

# Adolescent Resource Newsletter

March 2005

**To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development .**

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### **Disclaimer**

*Resources detailed here have been identified as potentially useful and whilst every care has been taken to ensure that they are appropriate and/or relevant for adolescents with chronic illness and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.*

## Adolescent Webwatch

### FOR YOUNG PEOPLE



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

the interactive website for the Nottingham City Hospital Youth Work Project.

### Sexual health



[www.iwannaknow.org](http://www.iwannaknow.org)

This US based web site aims to supply teenagers with responsible information regarding sexual health and relationships. It covers the basics of puberty plus sexually transmitted diseases.



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

Website for 11-15 year olds providing advice on issues including sexual health



[www.playingsafely.co.uk](http://www.playingsafely.co.uk)

This NHS website provides up to date sexual health information aimed at young adults


## Adolescent Bookshelf

### For Professionals

-  ABC of Adolescence  
Series of review articles in the British Medical Journal
-  Christie D, Viner R. Adolescent Development. BMJ 2005;330:301-304
-  Larcher V. Consent, Competence and confidentiality. BMJ 2005;330:353-356.
-  Viner R, Booy R. Epidemiology of health and illness. BMJ 2005;330:411-414.
-  McPherson A. Adolescents in Primary Care. BMJ 2005;330:465-467.
-  Viner R, MacFarlane A. Health Promotion. BMJ 2005;330:527-529.
-  Reiss JG, Gibson RW, Walker LR. Health Care Transition: Youth, Family, and Provider Perspectives  
Pediatrics 2005;115:
-  Pinzon JL, Jacobson K, Reiss J. Say goodbye and say hello: The transition from pediatric to adult gastroenterology. Can J Gastroenterol 2004;18(12):735-742.
-  Transition Care Issues for the Adolescent with Congenital Heart Disease  
Nursing Clinics of North America, December 2004. The Dec 2004 issue of Nursing Clinics of North America contains 7 lengthy articles on transition (half of this issue of this issue focuses on transition).
-  <http://www.iom.edu/Object.File/Master/15/242/0.pdf>  
A Report by Kevin C. Oeffinger, M.D. commissioned by National Cancer Policy Board entitled "Longitudinal cancer-related health care for adult survivors of childhood cancer" is available from the Institute of Medicine web site.
- \*\*New Publications\*\*** from the Trust for the Study of Adolescence
-  Key Data on Adolescence by John Coleman and Jane Schofield, Trust for the Study of Adolescence(2005) new edition now out! (£26.99)
-  Wavelength:a handbook of communication strategies for working with young people by Josie Melia, TSA (£39.00)
-  Brief Counselling in School. Working with young people from 11-18 by Dennis Lines, Sage. (£18.99)
-  Helping Adolescents and Adults to build self-esteem. By Deborah Plummer, Jessica Kingsley (£18.95)

 Working together for healthy young minds. A Practitioner's workbook by Steven Walker (£26.95)

 Underage "risky" drinking. Motivations and outcomes by Lester Coleman and Suzanne Cater, TSA and JRF (£14.95)

 Responding to adolescents. Heling relationship skills for youth workers, mentors and other advisers By Angela M Taylor, RHP. (£14.95)

 Talking about difficult issues toolkit by Debi Roker and Lester Coleman TSA funded by the teenage Pregnancy Unit. (£29.00)

Order online [www.tsa.uk.com](http://www.tsa.uk.com)  
TSA, 213 New Rd, Brighton  
East Sussex BN1 1 WZ.  
Tel: 01273 693311  
Fax: 01273 679907

## Miscellaneous

### Text for answers about children's health!

A children's charity has set up a confidential health advice text and e-mail line for use by children, families, carers and health professionals alike. A specialist team at Cheltenham-based [WellChild](#) will respond to anonymous text and e-mail questions. "Many teenagers feel more comfortable using their personal mobile phone than the family PC," explained Linda Partridge, director of services at the charity. WellChild hope to expand the service to allow people to receive information about keywords, such as "asthma". The number to text is +44 (0)7778 147 2599. The service is free to use; normal network charges apply.

## Forthcoming Dates and Meetings for your diary!

**8 March 2005, Royal College of GPs, London.**

### **"Getting it Right: challenging behaviours in teenagers in general practice"**

The aim of this one day workshop is to equip clinicians and staff in general practice to deal more confidently with challenging behaviours in young people. Topics to be covered include self harm, sexual risk-taking, eating disorders, drugs and alcohol, conduct disorders and safeguarding young people in a confidential setting. Cost £145 (RCGP Members £135) including lunch.

For more information see:

<http://www.extension.rcgp.org.uk/press/pceventdetails.asp?eventID=1182>

or contact: [nwhitelock@rcgp.org.uk](mailto:nwhitelock@rcgp.org.uk)

**7 April 2005**

### **World Health Day "Make every mother and child count"**

<http://www.env-health.org/a/1427>

**6,13,27 April & 11 May 2005**

**Bridging the Gaps: Health Care for Adolescents**

Dates: 6, 13, 27 April & 11 May 2005 A series of 4 study days in Adolescent Health are planned at Birmingham Childrens Hospital, Spring 2005 as part of the University of Birmingham multidisciplinary MSc in Child Health but each day will also be open to any interested health professional. The series aims to follow the curriculum as proposed by the Euteach model ([www.euteach.com](http://www.euteach.com)) and the Bridging the Gaps document [[www.rcpch.ac.uk](http://www.rcpch.ac.uk) 2003]. For further information contact: [D.reay@bham.ac.uk](mailto:D.reay@bham.ac.uk) Tel: 0121 333 8710

**July 11-15 2005**

**3<sup>rd</sup> EuTEACH Summer School in Adolescent Health and Medicine, Lausanne, Switzerland**

For further information:

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

*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)