

# Young People's Health Resource Newsletter May 2020



To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development. Adopted in April 2008 by the Young Peoples Health Special Interest Group of the Royal College of Paediatrics and Child health ([www.yphsig.org.uk](http://www.yphsig.org.uk))  
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**Hoping this finds you and your loved ones safe and well and coping in these very strange times.**

#### **YPHSIG: Young Persons Health Special Interest Group**

Is a group of health professionals within RCPCH but with co-opted members from RCN, RCGP RCP and AYPH creating a focus for professionals within the college working in the field of young people's health. Non-RCPCH members are very welcome to join too. If you are interested in joining YPHSIG and/or would like to find out more about it, please go to [www.yphsig.org.uk](http://www.yphsig.org.uk)

#### **AYPH: Association for Young People's Health**

Is a charity and membership organization creating a focus for all professionals and organizations working in the field of young people's health in the UK. If you are interested in joining AYPH and/or would like to find out more about it, please go to [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk).

#### **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 and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.*

## **Resources to support young people during the COVID19 Pandemic**

#### **RCPCH**

<https://www.rcpch.ac.uk/resources/stay-home-activities-children-young-people>

Download a copy of children and young people's health diary, emoji cards, mindfulness colouring  
<https://www.rcpch.ac.uk/resources/children-young-peoples-health-diary#downloadBox>

 <https://www.rcpch.ac.uk/resources/thank-you-messages-birthday-wishes-young-patients-during-covid-19>

An RCPCH paediatrician wanted to send an e-card to a young patient who they wouldn't be seeing due to COVID-19, so had the fab idea to create birthday and thank you cards to be used at this very different time. The images can be downloaded from our website for free to be shared with patients. Download these RCPCH &Us cards to pass on #StayHomeSaveLives birthday wishes to patients staying indoors, and thanks to children and young people who are helping the NHS by staying home. With huge thanks to Dr Sivakumaran, a consultant community paediatrician, for this brilliant idea.

## **AYPH**

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

resource hub full of links, information and support including rights based resource for coping with lockdown

## **NIHR**

<https://cypmedtech.nihr.ac.uk/2020/04/06/covid-19-resources-for-children-young-people-and-families/>

## **National Youth Agency**

<https://youthworksupport.co.uk/young-people/>

## **RAIISE**

 <https://raise.co.uk/2020/03/26/covid-19-things-to-do-while-youre-at-home/>

This charity set up by a young person with SLE to raise awareness of the impact of invisible health conditions on young people in schools, includes a COVID19 diary to download

<https://raiseuk.files.wordpress.com/2020/04/raise-covid-19-diary.pdf>

## **Mental health and Emotional Wellbeing during COVID19**

 <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

 [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

 <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

 <https://young.scot/get-informed/national/tips-on-how-to-deal-with-the-coronavirus-outbreak>

 <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse5c8f>

 [https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health#163961\\_20200428092249](https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health#163961_20200428092249)

## Covid 19 and impact on social mobility for young people

 [https://www.suttontrust.com/our-research/social-mobility-and-covid-19/#163961\\_20200429121356](https://www.suttontrust.com/our-research/social-mobility-and-covid-19/#163961_20200429121356)

The impacts of the COVID-19 pandemic are far reaching and are likely to impact on practically every area of government policy for a long time to come. This briefing covers the Sutton Trust's immediate concerns, looking at how the ongoing crisis is likely to impact the most disadvantaged young people through their time in education and into the workplace. As the crisis progresses, the Trust will be releasing research looking at these challenges in greater detail, as well as offering concrete policy recommendations on how best to lessen the impacts of the pandemic on social mobility.

 <https://www.annafreud.org/mental-health-professionals/anna-freud-learning-network/ebpu-research-bite-no1/>

Researchers at the Evidence Based Practice Unit, a collaboration between the Anna Freud Centre and UCL, are launching a new series of 'mental health and the coronavirus research bites'.

