

Young People's Health Resource Newsletter June 2021

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)
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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 and/or follow us on  @yphsig

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.

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

Young People's Webwatch

#TheBigAsk – Office of the Children's Commissioner England

 <http://thebigask.uk/>

 https://www.childrenscommissioner.gov.uk/thebigask/?dm_i=3YSO,1A9SN,75EU3W,4N0Y9,1

The Big Ask – a survey for young people in England from the Children's Commissioner (England) to find out what they think. Please share the survey with children and young people, including those who are vulnerable and disadvantaged, have their voices heard. The results from this survey will help identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

NHS England Youth Forum

 <https://www.byc.org.uk/uk/nhs-youth-forum>

 <https://www.facebook.com/watch/?v=1676313959070729>

"Peer Support Could be your lifeline" video from the NHS England Youth Forum

 https://www.rcpath.org/discover-pathology/discover-pathology-resources/activities-and-resources/viruses-and-vaccines.html?dm_i=3YSO,1A9SN,75EU3W,4N0X8,1

“Viruses and Vaccines” activity resources developed by a team of pathologists, creatives and public engagement practitioners to facilitate discussions about viruses and vaccines with young people.

 **Ainsworth S. Hidden Illness: one patient’s story. Arch Dis Child 2021:106:617-8**

Article written by Sophie, a young adult with SLE, diagnosed age 14 who set up a charity addressing issues facing young people with invisible health conditions in schools <https://raiise.co.uk>

 <https://www.youthemployment.org.uk/create-your-future-week-3-build-your-life-skills/>

Create Your Future. Online programme for young people to build up skills and careers confidence

Professional Webwatch

Vocational Readiness for Young People

 **Nattering with the NHS** (<https://youtu.be/3Vn6BAoI7K0>)

The Young Person’s Advisory Group North England (YPAGne) presents young people with the chance to participate in constructive projects, enabling them to gain a set of useful skills valued by universities and employers. YPAGne have launched a new live streaming project. The podcast focuses on giving young people aged 11+ the opportunity to chat with different professionals and ask questions about their roles/jobs and the skills required to do their job. The aim of these sessions is to help young people to identify what field they would like to go into by exploring options. Listening to Nattering with the NHS is a great way for young people to learn from and communicate with professionals in their interested vocation. It allows them to ask the questions they have always wanted to know the answer to and influence who we hear from in future. Fans of the podcast can contact YPAGne via email (nuth.ypagne@nhs.net) or on social media @YPAGne / @natteringwiththeNHS to provide feedback and ideas for the podcast, or to become a guest on the show. To listen to the podcast, visit <https://youtu.be/3Vn6BAoI7K0>.

 <https://www.resolutionfoundation.org/publications/double-trouble/>

Double trouble: exploring the labour market and mental health impact of covid-19 on young people report from the Resolution Foundation May 2021

Involvement of Young People

 <https://hubnanog.ie/participation-framework/>

National Framework for children and young Peoples Participation in Decision-making (Ireland)

 <https://mindofmyown.org.uk/>

New tools for services who want to survey CYP on how services are doing

Digital Technology

 www.evallearn.com

Participatory Evaluation: theories and methods for remote work

 https://digitalinclusionkit.org/?dm_i=3YSO%2C1A9SN%2C75EU3W%2C4N0XQ%2C1

New toolkit available to tackle digital exclusion in communities with a chance to contribute your own findings and learn from the experience of others.

 https://5rightsfoundation.com/our-work/childrens-rights/uncrc-general-comment.html?dm_i=3YSO,1A9SN,75EU3W,4N0XO,1

Children's Rights in the Digital World A new guidance note from the Office of the United Nations High Commissioner for Human Rights has been published, which makes clear that the UNCRC applies in the digital world. Guidance and information has been produced for states, organisations, children and young people on maintaining these rights digitally.

Mental Health

 www.byc.org.uk

 [British Youth Council | UK Youth Parliament Campaigns | Mental Health: A movement for change \(byc.org.uk\)](#)

Members of the UK Youth Parliament have launched their national yearlong campaigns which are created and delivered by young people. 2021 will focus on mental health, the climate emergency and free access to higher education. The mental health campaign "**A Movement for Change**" will be in partnership with Young Minds to create a blueprint for children and young people's mental health.

