

# Adolescent Resource Newsletter

September 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.getconnected.org.uk](http://www.getconnected.org.uk)

Get Connected is a free, UK wide, email and telephone helpline that finds young people the best help whatever the problem.

<http://www.bbc.co.uk/radio1/onelife/education/index.shtml>

To help young people think about what to do next after getting their exam results!

[www.london.gov.uk/young-london](http://www.london.gov.uk/young-london)

The Greater London Authority launched the Young Londoners website on the 16 June 2005. The Young London website will be a key mechanism through which the GLA will be able to share information, communicate and consult with London's 1.73 million children and young people. It aims to support the GLA's responsibility under the UN Convention on the Rights of the Child. Providing a platform for young Londoners to discuss and debate their experiences of growing up in London, the website will also contain practical educational resources about London issues and publications. The website has been developed via extensive consultation with children and young people.

<http://www.diabetesportal.com/teentalk/articles/adult.htm>

"Transitioning From Teenage to Adulthood with Diabetes: How Others Did it ... And What it Can Mean for You". An easy to read, informative article by a 20-year-old college student with diabetes. Written for young people.

[http://www.ypnmagazine.com/news/index.cfm?fuseaction=full\\_news&ID=8046](http://www.ypnmagazine.com/news/index.cfm?fuseaction=full_news&ID=8046)

Young People Now magazine is looking for young people over the age of 11 to write their stories of experiences in a youth group or project for the section called "Best thing I ever did" Young People should contact them via NCB - contact details:

Email: [info@ncb.org.uk](mailto:info@ncb.org.uk) Phone: 020 7843 6067 Mobile/text: 07734 581685

## FOR PROFESSIONALS

<http://www.dfes.gov.uk/publications/youth/>.

The Youth Green Paper, *Youth Matters*. (published July 2005). The consultation sets out a comprehensive package aimed at improving outcomes for all young people, with a particular emphasis on those who are disadvantaged.

The proposals aim to address four key challenges:

How to engage more young people in positive activities and empower them to shape the services they receive;

How to encourage more young people to volunteer and become involved in their communities;

How to provide better information, advice and guidance to young people to help them make informed choices about their lives; and

How to provide better and more personalised intensive support for each young person who has serious problems or gets into trouble.

*Youth Matters* recognises that young people's emotional and physical health is inseparable from learning and achievement - this theme runs as a thread throughout the document. Every Child Matters highlighted what children and young people believe are the most important five outcomes for them, with Being Healthy and Staying Safe as the first two; *Youth Matters* seeks to build on those foundations, "designing health in" at every stage. The Youth Green Paper recognises the importance of good mental health for young people negotiating the challenges of adolescence and the choices available to them, as well as their needs in respect of comprehensive information, advice and guidance on all matters relating to their health and wellbeing. Health services, like all services for young people, must be built around their particular and diverse needs and must involve young people in their development.

[www.teachernet.gov.uk/sen](http://www.teachernet.gov.uk/sen)

includes the SEN Code of Practice and the guidance it gives on both transition planning and medical conditions. The guidance on medical conditions in the statutory assessment process for SEN statements is at paragraph 7:64 - 7:67. The guidance on transition planning is at paragraphs 9:45 - 9:67.

<http://hctransitions.ichp.edu/resources.html>

Resources for transition including:

Envisioning My Future: A Young Person's Guide to Health Care Transition

A set of three health care transition workbooks for youth & families; (for ages 12-14; 15-17; and 18 years)

[www.med.ucalgary.ca/edqol](http://www.med.ucalgary.ca/edqol)

Quality of Life in Eating Disorders, University of Calgary.

The Eating Disorder Quality of Life Questionnaire (EDQOL) is a condition-specific quality of life (QoL) measure for use with adolescents and young adults with eating disorders (ED) such as anorexia and bulimia. It has been extensively developed and tested with adolescents and young

adults with ED, with input from family and ED health professionals. It reflects important age-specific developmental issues and, is written with age appropriate language. The new instrument will be used to help evaluate treatment effectiveness and progress. It was developed by researchers at the University of Calgary in Alberta, Canada and completed in 2005. Validation and field testing studies are now underway across Canada.

