

# Young People's Health Resource Newsletter September 2021

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

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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](http://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](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*

## Professional Webwatch

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

**The Good Childhood Report 2021** shows the latest trends in children's well-being. Our research seeks to understand how young people feel about different aspects of their lives. This year we've found that school, friendships and appearance continue to cause the greatest dissatisfaction in adolescence.

## Peer Mentoring

<https://www.reachoutuk.org/>

**ReachOut** is a mentoring charity that gives young people from disadvantaged backgrounds weekly one-to-one support from a volunteer mentor.

<https://www.nesta.org.uk/report/what-makes-effective-youth-mentoring-programme/>

What makes effective youth mentoring programmes: a rapid evidence summary (June 2020)

<https://www.look-uk.org/mentoring/>

Mentoring programme for visually impaired young people

<https://www.annafreud.org/schools-and-colleges/peer-support/3-training-your-peer-mentors/>

Training resources for peer mentors

<https://www.chilypep.org.uk/peer-mentors>

**The Children and Young People's Empowerment Project Chilypep** is a charity raising the voices of young people and giving them the confidence, influence and platform to shape their world. They work with young people in Sheffield and Barnsley, in particular the most vulnerable and excluded groups to protect and promote their well-being and rights. The work with young people to set up peer mentoring projects.

## Sleep

<https://www.chilypep.org.uk/uploads/FINAL%20CHIL%20Sleep%20Toolkit.pdf>

a sleep toolkit from the Chilpep charity

## Digital technology

<https://www.goodthingsfoundation.org/insights/digital-exclusion-and-health-inequalities/>

**Digital exclusion and health inequalities.** (August 2021) Supported by the Health Foundation, this briefing paper provides an overview of digital exclusion and its relationship to health, social and economic aspects of people's lives

## Health Transition

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

[https://youtu.be/7c\\_J8x\\_R-zM](https://youtu.be/7c_J8x_R-zM)

Video "What is Health Care Transition?" (USA)

## Professional Bookshelf

 Adams SH, Schaub JP, Nagata JM, Park MJ, Brindis CD, Irwin CE Jr. Young Adult Perspectives on COVID-19 Vaccinations. *J Adolesc Health.* 2021 ;69:511-514

 Albertella L, Farrant B, Denny S. Improving the quality of care for adolescents and young adults on an adult medical ward". *Intern Med J.* 2021 Aug 2. doi: 10.1111/imj.15463. Online ahead of print."

 Chong LSH, Kerklaan J, Clarke S, Kohn M, Baumgart A, Guha C, Tunnicliffe DJ, Hanson CS, Craig JC, Tong A. Experiences and Perspectives of Transgender Youths in Accessing Health Care: A Systematic Review. *JAMA Pediatr.* 2021 Jul 19. doi: 10.1001/jamapediatrics.2021.2061. Online ahead of print.

 Clarke V, Goddard A, Wellings K, Hirve R, Casanovas M, Bewley S, Viner R, Kramer T, Khadr S. Medium-term health and social outcomes in adolescents following sexual assault: a prospective mixed-methods cohort study. *Soc Psychiatry Psychiatr Epidemiol.* 2021 Aug 9. doi: 10.1007/s00127-021-02127-4. Online ahead of print.

 Foulkes L, Blakemore SJ. Individual differences in adolescent mental health during COVID-19: The importance of peer relationship quality. *Neuron.* 2021 Aug 9:S0896-6273(21)00571-7.

 Griffiths AS, Hall D. Fifteen-minute consultation: Guide to the young person with menorrhagia and dysmenorrhoea. Arch Dis Child Educ Pract Ed. 2021 Aug 20:edpract-2021-322246.

 Kwan M, King-Dowling S, Veldhuizen S, Ceccacci A, Cairney J. Examining device-assessed physical activity during the transition into emerging adulthood: results from the MovingU study. J Adol Health 2021;69:477-481

 Lestishock L, Nova S, Disabato J. Improving Adolescent and Young Adult Engagement in the Process of Transitioning to Adult Care. J Adolesc Health. 2021;69:424-431

 Manwani D, Doyle M, Davidson L, Mallea M, Silver EJ, Jackson J, Chhabra R, Morrone K, Minniti C, Rastogi D, Stein RE, Oyeku S, Bauman LJ. Transition Navigator Intervention improves transition readiness to adult care for youth with Sickle Cell Disease. Acad Pediatr. 2021 Aug 10:S1876-2859(21)00421-6.

 McDonagh JE, Tattersall R, Clinch J, Swan J, Foster HE, McCann L. Transitional care during the Covid-19 pandemic for Young People with Juvenile-onset Rheumatic and Musculoskeletal Diseases. Pediatr Rheumatol Online J. 2021 Aug 25;19(1):136.

