

Youth Health e-Bulletin

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Dear Emma,

Please find below the February 2014 Youth Health e-Bulletin from NHS Health Scotland.

Due to issues with Outlook I am afraid that I cannot attach a PDF version of the bulletin as normal.

Should you wish a copy via PDF please email the Youth Health Network (address above or at bottom of page) and we will arrange one to be sent to you.

Kind regards,

Youth Health Improvement Team

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NEWS

1. GPs make youth mental health a priority

Youth mental health is now a clinical priority for the RCGP who are embarking on a number of important projects to raise awareness of youth mental health and simple things that GPs can do to give younger patients a more positive experience. The RCGP is proposing that there should be increased focus on equipping GPs to deal with the common mental health problems faced by younger people – this includes improving mental resilience, managing anxiety, depression and self-harm, identifying suicide risk and in the early recognition of psychosis. The College is therefore recommending that in future, as part of an enhanced four-year training programme, all GP trainees should receive specialist-led training in both child health and mental health. The RCGP is also working with the Royal College of Paediatrics and Child Health, the Royal College of Psychiatrists, and Young Minds to develop ways that GPs and specialists might train together and so work more effectively when caring for young people with mental health problems.

The full article can be read using the link below:

<http://www.rcgp.org.uk/news/2014/january/gps-make-youth-mental-health-a-priority.aspx>

• 2. Young Scot Awards 2014

Scotland's biggest celebration of young people will take place in Glasgow at the Crowne Plaza Hotel and Clyde Auditorium on Thursday 10th April. Young Scot are currently seeking nominations for this years' award with the closing date being 18th February.

For further information please visit the Young Scot website on the link below.

<http://www.youngscot.org/mag/2847-young-scot-awards-2014>

• 3. Young People and E-Cigarettes: Survey

ASH Scotland are wishing to find out what young people in Scotland know about e-cigarettes and smoking. They would be grateful if you could disseminate the link below only, to young people via your colleagues and networks.

They are also conscious that advocates of e-cigarettes may wish to skew outcomes and therefore complete the survey favourably for e-cigs so I would ask that you note the following:

- As the survey is effectively 'open' on the internet, we would prefer if the survey link did not end up with the adult online e-cigarette enthusiast community.
- As these people are quite active on social media and monitor relevant twitter hashtags, it would be best not to use common ones (e.g. don't use #ecig #ecigs #ecigarettes) when promoting the survey through these means to help limit this risk.
- It is still ok to promote the link as widely as possible online to the target audience of young people and we recognise that 100% secure distribution is not possible, just a note to be aware of this potential issue.

Young Scot reward points are on offer so everyone wins!

Use the link below to take the ASH Scotland survey on e-cigarettes

<https://www.surveymonkey.com/s/B3JRM8T>

- **4. Youth Work, Equalities and Human Rights**

YouthLink Scotland is committed to supporting youth workers to enable all young people to feel included and supported in any youth work activity, and to establish a sector free of discrimination and exclusion.

A survey has been developed to enable YouthLink Scotland to shape its future work on the subject considering the youth work sector's relationship with the Equalities Act 2010 and Human Rights in its widest sense, including UNCRC.

We hope this survey will identify priorities for future work which may include training and the establishment of specialist networks (physical or virtual) to share expertise, develop practice and fill gaps in provision for young people in response to the needs of the sector and our members.

Please take a few minutes to complete the survey using the link below:

<https://www.surveymonkey.com/s/YWEqualitiesandHumanRights>

For further information please contact:

Heather McVey

hmcvey@youthlinkscotland.org

- **5. Rise in hospital admissions for young people with eating disorders**

Figures from the Health and Social Care Information Centre have shown a rise of 8% in the number of hospital admissions for eating disorders in the 12 months to October 2013.

Most of the 2,560 who went to hospital for inpatient treatment were very young – 15 was the most common age of admission for girls and 13 for boys. But children aged five to nine and the under-fives were also admitted.

Those who end up in hospital – often for lengthy stays – are the most severely ill, but they are just a relatively small part of the story, according to Beat, the support charity, which says that 1.6 million people in the UK suffer from eating disorders. One in five will die prematurely, sometimes from the consequences of their illness and sometimes through suicide.

Facebook and other social media, together with the continuing obsession of the media with actors and models who have perfect bodies, all play a part.

Experts say it is difficult for families to deal with a son or daughter who refuses to eat or hides and disposes of the food they are given. Beat advises parents to try to promote a healthy attitude to body size and shape, their own as well as their child's. It also warns against allowing food and eating or not eating to become an issue. If a child will not eat, they say, ask whether something is troubling them or whether they are unhappy. The problems with eating are a symptom of something more profound, Beat suggests.

The GP is the first port of call if a child appears to need help, they say. Cognitive behaviour therapy (CBT) is often successfully used to help people understand and cope with their problems.