Long term health conditions

 <https://www.youngpeopleshealth.org.uk/asthma>

Children, Young people and families' experiences of chronic asthma management and care: evidence from existing research. A scoping review of existing evidence and findings from engagement work.

 <http://www.trapeze.org.au/>

Transitional care website of the Sydney Children's Hospitals Network.

 <https://www.readysteadygo.net/>

Website of the Transition and Patient empowerment Innovation, Education and Research network and the Ready Steady Go Programme

Self-Management

 <https://www.rcpch.ac.uk/resources>

Stay at home activities for children and young people

Includes a diary for children and young people to track their health questions, feelings and life moments? Designed in the first lockdown following a request from clinicians, the child health diary helps to keep notes, information and queries between virtual and face to face appointments.

Sleep

<https://enlightenyourclock.org/>

“Enlighten your clock: How your body tells time” an open access and science –based comic book on the biological clock and sleep , suitable for 13+ year olds

Professional Bookshelf

 Brisson J, Ravitsky V, Williams-Jones B. "Fostering Autonomy" for Adolescents to Access Health Services: A Need for Clarifications J Adolesc Health. 2021 Jun;68(6):1038-10

 Chan J, Gupte G. Fifteen-minute consultation: child with an incidental finding of a fatty liver Arch Dis Child Educ Pract Ed. 2021 May 14:edpract-2020-321135. doi: 10.1136/archdischild-2020-321135. Online ahead of print.

 Goh YI ..E Exploring Pediatric Tele-Rheumatology Practices During COVID-19: A Survey of the PROIN Network. Front Pediatr 2021;9:642460.

 Jourdan D, Gray NJ, Barry MM, Caffè S, Cornu C, Diagne F, El Hage F, Farmer MY, Slade S, Marmot M, Sawyer SM. Supporting every school to become a foundation for healthy lives. Lancet Child Adolesc Health. 2021 Apr;5(4):295-303.

 Horowitz LM, Mournet AM, Lanzillo E, He JP, Powell DS, Ross AM, Wharff EA, Bridge JA, Pao M. Screening Pediatric Medical Patients for Suicide Risk: Is Depression Screening Enough? J Adolesc Health. 2021 Jun;68(6):1183-1188.

 Jetha A, Tucker L, Chen C, Gignac MAM. Impact of the COVID-19 pandemic on the employment of Canadian young adults with rheumatic disease: longitudinal survey findings. Arthritis Care Res (Hoboken). 2021 May 10. doi: 10.1002/acr.24617. Online ahead of print.

 Lau JS, Kline-Simon A, Sterling S, Hojilla JC, Hartman L. Screening for Gender Identity in Adolescent Well Visits: Is It Feasible and Acceptable? J Adolesc Health. 2021 Jun;68(6):1089-1095.

 Luxton R, Kyriakopoulos M. Depression in children and young people: identification and management NICE guidelines Arch Dis Child Educ Pract Ed. 2021 May 10:edpract-2020-320020. doi: 10.1136/archdischild-2020-320020. Online ahead of print.

 Mehringer JE, Ford CA. Clinicians' Roles in Supporting Caregivers of Transgender and Gender-Expansive Youth J Adolesc Health. 2021 Jun;68(6):1031-1033.

 Meuwly M, Auderset D, Suris JC, Barrense-Dias Y. Losing your virginity safely? A Swiss national survey. Swiss Med Wkly. 2021 May 6;151:w20509.

 Mundy LK, Canterford L, Moreno-Betancur M, Hoq M, Sawyer SM, Allen NB, Patton GC. Social networking and symptoms of depression and anxiety in early adolescence Depress Anxiety. 2021 May;38(5):563-570.

 Nobari H, Fashi M, Eskandari A, Villafaina S, Murillo-Garcia Á, Pérez-Gómez J. Effect of COVID-19 on Health-Related Quality of Life in Adolescents and Children: A Systematic Review. *Int J Environ Res Public Health*. 2021 Apr 25;18(9):4563. doi: 10.3390/ijerph18094563.