### [www.zero2nineteen.co.uk](http://www.zero2nineteen.co.uk)

0-19 is a monthly magazine aimed at everyone interested in helping children and young people make the most of their lives. From the Community Care stable, 0-19 is packed with practice features, research and in-depth policy analysis, including articles by children and young people on their lives and experiences. We cover issues of concern to professionals working with children and young people of all ages, including child and family poverty, children's emotional well being, truancy and inclusion at school, health and disability, supporting parents in the early years, youth crime and crime prevention, racism, bullying, the needs of refugee children, and much more. Every issue also includes the latest news directly from Sure Start, the Children's Fund and Connexions.

## Adolescent Bookshelf

### FOR PROFESSIONALS

Klostermann BK, Slap GB, Nebrig DM, Tivorsak TL, Britto MT. Earning trust and losing it: adolescents' views on trusting physicians. J Fam Pract 2005;54:679-87.

Ozolins M, Eady EA, Avery J et al. Randomised controlled multiple treatment comparison to provide a cost-effectiveness rationale for the selection of antimicrobial therapy in acne. Health Technology Assessment 2005;volume 9:1 ([www.ncchta.org](http://www.ncchta.org))

## Forthcoming Dates and Meetings for your diary!

### 2005 Year Of The Volunteer

For further details see [www.yearofthevolunteer.org/html/about.html](http://www.yearofthevolunteer.org/html/about.html)

### September 16<sup>th</sup> 2005

#### Home Alone?

RCN HQ, Cavendish Square, London (£50)

One-day conference for all health and social care professionals working with young people.

To increase awareness of the health and social care needs of hard to reach and vulnerable young people and to consider ways of reducing barrier to access to relevant services.

For registrar contact

Zoe Jammeh at the RCN

0207 927 7220 or email [zoe.jammeh@rcn.org.uk](mailto:zoe.jammeh@rcn.org.uk)

### Thursday 29 September 2005 – London

#### SELF HARM - Identification, Treatment and Understanding

a one day, multidisciplinary conference looking at all aspects of self harm, To be chaired by: Professor Dinesh Bhugra, The Dean of The Royal College of Psychiatrists. To reserve your place or to receive a copy of the conference brochure, please email your details, including Name, Company, Address and Telephone number to [simon.boyd@tfinforma.com](mailto:simon.boyd@tfinforma.com) or visit [www.tandfevents.com/selfharm](http://www.tandfevents.com/selfharm)

### October 3-7

**Walk to School Week**  
[www.walktoschool.org.uk](http://www.walktoschool.org.uk)

**24 October 2005**

**Improving Healthy Outcomes of Young people Leaving Care conference.**

Uttoxeter Race Course

South Staffordshire Healthcare NHS Trust is hosting this conference to raise the profile of the health needs of young people leaving care. For further details Contact Narriman Crofts 01543- 420427 [narriman.crofts@ssh-tr.nhs.uk](mailto:narriman.crofts@ssh-tr.nhs.uk) or Adam Morris 01785 – 257888 [Adam.Morris@ssh-tr.nhs.uk](mailto:Adam.Morris@ssh-tr.nhs.uk)

**29th October 2005,**

**CSV Make a Difference Day**

<http://www.csv.org.uk/Campaigns/Make+a+Difference+Day>

**November 1-7 National Youth Week**

**Theme “Enjoying and Achieving”**

For more information watch [www.nya.org.uk](http://www.nya.org.uk)

**November 16**

**Students with disabilities: the transition from School to university**

One day symposium at Royal Institute of Public Health, 28 Portland Place, London

To register : Email Michelle Gillham on [mgillham@riph.org.uk](mailto:mgillham@riph.org.uk) or

For further info contact Penny Moore on 0207291 8361 email [pmorre@riph.org.uk](mailto:pmorre@riph.org.uk)

Public sectors and charities £140

**2006**

**March 22-25**

Society of Adolescent Medicine, Boston, Massachusetts, USA

For further details see: [www.adolescenthealth.org](http://www.adolescenthealth.org)

**March 23<sup>rd</sup> 2006**

**'Transitions'**

This conference will deal specifically with moving from paediatric to adult health care. Speakers will include young people themselves, and people from clinical, multi professional and multi agency teams who are leading on improving transition services and practice in their areas. The good practice promoted by the Conference supports implementation of Standard Four of the Children's NSF.

The conference will be held at the Royal College of Physicians, London. Booking details will be announced in future newsletters. For more information, or to register an early interest, please contact: Barney Larkin on 0207 9724363 / 4507 or email [barney.larkin@dh.gsi.gov.uk](mailto:barney.larkin@dh.gsi.gov.uk)

***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)***