For further information please visit the BEAT website using the link below
<http://www.b-eat.co.uk/>

PUBLICATIONS AND RESOURCES

• 6. Draft National Youth Work Strategy Published

A draft National Youth Work Strategy has been published. The Scottish Government, Education Scotland and YouthLink Scotland are working together towards ensuring all young people have access to high quality and effective youth work practice. This draft strategy outlines the recommended approaches to help make Scotland one of the best places in the world to grow up in.

The draft strategy outlines five ambition statements and associated outcomes:

- Putting young people at the heart of policy;
- Ensuring Scotland is the best place to be young and grow up in;
- Recognising the value of youth work;
- Building workforce capacity; and

- Ensuring that we evaluate our impact.

A series of Scotland wide National Discussions on the draft strategy will take place in January and February 2014. These discussions will involve a range of stakeholders, including young people, and will inform the implementation plan.

You can download the draft strategy using the link below.

http://www.educationscotland.gov.uk/Images/Draft_YouthWorkStrategy_tcm4-823155.pdf

More information about the National Discussions can be accessed using the link below.

<http://www.youthlinkscotland.org/Index.asp?MainID=17120>

- **7. FAQ SCOTLAND**

FAQ Scotland is the community engagement part of a larger project that wants to prevent HIV infections in Scotland among gay and bisexual men. The project is called an HIV Needs Assessment and has been set up by NHS Greater Glasgow and Clyde and NHS Lothian and funded by Scottish Government.

The aim of the engagement is to help make HIV and Sexual Health services the best they can be, so they can support men to have safe, happy and healthy sexual lives.

A range of findings from the surveys have been published; one of which relates to younger men.

To access the fact sheet relating to younger men please use the link below.

<http://www.fagscotland.co.uk/assets/reports/FAQ-Younger-Men.pdf>

To view the full range of findings please use the link below.

<http://www.fagscotland.co.uk/>

- **8. Refresh of resources: Talking with your Child/Teenager about relationships and sexual wellbeing**

The '**Talking with your child/teenager about relationships and sexual wellbeing**' booklets sit within the Sexual Health and Relationship Education (SHARE) family and aims to inform parents and carers of commonly asked questions by children and teenagers, to help them discuss relationships and in particular answer those awkward questions that is sometimes easier to avoid.

The booklets have been refreshed with the latest evidence, changes in law since the introduction of the Sexual Offences Act 2010, changes in technology and links in with Curriculum for Excellence.

To find out more information please contact:

Ruth Johnston

ruth.johnston1@nhs.net

Telephone: 07717300473

- **9. Scotland's mental health: Children and Young People 2013.**

ScotPHO have published a paper providing the first systematic assessment of mental health and its contextual factors for children and young people (C&YP) in Scotland.

For further information and to access the paper please use the link below.

<http://www.scotpho.org.uk/publications/reports-and-papers/1159-scotlands-mental-health-children-and-young-people-2013>

- **10. Sexting: Is your Youth Work setting ready to explore the issue?**

In association with YouthLink Scotland a paper has been published which covers key note inputs from YWCA Gender Equality Seminar and the Why Gender Still Matter Conference which explored gender and gender violence in the summer of 2013.

To access the paper please use the link below

<http://www.youthlinkscotland.org/webs/245/documents/SextingYWapproachestoexplore.pdf>

- **11. Children in Scotland: Transitions Survey summary**

Children in Scotland has been involved in discussions with members and other organisations, including the Scottish Transitions Forum (hosted by Arc Scotland), about planning for and meeting the needs of children and young people with additional support needs as they move from one stage to the next. A key focus of this discussion has been the experience children and their families have in relation to the services they engage with.

Children in Scotland members and parents involved in the fSDC Parent Participation Project which Children in Scotland facilitates were sent a link to a survey to find out if members' experiences echoed those of the Scottish Transitions Forum members. The survey included questions about transitions throughout childhood. The purpose of this was to identify areas of positive experiences in transitions for children and young people with additional support needs that could be shared across the sector and recommend actions for policy and practice.

Use the link below to download the document

<http://www.childreninScotland.org.uk/docs/TransitionsSurveyFINAL.pdf>

- **12. NHS Health Scotland Resources: Young People**

Cool Heads: Stress Essentials is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure,

feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

You can find the full guide here: www.healthscotland.com/documents/1485.aspx

For more information, please contact:

Emma Lyon
Mental Health Improvement Programme Officer
emma.lyon@nhs.net

Knowledge Services:

The Children and Young People current awareness bulletin for January is available on the below link:

<http://www.healthscotland.com/uploads/documents/22823-20140131CYPTAlert.docx>

The Mental Health and Wellbeing current awareness bulletin for January is now available on the below link:

<http://www.healthscotland.com/uploads/documents/22824-20140131MentalHealthAlert.docx>

The majority of the articles are available from the publishers' websites via the Knowledge Network. To access the full articles log in with your Athens account.

If you need any help in obtaining the full-text of any articles then please contact Knowledge Services.

If you have any questions or comments relating to this alert, please don't hesitate to get in touch.

