

# Adolescent Resource Newsletter

August 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

#### Puberty

 [www.thehormonefactory.com](http://www.thehormonefactory.com)

A website designed for young people addressing puberty and sexual health issues in early adolescence. The Hormone Factory was funded by the Bertarelli Foundation (Geneva) and developed by researchers and educators for the Australian Research Centre in Sex, Health & Society, Faculty of Health Sciences, La Trobe University, Australia. The Centre has a long-established record in research, policy and practice into sexual & reproductive health with a focus on young people, & in working with the school sector in sensitive issues.

#### Autonomy in healthcare

Templates for patient-held medical records from the University of Washington's Adolescent health Transition Project website. If completed yearly, young people learn more about their general health specific special health need. It helps young people with special needs learn what is most important about their health and provides opportunities to ask parents and health providers for more information. These documents may be accessed from the homepage

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

Go to the What's New red box and click on Health History Summary.

#### Vocational

"The Healthy Student - A Parent's Guide to Preparing Teens for the College Years,"


is available on the Society for Adolescent Medicine web site. While this brochure is designed for the typical young person (and not for the young person with a disability or chronic health condition), it identifies and briefly addresses many of the issues that are of concern to youth with special health care needs who plan to attend college, including insurance; medical records, prescriptions, confidentiality, and student health services. This brochure is available as a PDF file at:

 [http://www.adolescenthealth.org/html/The\\_Healthy\\_Student.pdf](http://www.adolescenthealth.org/html/The_Healthy_Student.pdf)

or go to <http://www.adolescenthealth.org>

and look for the link to "The Healthy Student" on the left side of the SAM home page.

## **Mental Health for young people**

 A mental fitness quiz for young people!  
[www.rethink.org/at-ease/quiz/index.htm](http://www.rethink.org/at-ease/quiz/index.htm)

## **FOR PROFESSIONALS**

### **Alcohol**

New Childline leaflet for professionals now available to download

 From [www.childline.org.uk](http://www.childline.org.uk)

### **Young People in Care**

 From [www.childline.org.uk](http://www.childline.org.uk)

[http://www.childrenfirst.nhs.uk/about\\_children\\_first/word\\_on\\_street/C1stKidsTeensPoster.pdf](http://www.childrenfirst.nhs.uk/about_children_first/word_on_street/C1stKidsTeensPoster.pdf)

Downloadable poster highlighting this useful site developed by Great Ormond Street and Well Child ([www.wellchild.org.uk](http://www.wellchild.org.uk)). Poster useful for adolescent clinic areas

## **Cultural Competency**

### **Focal Point Resources**

FocalPoint is a product of the Research and Training Center on Family Support and Children's Mental Health at Portland State University, Oregon  
Eg

- Cultural competence, strengths and outcomes
- Assessing and addressing cultural competence
- Transitions for children and youth with emotional and behavioural challenges
- Roles for youth in systems of care

The articles for FocalPoint are available, online at: <http://www.rtc.pdx.edu/>

 "Disability Studies for Teachers"  
<http://www.disabilitystudiesforteachers.org/>

This website was developed by the Center for Human Policy at Syracuse University ( <http://thechp.syr.edu> ) and contains lesson plans and materials designed to help teachers integrate disability studies into social studies, history, literature, and related subjects for age 11-16 years.

## Peer Support

### **The Peer Support Manual**

- provides guidance as to how schools can set up a peer listening service. It is complete with case studies, handouts and training material

<http://www.mentalhealth.org.uk/peer/project.htm>

## Vocational

### **Work Experience – Building the Future of the Team:**

Work experience is an excellent recruitment tool, not only for medicine and nursing, but across the board for careers in the allied health professions, healthcare science and the wider healthcare team. A new work experience has been launched which explains the benefits to NHS trusts of running work experience schemes and is illustrated with local case studies where schemes are operating successfully. The guide also includes a disk which contains a number of template letters and forms which trusts can use when arranging placements. The brochure is available, free of charge, from NHS Careers on 0845 60 60 655 or by visiting [www.nhs.uk/careers](http://www.nhs.uk/careers)

## Deliberate Self-harm

### <http://www.nice.org.uk/page.aspx?o=213665>

- National Institute of Clinical Excellence have produced extensive guidelines in July 2004 following research into the treatment of self harm patients. Guides for practitioners, medical staff and for members of the public.