 O'Connor M, Arnup SJ, Mensah F, Olsson C, Goldfeld S, Viner RM, Hope S. Natural history of mental health competence from childhood to adolescence J Epidemiol Community Health. 2021 Aug 16:jech-2021-216761.

 Peeters MAC, Sattoe JNT, Bronner MB, Bal RA, van Staa A. The added value of transition programs in Dutch diabetes care: A controlled evaluation study. J Pediatr Nurs. 2021 Aug 18:S0882-5963(21)00237-2

 Racine N, McArthur BA, Cooke JE, Eirich R, Zhu J, Madigan S. Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19: A Meta-analysis. JAMA Pediatr. 2021 Aug 9:e212482. doi: 10.1001/jamapediatrics.2021.2482. Online ahead of print.

 Sadak KT, Gemeda M, Grafelman MC, Aremu TO, Neglia JP, Freyer DR, Harwood E, Mikal J. Identifying metrics of success for transitional care practices in childhood cancer survivorship: A qualitative interview study of parents. Cancer Med. 2021 Aug 6. doi: 10.1002/cam4.4164. Online ahead of print.

 Walsh S, Chowdhury A, Braithwaite V, Russell S, Birch JM, Ward JL, Waddington C, Brayne C, Bonell C, Viner RM, Mytton OT. Do school closures and school reopenings affect community transmission of COVID-19? A systematic review of observational studies. BMJ Open. 2021 Aug 17;11(8):e053371.

## Training in Young People's Health

[www.e-lfh.org.uk](http://www.e-lfh.org.uk)

**The Adolescent Health programme** has been updated! Please continue to spread the word of this amazing resource for individual use as well small group teaching

## Research

### The Work Ready Network project.

**In your work with young people (in the 10-24 year old age range) do you address vocational issues of any kind with them?** We would like to hear from you either way! We are a group of researchers in the University of Manchester who are building a research programme to look at the work readiness of young people with long term health conditions and how professionals and in particular health professionals can support such young people as they enter the world of work.

 Please head to [https://www.qualtrics.manchester.ac.uk/jfe/form/SV\\_egL65CCJ0rxAh2S](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_egL65CCJ0rxAh2S) to anonymously share your opinion. We will use the information collected to inform the development of a network of professionals interested in future research in this area and a potential research agenda.

If you would be willing to be interviewed by phone (or via an online platform if you prefer) for this study, please contact [laura.lunt@manchester.ac.uk](mailto:laura.lunt@manchester.ac.uk) for further information

The project is led by Dr Janet McDonagh at the University of Manchester in collaboration with colleagues at the University of Manchester and Dundee. Study Twitter account: @WorkReady\_UK

## Call for submissions addressing Young People's Health

Special Issue in **Healthcare Journal** (Impact factor recently increased from 1.916 to 2.645) "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](https://www.mdpi.com/journal/healthcare/special_issues/Adolescent_Young_Adult_Health_Developmental_Lens)

New Journal "Youth" recently launched. <https://www.mdpi.com/journal/youth>.

*Youth* is an international, open access, peer reviewed journal on education, sociology, economics, cultural studies and other social perspective of youth and young adulthood published quarterly online by MDPI.

## Forthcoming Dates for your Diary!

### 2021

<b>September</b>		
<b>9</b>	<b>3<sup>rd</sup> European Symposium on Transition (online)</b>	<a href="https://transition-symp.sciencesconf.org/">https://transition-symp.sciencesconf.org/</a>
<b>14</b>	<b>Understanding self-injury in children and teenagers</b>	For further information and to book your place visit <a href="https://www.healthcareconferencesuk.co.uk/conferences-masterclasses/self-injury-in-children-and-teenagers">https://www.healthcareconferencesuk.co.uk/conferences-masterclasses/self-injury-in-children-and-teenagers</a> or email <a href="mailto:kerry@hc-uk.org.uk">kerry@hc-uk.org.uk</a>
<b>October</b>		
<b>6</b>	<b>RCPCH online course</b> <i>How to manage Eating Disorders</i> 0930-1600	<a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a>

<b>13</b>	<b>Dept of Education, CDC, NCB</b> <i>Making Participation Work. Practitioners conference</i> Free, virtual	<a href="http://councilfordisabledchildren.org.uk/our-work/participation/practice/making-participation-work">http://councilfordisabledchildren.org.uk/our-work/participation/practice/making-participation-work</a>
<b>Nov</b>		
<b>19-21</b>	<b>IAAH</b> <i>12<sup>th</sup> World Congress Adolescent Health Meeting the challenge of global change</i> <b>Lima, Peru</b> <b>(re-organised from 2020)</b>	<a href="http://www.iaah2020congress.org/en">http://www.iaah2020congress.org/en</a> hybrid online/on site model

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](mailto:janet.mcdonagh@manchester.ac.uk)*