Email: nhs.healthscotland-knowledge@nhs.net
Tel: 0141 414 2762

Additional Resources Youth Health Resources from Health Scotland:

NHS Health Scotland has a number of additional resources relating to Young People. A list of these resources is provided below:

Walk the Talk We Keep it Zipped Poster
Walk the Talk We Keep it Zipped Cards
Completed LAAC Folders New
Walk the Talk DVD
Walk the Talk 7 Step Leaflet
Walk the Talk Tip Cards

To obtain copies of these resources contact Health Scotland publications on the details below:

E-mail: nhs.healthscotland-publications@nhs.net

- **Giving Children and Young People a Sporting Chance: A Draft Strategy for Scotland**

The draft youth sport strategy “*Giving Children and Young People a Sporting Chance: A Draft Strategy for Scotland*” has been published, with an associated consultation paper, at the following link:

www.scotland.gov.uk/Publications/2013/12/8921

The consultation will close on 2 March 2014 before publication of a final Strategy and Action Plan next spring.

TRAINING

- **14. Dealing with Conflict, Anger and Aggression (over 12s)**

Starting with adolescence as a concept, young people's perception of the adult world and the potential for conflict and confrontation with authority, this training will explore strategies for communicating effectively with young people who display anger, aggression and/or challenging behaviour. The workshop will place an emphasis on de-escalation strategies in dealing with challenging behaviour.

For further information please use the link below

http://www.childreninscotland.org.uk/html/training_tshow.php?ref=1859

- **15. The SMHFA: YP programme**

The SMHFA: YP course takes 14 hours to complete. It can be presented in a range of formats to suit different groups. The course must be presented by a qualified SMHFA instructor and quality is continuously monitored by NHS Health Scotland.

A whole suite of materials, resources and e-learning modules have been developed to enhance the programme. For example, participants are expected to complete an online module or paper workbook, before undertaking the face-to-face element. Offering a flexible, accessible and convenient approach to training delivery.

The following is a brief outline of what is covered on the course:

- guidance on being a Mental Health First Aider
- mental health problems that affect young people
- the recovery message
- the impact of alcohol and drugs on a young person's mental health
- introduction to suicide intervention

- listening skills
- understanding cyber-bullying
- understanding depression
- how to offer first aid to someone experiencing depression
- understanding anxiety
- understanding psychosis
- how to offer first aid to someone experiencing a psychotic episode
- understanding eating disorders

The course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a young person in distress.

Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.

To find a course near you please use the link below:

http://youngpeople.smhfa.com/find_course/index.aspx

- **16. Free Dynamic Youth Awards Training**

4th March 2014, Central Edinburgh

Do you work with young people on tobacco issues? Would you like them to get formally accredited for that work?

ASH Scotland is offering FREE training on Youth Achievement and Dynamic Youth Awards. The training is open to anyone who works with young people on tobacco related projects (tobacco can be part of a wider project) and would like to take forward the awards.

More information can be accessed using the link below:

<http://www.ashscotland.org.uk/what-we-do/young-people-and-tobacco/dynamic-youth-awards.aspx>

To register contact:

Connie Bennett (Development Officer –Young People)

cbennett@ashscotland.org.uk.

The awards are on the [Scottish Credit and Qualifications Framework \(SCQF\)](#) by the Scottish Qualifications Authority (SQA) and provide a link to meeting the experiences and outcomes of the [Curriculum for Excellence](#). Visit [Youth Scotland's website](#) for more information on Dynamic Youth Awards.

[EVENTS AND CONFERENCES](#)

- **17. Today's Young People Tomorrow's Future Event – Share your ideas**

The NWG Network is pleased to announce our **"Tackling Child Sexual Exploitation" The Journey so Far... Conference** on **Tuesday 18th & Wednesday 19th March 2014** at the University of Warwick, this is a must attend for all colleagues working within CSE.

The event will incorporate International Speakers on Child Sexual Exploitation and have in excess of 30 discussion groups highlighting effective and innovate practice in the field of child sexual exploitation along with an associated exhibition and a Conference Dinner with an Awards Ceremony for our 'Unsung Hero's'.

For further information regarding the conference please use the link below.

<http://www.kc-jones.co.uk/rsm/6/event-page/385/1/>

- **18. NHS Health Scotland Children and Young People's Mental Health and Wellbeing Event**

Thursday 27th of March, 9.30am – 3.45pm, Murrayfield Stadium, Edinburgh

This event is aimed at those with an interest in supporting improvement in children and young people's mental health and reducing inequalities which impact on their mental health.

The event will combine presentations with workshops, leading to opportunities for discussion and debate.

Key note presentations will raise awareness of a variety of national developments in the field of children and young people's mental health and showcase illustrations of innovative projects being taken forward by local area partnerships. Workshops and the market place will provide an opportunity for discussion and debate about emerging developments and issues.

To register for this event, please visit the [eventbrite](#) website.

For further information please contact:

Emma Lyon
Mental Health Improvement Programme Officer
E-mail: emma.lyon@nhs.net

Please feel free to circulate this e-bulletin to colleagues not on the database but who may be interested in the items listed.

Please send any comments, suggestions and items for the next e-bulletin to: nhs.HealthScotland-youthhealthbulletin@nhs.net.

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