

Adolescent Resource Newsletter

September 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.visitingours.com

An interesting and innovative US based website that allows for families and friends to communicate during hospital in-patient stays.

 <http://familydoctor.org/teens.xml>

The American Academy of Family Physicians has developed a web site designed to provide health information to the whole family, including teenagers. The teenage section includes information about a number of childhood chronic health conditions, including sickle cell, cystic fibrosis, diabetes and cerebral palsy. Each brief condition specific entry includes information about "what doctors do" to treat the condition; and what teenagers can do to cope with the condition, and be healthier.

FOR PROFESSIONALS

 www.nya.org.uk

Building Trust with Young People

A new briefing paper from the National Youth Agency which calls for a youth work approach to help Children's Trusts deliver better, safer services for young people. The paper draws on information from a number of sources including a 'round table' discussion between The NYA and APYCO in July 2004.

 <http://childtrendsdatbank.org>

A Statistical Portrait of Well-Being in Early Adulthood!

This new brief provides a portrait of early adulthood in the U.S. using the latest data in areas such as educational attainment, financial self-sufficiency, family formation, and health behaviours. The brief, which focuses on young adults around age 25, also includes descriptive portraits of the white, black, Hispanic, Native American, and immigrant populations in this age group.

 www.kidscount.org

"2004 Kids Count Data Book: Moving Youth From Risk To Opportunity"

This book covers many transition-related issues. It focuses on youth who are trying to make the transition to adulthood and includes state and national profiles in the US

 www.mentoruk.org/cannabis.pdf

Mentor UK a drug misuse prevention charity working for young people, supported by the Home Office, has launched a new leaflet - "*Hayzy Dayz*" which explains the health problems associated with cannabis use.

Recent debate has revolved around legal issues and reclassification of cannabis has only touched upon the harmful effects on health. This leaflet is aimed at 13-16 year olds and presents the facts on cannabis and health in an engaging and informative format. Mentor UK has designed the leaflet for use in schools and youth clubs where young people can access the information in less structured learning situations.

A pdf copy of the leaflet can be downloaded from
www.mentoruk.org/cannabis.pdf

To order copies call 0870 555 455 and quote reference 40191

 <http://www.medicalhomeinfo.org/training/materials.html>

The *Every Child Deserves A Medical Home* training curriculum, originally developed in 1996 through a partnership between the American Academy of Pediatrics and Shriners Hospitals for Children, contains seven components that offer strategies and resources to provide care for children in a changing health care environment. All seven components now provide a more practical framework for creating medical home implementation awareness. Brand new to the curriculum is the Medical Home & Transitions component offering two case studies that follow a CYSHCN and their family from point of diagnosis through the transition to adulthood. Transition care plans; insurance fact sheets and portable medical summaries are among the several appendix items included in the component.

 http://www.ncpad.org/disability/fact_sheet.php?sheet=256§ion=1642

Physical activity guidelines for individuals with spina bifida from the US National Center of Physical Activity and Disability

Adolescent Bookshelf



Riley AW. Evidence that school-age children can self-report on their health. *Ambulatory Pediatrics*.2004;4:371-376.



Richards M, Vostanis P. Interprofessional perspectives on transitional mental health services for young people aged 16-19 years. *J Interprof Care* 2004;18:115-28



Kim SC, Ferry GD. Inflammatory bowel diseases in pediatric and adolescent patients: clinical, therapeutic and psychosocial considerations. *Gastroenterology* 2004;126:1550-60.



Spruijitt-Metz D, Gallaher PE, Unger JB, Anderson-Johnson C. Meanings of smoking and adolescent smoking across ethnicities. *J Adol Health* 2004;35:197-205



Screening adolescents for nicotine dependence: the hooked on nicotine checklist. *J Adol Health* 2004;35:225-230.



Paavola M, Vartianinen E, Haukkala A. Smoking, alcohol use and physical activity: a 13 year longitudinal study ranging from adolescence into adulthood. *J Adol Health* 2004;35:238-244.



Riala K, Hakko H, Isohanni M, Jarvelin M-R, Rasanen P. Teenage smoking and substance use as predictors of severe alcohol problems in late adolescence and in young adulthood. *J Adol Health* 2004;35:245-254.



Young People in 2003

Latest edition of this excellent resource. It reports the answers to over 100 health related behaviour questions given by 15 526 young people (10-15 years) in the UK, published by the Schools Health Education Unit SHEU (£45 each inc p&p)
Renslade House Bonhay Rd
Exeter EX4 3AY
Tel: 01392 667 272
Fax: 01392 667 267
Email: sheu@sheu.org.uk
www.sheu.org.uk



www.leverfaberge.co.uk/report.html

Report on parenting teenagers in the 21st century!

Forthcoming Dates and Meetings for your diary!

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)

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

4-8 October 2004-09-01 National Walk to School Week

www.livingstreets.org.uk

Tel: 020 7820 1010

Fax: 020 7820 8208

Email: jo@ivingstreets.org.uk

10 October 2004 World Mental Health Day

“The Relationship Between Physical and Mental Health: Co-occurring Disorders.”

For further information: www.wmhd.net

13-18 October BackCare Awareness Week

BackCare

Tel 020 8977 5474

Fax: 020 8943 5318

www.backcare.org.uk

October 20 World Osteoporosis Day

Email: info@nos.org.uk

www.nos.org.uk

November 1-7 National Youth Work Week – theme “The Best of Health”

www.nya.org.uk

The National Youth Agency hopes this will give youth organisations the opportunity to highlight the work they do in promoting health among young people. This might involve programmes of sport and adventurous activity, projects that raise awareness of drugs misuse or promote good sexual health, projects dealing with diet and nutrition, activities that focus on mental health or any of the many other youth work activities that address issues of health and well-being.

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