 [https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown#163961\\_20200414114837](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown#163961_20200414114837)

## Digital technology

 [https://www.nationalelfservice.net/treatment/digital-health/digital-technology-and-youth-mental-health-recommendations-royal-college-of-psychiatrists/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=digital-technology-and-youth-mental-health-recommendations-royal-college-of-psychiatrists](https://www.nationalelfservice.net/treatment/digital-health/digital-technology-and-youth-mental-health-recommendations-royal-college-of-psychiatrists/?utm_source=rss&utm_medium=rss&utm_campaign=digital-technology-and-youth-mental-health-recommendations-royal-college-of-psychiatrists)

A summary of a recent report from the Royal College of Psychiatrists which explores the impact of technology use on the mental health of young people.

 Moreno MA, Hoopes AJ (eds) Technology and Adolescent Health in schools and beyond (1st Edition) Paperback ISBN: 9780128173190 eBook ISBN: 9780128173206 Published Date: 20th March 2020 Elsevier

## Finally, a useful extra for everyone!

 <http://imagistic.co.uk/free-covid-19-printables/>

Lovely free downloads eg "This won't last forever poster" (for our own office walls never mind sending to young people!)

## App store

 <https://www.versusarthritis.org/news/2020/may/our-arthritis-tracker-app-helps-thousands-of-young-people/>

## Arthritis Tracker App for Young People with Arthritis

A mobile app designed by young people to support young people with arthritis self-isolating in the wake of COVID-19 was launched by the charity Versus Arthritis on 4<sup>th</sup> may today.

The Arthritis Tracker – which provides 24/7 access to trusted information and advice for young people between 13 and 25 – will help them to rate and record their arthritis symptoms in seconds and track their pain, medication side effects, fatigue, physical activity, sleep and emotional well-being.

The experience of self-shielding and social distancing can have negative impacts on the health and condition of people with arthritis, with anxiety and reduced physical activity causing a flare in symptoms. With restrictions in place for face-to-face appointments during the pandemic and with young people finding it difficult to explain their symptoms, it is crucial that accurate information of the health of young people with arthritis can be reported to healthcare professionals charged with their care. Young people were fundamental to the app's creation and development, with the idea coming from 20-year old Hope Graham from Northern Ireland. Along with tracking their arthritis symptoms and well-being the app also connects them with other young people who know what it is like to live with arthritis.

## Professional Webwatch

### COVID-19: guidance on supporting children and young people

 <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing#2020-04-21T17:01:18Z>

**COVID-19: guidance on supporting children and young people's mental health and wellbeing.** Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak.

 [https://www.challengingbehaviour.org.uk/information/covid19information.html#163961\\_20200428055807](https://www.challengingbehaviour.org.uk/information/covid19information.html#163961_20200428055807)

Information and resources to support families and carers of children and young people with severe learning disabilities during the coronavirus crisis.

### Impact of COVID 19 on Young People

 [https://www.unicef.org.uk/coronavirus-children-in-lockdown/#163961\\_20200428094939](https://www.unicef.org.uk/coronavirus-children-in-lockdown/#163961_20200428094939)

This briefing paper lays out the complex issues facing children and their rights, and the multi-layered way in which the coronavirus presents a growing crisis for the worst affected families. Coronavirus also presents a huge challenge for authorities straining to serve existing needs whilst also facing unprecedented demand for support. In response to these challenges, UNICEF UK draws on its global emergency experience to call for greater coordination at the top of the UK Government to ensure the voices of children are heard, that issues are identified and addressed efficiently, and that children's rights remain a priority for all. The report looks at the impact on children in relation to: children's rights; maternity services and infant nutrition; loss of education; child nutrition; children's health and access to health services; children's mental health; protection from violence, abuse and neglect.

