<http://www.kidshealth.org>

This site has good information for teenagers about a range of health problems.



Acne Support Group

www.stopspots.org tel: 0870 870 2263



Eating Disorders

www.purplechocolate.co.uk



Need2know

www.need2know.co.uk

New Department for Education and Skills portals to give 13-19 year olds access to an on-line first-stop-shop for reliable information and services from across government as well as the public and voluntary sectors. 2000 diverse young people have been involved in all aspects of the project including generating the brand design and content of the site as well as being members of the project board and cross government steering group – i.e. an exemplar of good practice! Includes an e-magazine updated every fortnight provides them with news and topical information, surveys, quizzes and interactive features.

FOR PROFESSIONALS

Cultural competency Training Resources



Films, which although not directly adolescent, are potentially useful when considering the cultural aspects of health care so pertinent to adolescent health. Award-winning filmmakers Maren Grainger-Monsen, M.D., and Julia Haslett have produced a unique film series dramatizing communication between patients and their doctors, tensions between modern medicine and cultural beliefs, and the ongoing problems of racial and ethnic discrimination. The four short films and accompanying study guide, developed with partial support from The Commonwealth Fund, are designed to trigger discussions among health professionals about health care services for culturally and ethnically diverse patients. The filmmakers followed four individuals from their homes, neighbourhoods, and places of worship to community clinics and hospitals. Film clips and the study guides can be viewed at <http://www.cmwf.org/programs/minority/worldsapart020504.asp>



RELACHS 'Research with East London Adolescents: Community Health Survey'.

RELACHS is exploring a wide variety of issues facing young people aged between 11 and 16 years in inner city London. The survey asks them about physical health, mental health, social support, housing, sex and relationships, drugs, cultural identity, bullying, future aspirations and many more other issues.

<http://www.ichs.qmul.ac.uk/relachs/index.htm>

Adolescent Bookshelf

FOR PROFESSIONALS



Olson AL, Seidler AB, Goodman D, Gaelic S, Nordgren R. School Professionals' perceptions about the impact of chronic illness in the classroom. *Arch Pediatr Adolesc Med* 2004;158:53-58.



Gore Olsen D, Swigonski NL. Transition to adulthood: the important role of the paediatrician. *Pediatrics* 2004;113:e159-e162 (www.pediatrics.org/cgi/content/full/113/3/e159)



Cohall AT, Cohall R, Ellis JA, Vaughan RD, Northridge ME et al. More than heights and weights: what parents of urban adolescents want from health care providers. *J Adolesc Health* 2004;34:258-261



Huebner ES, Valois RF, Suldo SM et al. Perceived quality of life: a neglected components of adolescent health assessment and intervention. *J Adolesc Health* 2004;34:270-278



Kyngas H. Patients education: perspective of adolescents with a chronic disease. *J Clinical Nursing* 2003;12:744-751

Teenage suicide and self-harm

A training pack for professionals with audio CD, produced by the Trust for the Study of adolescence. £35.25

Each training exercise takes about 2 hours and the material includes ideas for further work, a resource list and a transcript of all the interviews found on the CD.

Stress: tackling it with teenagers. By Adrienne Katz, Young Voice 2003

Includes differences between boys and girls and ways to tackle it. £6.99

Order on-line at www.tsa.uk.com

Or

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TSA Ltd

23 new Road

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Email: publications@tsa.uk.com

Counselling Children, Adolescents and Families. A strengths-based approach. John Sharry (Dec 2003)

An innovative approach to therapeutic work, which builds on the strengths of children and their parents. The book is aimed at professionals and trainees in fields including social work, mental health, childcare, education, psychotherapy and counseling. (£16.99 paperback)

From

Sage Publications

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www.sagepub.co.uk

"Cultural Competence in Health Care: Is It Important for People With Chronic Conditions?" Center on an Aging Society:

Although not specifically directed to adolescent health care, this US based report states that health providers and systems are increasing their commitment to cultural competence, or providers' ability to deliver health services that meet patients' social, cultural, and linguistic needs. The brief adds that greater attention to that issue could help improve access to and quality of care, as well as health outcomes for certain populations.

Available at:

<http://ihcrp.georgetown.edu/agingsociety/pubhtml/cultural/cultural.html>

Care coordination and key worker services for disabled children in the UK

A new issue in the Research Works series, now available on Social Policy Research Unit (SPRU) website at <http://www.york.ac.uk/inst/spru/pubs/rworks/jan2004-1.pdf>

This issue of Research Works is produced with and sponsored by Care Coordination Network UK (CCNUK). CCNUK is an umbrella organisation promoting and supporting care coordination or key working for disabled children and their families in England, Northern Ireland, Scotland and Wales. CCNUK is an independent registered charity based at the Social Policy Research Unit. For more information visit the CCNUK website at www.ccnu.org.uk

"Working Together for Successful Transition: Washington State Adolescent Transition Resource Notebook"

is available online on the Adolescent Health Transition Project website:

<http://depts.washington.edu/healthtr/>

From the homepage click on the notebook in the red "What's New" box.

The notebook may be downloaded in it's entirety or one document at a time.

The purpose of the notebook is to serve as a resource on transition for schools, communities, agencies, families, students, health care providers and others in Washington State. However, many of the documents are useful for others outside of WA State or can be downloaded and adapted to fit their community/state.

Disability and special health care needs in Children's Literature

The Winter 2004 issue of the Disability Studies Quarterly is devoted to the topic of how disability and special health care needs are addressed in children's literature. If children learn a disability rights model of understanding early on, the whole of society will be better for it. Interactions between all people will be on a more equal footing and, one hopes, negative stereotypes of disability won't be perpetuated in mass culture by future generations.

This journal is available on-line at:

http://www.afb.org/dsq/current_issue.html

Positive Futures Programme

- a Government scheme backed by the Football Foundation, Sport England, and the Youth Justice Board. There are now 107 projects nationwide and a report on the programme - the Positive Futures Impact report - shows that the scheme really is making a difference to thousands of lives.

For further details please see www.drugs.gov.uk/News or

www.positivefutures.gov.uk

'Mentoring for vulnerable young people'

Just published on the Joseph Rowntree Foundation website. Looks at three different services in Scotland

<http://www.irf.org.uk/redirect.asp?URL=findings/socialpolicy/324>

Children's Voices

Feedback from children and young people about their experience and expectations of healthcare. Report from the Commission for Health Improvement

Accessible at www.chi.nhs.uk/childrens_voices/index.shtml

Forthcoming Dates and Meetings for your diary!

27th April 2004 Suicide and self-harm in adolescence

Kings Weston House, Kings Weston Lane, Kings Weston, Bristol 0930 – 1630 (nearest station – Bristol Temple Meads)

Organised by Trust for the Study of Adolescence and is for all practitioners concerned with suicide and self-harm among young people. Cost £45 students £100 voluntary organisations; £125 statutory and large voluntary organisations Contact 01273 771249 Fax: 01273 729098

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