### [www.nch.org.uk/selfharm/](http://www.nch.org.uk/selfharm/)

leading UK's children's charity offers an advice leaflet on how to support someone who self-harms, a self-harm report for social services, health and education and links to other organisations that can help.

### [www.rcpsych.ac.uk/info/mhgu/newmhgu30.htm](http://www.rcpsych.ac.uk/info/mhgu/newmhgu30.htm)

fact sheet about self harm for parents and teachers

### [www.rcpsych.ac.uk/info/young.htm](http://www.rcpsych.ac.uk/info/young.htm)

information about young people's mental health, including a guide to managing self-harm

## Adolescent Bookshelf

### New booklet from Brook

*Missed pill? What to do next.*

From [www.brook.org.uk](http://www.brook.org.uk)

For a sample copy (30p each) or a set of the whole series of 9 booklets (£3.00) including postage

Send an email to [brook@adc-uk.com](mailto:brook@adc-uk.com)

Or write to

Brook Publications

PO Box 1239


Coventry CV8 3ZB

Fax: 08707 503 083.

## For Professionals

### Transition

\*\*\* The RCN guidance on Transition has now been published!!\*\*\*

 Adolescent transition care. Guidance for nursing staff (July 2004). This important document includes generic templates for transition plans for adolescents and a clinical pathway of care. Available via RCN members (!)

Royal College of Nursing  
20 Cavendish Square  
London  
W1G 0RN

020 7409 3333

[www.rcn.org.uk](http://www.rcn.org.uk)

[www.rcn.org.uk/direct](http://www.rcn.org.uk/direct)


0845 772 6100


Publication code 002 313


 "Difficult Consultations with Adolescents".

Chris Donovan, Heather Suckling, Zoe Walker. (March 2004), Radcliffe Medical Press, £21.95

 Ozer EM, Adams SH, Reider Gardner L et al. Provider self-efficacy and the screening of adolescents for risky health behaviours. *J Adol Health* 2004;35:101-107.

 Merzel CR, Vandevanter NL, Middlestadt S et al. Attitudinal and contextual factors associated with discussion of sexual issues during adolescent health visits. *J Adol Health* 2004;35:108-115.

 Ford C, English A, Sigman G. Confidential health care for adolescents: Position paper of the society for Adolescent medicine. *J Adolesc Health* 2004;35:160-167.

 Windle M, Grunbaum JA, Elliott M et al. Healthy passages. A multilevel, multimethod longitudinal study of adolescent health. *Am J Prev Med* 2004;27:164-172.

 McArdle P. Substance abuse by children and young people. *Arch Dis Child* 2004;89:701-704.

 Blunden S, Lushington K, Lorenzen B, Ooi T, Fung F, Kennedy D. Are sleep problems under-recognised in general practice? *Arch Dis Child* 2004;89:708-712.

 Glaser AW, Phelan L, Crawshaw M, Jagdev S, Hale J. Fertility preservation in adolescent males with cancer in the United Kingdom: a survey of practice. *Arch Dis Child* 2004;89:736-7

 Stephenson JM, Strange V, Forrest S et al. Pupil-led sex education in England (RIPPLE study): cluster-randomised intervene trial. *Lancet* 2004;364:338-46.

**Forthcoming Dates and Meetings for your diary!**

**August 2-8**

**Sexual Health Week** [www.fpa.org.uk](http://www.fpa.org.uk)

**August 12**

**International Youth Day** United Nations [www.un.org](http://www.un.org)

**5-9<sup>th</sup> 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.

**30 September 2004**

**Looking after me: policy into practice**

**Action for Sick children (Scotland) Annual conference**

Lecture Theatre, Trust HQ, Falkirk and district Royal Infirmary, Westburn Avenue, Falkirk FK1 5SU  
01324 678 532

Conference fee: £65 to include lunch and 1 years membership of ASH

Booking: Information Worker, Action for sick children (Scotland) 172 Leith Walk, Edinburgh EH6 5EA

Tel 0131 553 6553

Email: [asc2k@lineone.net](mailto:asc2k@lineone.net)

***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](mailto:j.e.mcdonagh@bham.ac.uk)***