 [https://www.childrensociety.org.uk/what-we-do/resources-and-publications/the-impact-of-covid-19-on-children-and-young-people-0#163961\\_20200414012811](https://www.childrensociety.org.uk/what-we-do/resources-and-publications/the-impact-of-covid-19-on-children-and-young-people-0#163961_20200414012811)

### Virtual Consultations

 <https://www.bps.org.uk/news-and-policy/new-guidance-launched-psychologists-using-online-video-work-young-people>

With more clinical work being conducted online, two parts of the Division of Clinical Psychology have worked together to produce new guidance for psychologists. The guidance looks at the different needs of young people of varying ages, from young children through to teenagers, and how to meet their specific developmental requirements.

 [https://www.eif.org.uk/report/covid-19-and-early-intervention-evidence-challenges-and-risks-relating-to-virtual-and-digital-delivery#163961\\_20200423100957](https://www.eif.org.uk/report/covid-19-and-early-intervention-evidence-challenges-and-risks-relating-to-virtual-and-digital-delivery#163961_20200423100957)

This report sets out the evidence on virtual and digital delivery of interventions across a range of relevant domains, highlights the challenges and risks associated with remote delivery methods, and provides the findings from an EIF survey asking intervention developers and providers about their response to the Covid-19 crisis. It is intended to support the sector as it rapidly adapts to the constraints on delivery imposed by widespread social distancing and lockdown.

## Involvement of Young People

 <https://www.enurture.org.uk/>

Youth Engagement Guide – created and informed by young people

## Young Adulthood

### Professional Bookshelf

 Chan W, Thurairajah P, Butcher N, Oosterwijk C, Wever K, Eichler I, Thompson C, Junker A, Offringa M, Preston J. Guidance on development and operation of Young Persons' Advisory Groups. Arch Dis Child. 2020 Mar 24. [Epub ahead of print]

 Dalton L, Rapa E, Stein A. Protecting the psychological health of children through effective communication about COVID-19. Lancet Child Adolesc Health. 2020 May;4(5):346-347.

 Dimitri P, Joshi K, Jones N; Moving Medicine for Children Working Group. Moving more: physical activity and its positive effects on long term conditions in children and young people. Arch Dis Child. 2020 Mar 20. [Epub ahead of print] Review.

 Eccleston C, Blyth FM, Dear BF, Fisher EA, Keefe FJ, Lynch ME, Palermo TM, Reid MC, Williams ACC. Managing patients with chronic pain during the COVID-19 outbreak: considerations for the rapid introduction of remotely supported (eHealth) pain management services Pain. 2020 May;161(5):889-893.

-  Ferrari A, Silva M, Pagani Bagliacca E, Veneroni L, Signoroni S, Massimino M. A New Video Tutorial by Young Cancer Patients Dedicated to COVID-19 Pandemic and Lockdown. *J Adolesc Young Adult Oncol*. 2020 Apr 30. [Epub ahead of print]
-  Gauntlett-Gilbert J, Bhat C, Clinch J. Body mass in adolescents with chronic pain: observational study. *Arch Dis Child*. 2020 May;105(5):476-480.
-  Gee B, Reynolds S, Carroll B, Orchard F, Clarke T, Martin D, Wilson J, Pass L. Practitioner Review: Effectiveness of indicated school-based interventions for adolescent depression and anxiety - a meta-analytic review. *J Child Psychol Psychiatry*. 2020 Apr 6. [Epub ahead of print]
-  Karos K. The Enduring Mystery of Pain in a Social Context. *J Adolesc Health*. 2020 May;66(5):524-525.
-  Koopman-Verhoeff ME, Gredvig-Ardito C, Barker DH, Saletin JM, Carskadon MA. Classifying Pubertal Development Using Child and Parent Report: Comparing the Pubertal Development Scales to Tanner Staging. *J Adolesc Health*. 2020 May;66(5):597-602.
-  Liu JJ, Bao Y, Huang X, Shi J, Lu L. Mental health considerations for children quarantined because of COVID-19. *Lancet Child Adolesc Health*. 2020 May;4(5):347-349.
-  Marchant A, Turner S, Balbuena L, Peters E, Williams D, Lloyd K, Lyons R, John A. Self-harm presentation across healthcare settings by sex in young people: an e-cohort study using routinely collected linked healthcare data in Wales, UK. *Arch Dis Child*. 2020 Apr;105(4):347-354.
-  Mehta CM, Arnett JJ, Palmer CG, Nelson LJ. Established adulthood: A new conception of ages 30 to 45. *Am Psychol*. 2020 May-Jun;75(4):431-444.
-  Offutt LA, Bhavé SY, Oketah NO. International Adolescent Health Week Inspires Adolescents and Their Communities to Advocate for a Successful Transition Into Adulthood. *J Adolesc Health*. 2020 Apr;66(4):387.
-  Palmer CA. Tired Teens: Sleep Disturbances and Heightened Vulnerability for Mental Health Difficulties. *J Adolesc Health*. 2020 May;66(5):520-521.
-  Perrin EC. Promotion of Mental Health as a Key Element of Pediatric Care. *JAMA Pediatr*. 2020 Mar 9. [Epub ahead of print]
-  Phillips H. Making transition right for young patients and their families *J Transition Med* 2020; April 29 ; DOI: <https://doi.org/10.1515/jtm-2020-0004>