 Potthoff LM. Telemedicine and Integrated Multidisciplinary Care for Pediatric IBD Patients: A Review *Children* (Basel). 2021 Apr 28;8(5):347. doi: 10.3390/children8050347.

 Prenitce P. Fifteen-minute consultation: Clinical pubertal assessment. *Arch Dis Child Educ Pract Ed*. 2021 May 14;edpract-2020-320386. doi: 10.1136/archdischild-2020-320386. Online ahead of print.

 Quinlan-Davidson M, Roberts KJ, Devakumar D, Sawyer SM, Cortez R, Kiss L. Evaluating quality in adolescent mental health services: a systematic review *BMJ Open*. 2021 May 10;11(5):e044929. doi: 10.1136/bmjopen-2020-044929.

 Scott S, McGowan VJ, Visram S. 'I'm Gonna Tell You about How Mrs Rona Has Affected Me'. Exploring Young People's Experiences of the COVID-19 Pandemic in North East England: A Qualitative Diary-Based Study. *Int J Environ Res Public Health* 2021;18:3837

 Wang MT, Scanlon CL, Hua M, Del Toro J. Safely Social: Promoting and Sustaining Adolescent Engagement in Social Distancing During the COVID-19 Pandemic. *J Adolesc Health*. 2021 Jun;68(6):1059-1066.

Research

 <https://generationr.org.uk/leeds-young-research-owls/>

Group of young people passionate about being involved in and supporting research, based in Leeds and member of the GENERATIONR Alliance

Call for submissions “Adolescent and Young Adult Health through a Developmental Lens” special issue in Healthcare journal

Special Issue in Healthcare Journal (Impact factor 1.916) "Adolescent and Young Adult Health through a Developmental Lens" (Guest editors Janet E McDonagh and Albert Farre) Submission deadline November 2021. https://www.mdpi.com/journal/healthcare/special_issues/Adolescent_Young_Adult_Health_Developmental_Lens

Online training Opportunities

Motivational Interviewing

 <https://www.mmin.co.uk/>

Motivational Interviewing Network of Trainers

 <http://learning.bmj.com/learning/module-intro/.html?moduleId=10051582>

Online module “Motivational Interviewing in brief consultations”

 <https://www.youtube.com/watch?v=s3MCJZ7OGRk>

Motivational Interviewing. An Introduction

 https://www.youtube.com/watch?v=_KNIPGV7Xyg
Using OARS

 <https://www.health.org.uk/news-and-comment/podcast/episode-08-inside-the-teen-mind>
"Inside the teen mind: What's happening to mental health?" Episode 8 of the Health Foundation podcast

Forthcoming Dates for your Diary!

2021

June		
10	5th Annual National Transition Conference	Contact: Jacqui Rogers, Trust Transition Service Lead Nurse Alder Hey Children's NHS Foundation Trust Jacqui.rogers@alderhey.nhs.uk
15-17	RCPCH Conference and exhibition YPSIG session date 16 June	https://www.rcpch.ac.uk/news-events/rcpch-conference
July		
5-9	EuTEACH 2021 online summer school	https://www.unil.ch/euteach/home/menuinst/summer-school/apply-for-summer-school.html Spaces limited to approx 25 Registration deadline 31 May 2021
14	Enhancing Adolescent Care and Transition into Adult Services Online 9-530	https://www.sbk-healthcare.co.uk/home/title/2543/nhsconference/enhancing-adolescent-care-and-transition-into-adult-services/
September		
NEW 9	3rd European Symposium on Transition (online)	https://transition-symp.sciencesconf.org/ Abstract deadline for oral communications June 15, 2021
Nov		
19-21	IAAH 12th World Congress Adolescent Health Meeting the challenge of global change Lima, Peru (re-organised from 2020)	http://www.iaah2020congress.org/en hybrid online/on site model abstract deadline 1 May 2021

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

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: janet.mcdonagh@manchester.ac.uk