

Adolescent Resource Newsletter

July 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



www.childcarecareers.gov.uk

Information about careers in child care in UK



www.youngminds.org.uk

Recent publications from this excellent site include:

So many feelings. What it's like to be a teenager

Credit card sized foldout leaflet for young people which contains info about a range of different issues experienced by teenagers and the changes that they experience both physically and emotionally as well as suggestions of coping strategies and details of support organisations.

Price per copy: 1-99 £1.00 each; 100-499 @90p each, 500+ @ 80p each

Entering Adulthood?

For 11-18 year olds to help them understand more about what they are going through as they leave childhood and become adults. It explores what a young person might be feeling and thinking about themselves and the people around them. It has information about what is new about being 16-18 what's the excitement about this period and what's the downside – the fears and the worries. It also deals with how to cope with parental expectations.

Text version downloadable from site

Price per copy: 1-99 55p each; 100-499 @50p each, 500+ @ 45p each

 www.readthesigns.org

Site for young people dealing with wide range of mental health issues from sleep, bullying to eating disorders and drugs and alcohol

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

National Children's Bureau site for 14-18 year olds

 www.g-nation.co.uk

website to launch "Giving Week" 26 June to 2 July 2004. G-Nation is part of the Citizenship Foundation, a partnership between charities and the government aiming to develop the culture of giving and the issues of citizenship in the UK. It works in harmony with a schools programme for 11 to 16s.

FOR PROFESSIONALS

 **"Health Care Transitions: College and Beyond",**

An on-line video produced by the Institute of Child Health Policy, University of Florida, which tells the story of Jeff Walden, who was born with a severe physical disability that has posed many challenges on his road to independence. This video explores the process of transition from pediatric to adult oriented health care in the US and the influences that have contributed to Jeff's success.

To access this video on line, go to: <http://www.ichp.edu/videos/collegeandbeyond.htm>



To view another Transition video produced by this group, "Jim's Story", go to:

<http://www.ichp.edu/videos/JimStory2.htm>

APAUSE - Added Power and Understanding in Sex Education (APAUSE)

 <http://www.ex.ac.uk/sshs/apause/>

APAUSE is a collaboration between Education and Health working with, and for, young people. Developed from original research, APAUSE is a theory-based, behaviourally effective Sex and Relationships Education programme, supporting effective Sex and Relationships Education within the PSHE & Citizenship framework. Has pages for young people as well as professionals.

 **Girls Incorporated**

www.girlsinc.org

Girls Incorporated is a national nonprofit youth organization (US based) dedicated to inspiring all girls to be strong, smart, and bold. With roots dating to 1864, Girls Inc has provided vital educational programs to millions of American girls, particularly those in high-risk, underserved areas. Today, innovative programs help girls confront subtle societal messages about their value and potential, and prepare them to lead successful, independent, and fulfilling lives.

In their recent "Tell Me" Public Education Campaign, girls tell adults what positive messages they need to hear in a series of TV, print and radio ads. <http://www.girlsinc.org/ic/tellme.php>

Adolescent Bookshelf

FOR PROFESSIONALS



Anderson BJ, Wolpert HA. A developmental perspective on the challenges of diabetes education and care during the young adult period. *Patient Education and counselling* 2004;53:347-352.

-  Armstrong ML, Roberts AE, Owen DC, Koch JR. Contemporary college students and body piercing. *J Adol Health* 2004;35:58-61.
-  Brumfield K, Lansbury G. Experiences of adolescents with cystic fibrosis during their transition from paediatric to adult health care: a qualitative study of young Australian adults. *Disabil Rehabil* 2004;26:223-34.
-  Buran CF, Sawin KJ, Brei TJ, Fastenau PS. Adolescents with myelomeningocele: activities, beliefs, expectations and perceptions. *Dev Med child Neurol* 2004;46:244-252.
-  Frankowski BL and the Committee on Adolescence (AAP). *Pediatrics* 2004;113:1827-1832.
(available at <http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;113/6/1827?etoc>)
-  Gogtay N, Giedd JN, Lusk L et al. Dynamic mapping of human cortical development during childhood through early adulthood. *PNAS* 2004;101:8174-8179
-  He K, Kramer E, Houser RF et al. Defining and understanding healthy lifestyles choices for adolescents. *J Adol Health* 2004;35:26-33
-  Jones JF, Nisenbaum R, Solomon L et al. Chronic fatigue syndrome and other fatiguing illnesses in adolescents: a population-based study. *J Adol Health* 2004;35:34-40
-  Maunder EZ. The challenge of transition care for young people with life-limiting illness. *Br J Nurs* 2004;13:594-6.
-  Merrick J, Kandel I, Vardi G. Adolescents with Down syndrome. *Int J Adolesc Med Health* 2004;16:13-9.
-  Michaud PA, Stronski S, Fonseca H, MacFarlane A et al. The development and pilot-testing of a training curriculum in adolescent medicine and health. *J Adol Health* 2004;35:51-57.
-  Miles K, Edwards S, Clapson M. Transition from paediatric to adult services: experiences of HIV positive adolescents *AIDS Care* 2004;16:305-14.
-  Soanes C, Timmons S. Improving transition: a qualitative study examining the attitudes of young people with chronic illness transferring to adult care. *J Child Health Care* 2004;8:102-12.
-  Telfair J, Ehiri JE, Loosier PS, Baskin ML. Transition to adult care for adolescents with sickle cell disease: results of a national survey. *Int J Adolesc Med Health* 2004;16:47-64.
-  Young People's Health in context: Health behaviour in school-aged children. www.euro.who.int
Important study, funded by the World health Organisation of 162 000 young people aged 11, 13, and 15 in 35 countries!
-  Wallis C. What makes teens tick. *Time* June 7, 2004 (www.timeeurope.com)
-  Weiner L, Wood LV, D'Angelo K. Teen Talk: Living with HIV, Medical Illness Counseling Center, USA May 2004 <http://womenchildrenhiv.org/pdf/p04-pp/pp-08-00.pdf>
-  Who is responsible for adolescent health?. *Lancet* 2004;363:2009.

Forthcoming Dates and Meetings for your diary!

26 June – 2 July 2004

G week or Giving Week – to encourage giving and citizenship amongst young people (for more information , www.g-nation.co.uk)

August 2-8

Sexual Health Week www.fpa.org.uk

August 12

International Youth Day United Nations www.un.org

5-9th September 2004

Getting it Right for Adolescents

4.5 day summer school at St Ann's College, Oxford University

EuTEACH program (European Training in Effective Adolescent Care and Health)

Suitable for consultant paediatricians, SpRs, GPs, GP registrars and other doctors that come in contact with adolescents. (registration form enc)

10 September 2004.

Priorities in Adolescent Health in the UK: Bridging the gaps and getting it right.

Sexual Health, Obesity And Eating Problems, Mental Health Problems, Alcohol Abuse

National Meeting – St Anne's College, Oxford. (£100 – includes registration and lunch)

(Run by: Adolescent Working Party of RGCP, the 'Bridging the Gaps Intercollegiate Working Party and the Trust for the Study of Adolescence) Registration forms enc.

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