<https://www.degruyter.com/view/journals/jtm/2/1/article-20200004.xml>

 Society for Adolescent Health and Medicine.

Transition to Adulthood for Youth With Chronic Conditions and Special Health Care Needs. J Adolesc Health. 2020 May;66(5):631-634.

 Wheeler R. Don't equate competence with capacity. Arch Dis Child. 2020 May;105(5):419-420.

 Widome R, Berger AT, Iber C, Wahlstrom K, Laska MN, Kilian G, Redline S, Erickson DJ. Association of Delaying School Start Time With Sleep Duration, Timing, and Quality Among Adolescents. JAMA Pediatr. 2020 Apr 27. [Epub ahead of print]

 Yonek J, Lee CM, Harrison A, Mangurian C, Tolou-Shams M. Key Components of Effective Pediatric Integrated Mental Health Care Models: A Systematic Review. JAMA Pediatr. 2020 Mar 9. [Epub ahead of print]

 Zheng K, Abraham C, Bruzzese JM, Smaldone A. Longitudinal Relationships Between Depression and Chronic Illness in Adolescents: An Integrative Review. J Pediatr Health Care. 2020 Mar 11 [Epub ahead of print]

## Training resources

 <https://wecantalk.online/>

This learning tool for hospital staff to support children and young people who attend in mental health crisis. It has been co-designed with and is co-delivered by young advisors, young people aged 18-25 with experience of presenting to hospital in a mental health crisis.

## Forthcoming Dates for your Diary!

2020 (potential dates which may change depending on the COVID19 situations)

|                 |  |   |
|-----------------|--|---|
| <b>November</b> |  |   |
| <b>5-7</b>      | <b>IAAH</b><br><i>12<sup>th</sup> World Congress Adolescent Health Meeting the challenge of global change</i><br><b>Lima, Peru</b>   | <a href="http://www.iaah2020congress.org/en">http://www.iaah2020congress.org/en</a><br>Abstract deadline: 20 March 2020 |
| <b>December</b> |  |   |
| <b>3</b>        | <b>The reorganised (from March 2020)</b><br>RCGP, RCP, RCPCH and RCPsych<br><i>The Adolescent Health Conference:<br/>Working together to bridge the gaps</i><br>RCGP<br>London |   |

2021

|               |   |                               |
|---------------|---|-------------------------------|
| <b>August</b> |   |                               |
| <b>23-26</b>  | <b>International Pediatric Association conference hosted by RCPCH</b> | Will include YPHSIG symposium |

|  |  |  |
|--|--|--|
|  | <b>Ensuring a brighter future for all children<br/>Glasgow</b> |  |
|--|--|--|

Also check out: <http://www.youngpeopleshealth.org.uk/events/events-calendar>

*Do you know of any other useful resources or opportunities for professional  
development in young people's health?*

*If you do, please let us know by email to: [emPortstewart63](mailto:emPortstewart63)!*

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