

Youth Health e-Bulletin

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NEWS

• 1. Gambling Related Harm amongst Young People

A survey commissioned by the Gambling Commission reported consistent international findings that problem gambling prevalence rates among teenagers are three times higher than in adult populations. Mounting evidence is indicating that gambling problems among young people are emerging as a serious issue that is likely to generate important public concerns in the 21st century. As is the case with other forms of disordered control behaviors and addictions, harm caused by problematic gambling can potentially lead to a range of social issues, including:

- Poor mental health & wellbeing; Employability; School attendance and achievement; Drug and alcohol misuse; Debt; Homelessness; Crime, e.g. theft, to support gambling activities/criminal justice system; Family cohesion and Domestic violence.

Dumfries and Galloway's 'Gambling Related Harm among Young People Working Group' would be extremely keen to hear from other regions in Scotland regarding any related work going on (contact details provided below). CPD sessions are also being run this year across Dumfries and Galloway relating to the problem and if any organisation or team would be interested in arranging a session please contact Jo Kopela of the 'Gambling Related Harm among Young People Working Group'

For more information contact:

Jo Kopela

Health and Wellbeing Specialist
Children and Young People Team

Jo.kopela@nhs.net

Tel: 01387 244142

• 2. The Big Sook!



NHS Ayrshire & Arran's Oral Health Promotion Team is implementing The Big Sook! - The next exciting strand of Gleam – Embrace! Which is an innovative resource that aims to improve the oral health of young people? This campaign aims to promote the use of straws when drinking fizzy and acidic drinks. Understanding the nature of behaviour change, and having spent much time communicating with young people, it

was established that it would not be realistic to try to completely ban the consumption of fizzy and acidic drinks in and around secondary schools. Therefore, drawing on evidence based research; it was acknowledged that promoting the use of a straw could reduce the effects of erosion.

The Big Sook! Campaign will be launched and managed by young people in four secondary schools throughout Ayrshire, as well as by local businesses selling fizzy and acidic drinks. The campaign will run for three months, seeing staff within identified businesses issuing a straw with every drink purchased by a young person. Baseline and end of pilot research will be carried out to measure whether there has been a change in knowledge or behaviour.

For more information contact:

Suzanne Holden

Senior Oral Health Promoter

Suzanne.holden@aapct.scot.nhs.uk

Telephone: 01294 323455

- **3. Youth Charities Launch Self-Harm Campaign**

Child Line, Youth Net (the charity behind TheSite.org), Selfharm.co.uk and Young Minds are to launch a myth busting campaign to mark Self-Harm Awareness Day on Friday 1st March.

Evidence is emerging that self-harming is affecting children at a younger age than ever before. In 2011/12, Child Line reported that self-harm was in the top five concerns for **fourteen year olds** for the first time. However, in the first six months of 2012/13, this age dropped further appearing for the first time in the top five concerns for **thirteen year olds**.

It has been estimated that [one in twelve young people](#) in the UK have self-harmed at some point in their lives. And the latest figures show that in the last two years alone Child Line has seen an increase in counseling sessions of **167%** on the issue.

According to [research](#) by the young people's mental health charity Young Minds, four in ten young people still don't know where to go for help and among those who care for them.

- **4. Developing the New Suicide and Self-harm reduction strategy 2013 – 2023**

In late 2012, the Scottish Government set up a working group to consider future strategy and action on prevention of suicide and self-harm, in the context that the Choose Life strategy and action plan is approaching the end of its 10 year lifetime.

The aim is to produce a new national strategy on suicide and self-harm, to be published by the Scottish Government in autumn 2013. The expectation is that the final document:

- Contains ambitious but realistic commitments on reducing suicide and self-harm
- Is informed by evidence of what we know works
- Contributes to increasing our knowledge and learning in this complex area
- Contains milestones and outcomes against which to measure progress is fit for purpose

Scottish Government wishes to encourage organisations and groups to hold engagement events and send their comments in writing or online to the address details below. In addition, members of the public or anyone with a vested interest in this area are invited to send their comments in writing or online to the Scottish Government. The **closing date** for comments is **28 May 2013**

Copies of the engagement paper can be accessed via contacting the [Mental Health Unit of Scottish Government](#) or [Choose Life](#). Comments on this engagement paper can be sent by post to:

Mental Health Unit,
Scottish Government,
St Andrew's House,
Regent Road, Edinburgh,
EH1 3DG

Comments can also be sent by email to: suicideselfharm@scotland.gsi.gov.uk

- **5. Walk the Talk Developing Youth Friendly Health Service: A Call for Brief Case Studies/ Good Practice**

To further develop youth-friendly health services in Scotland, [Walk the Talk](#) would like to hear from health professionals and their partners who have undertaken innovative and practical steps to ensure their health service:

- is known to young people
- is accessible to young people
- is appropriate for young people
- ensures confidentiality
- is offered in different settings, such as schools, community centres of youth clubs
- engages and involves young people in service design and delivery
- addresses barriers which discourage young people from accessing the service

Examples will be available on the Walk the Talk website to provide an invaluable resource for others wishing to follow your lead!

To share your learning with partners across Scotland, please contact:

John Brown

Senior Health Improvement Officer

NHS Health Scotland

E-mail: john.brown8@nhs.net

Telephone: 0131 313 7529

- **6. £757,000 for 3rd Sector kicks off Wellbeing week**

Children's Minister Aileen Campbell announces £757,000 funding to put third sector bodies at the heart of developing children's services.

A unique partnership between a core group of Barnardo's Scotland, Voluntary Action Scotland and the Improvement Service, with support from other third sector partners, will deliver the project.

Over the next three years the grant will bring the third sector together with local and national government to make sure that all groups working with children and families are in partnership.

[Read more about the funding](#)

[Read the Minister's blog on Engage about the funding](#)

[Download the first issue of Wellbeing - March 2013](#)

- **7. SIRCC Awards 2013 - open for nominations**

The SIRCC Residential Child Care Awards celebrate good practice in the provision of services for children and young people in residential care in Scotland.

Awards will be for:

- *Reaching Higher*
- *Innovative Partnership Work*

SIRCC Residential Worker of the Year Award

This award is for children and young people to nominate their favorite worker

[Find out more and how to apply](#)

Nominations close 31 March 2013 and awards will be presented at the [SIRCC National Conference](#) in June.

- **8. What is Re-Capture?**

Re-Capture is a youth-led project and is open to all young aged 14 to 25 with experience of an eating disorder.

The project aims to raise awareness of recovery as an individual and personal journey in which young people need to be actively involved. By giving young people a platform to express what recovery means to them, Re-Capture hope that medical and mental health professionals, politicians and decision-makers will listen and take action.

For further information visit the website:

www.re-captureproject.com/

- **9. AYPH Be Healthy project combats isolation**

The young people taking part in the AYPH Be Healthy project have been assessing the impact of this two-year initiative and some powerful messages have emerged. They expressed how they have benefited from working with a group of their peers on important and sensitive issues. Not only have they combatted isolation but they also feel they now have the power to help others.

The Be Healthy project, funded by Comic Relief and BBC Children in Need, works with young people affected by sexual exploitation and runs to April 2013.

See the [latest newsletter here](#)

- **10. Live UnLtd Awards Programme – open for applications!**

Live UnLtd supports young people to run social projects. These may be health related; inter-generational; sports; arts; environmental or other community projects such as those that address bullying, isolation and much more. Some of our award winners start their own sustainable social enterprises. All projects and enterprises are run by the young people themselves (those under 18 will need an advisor who can be a teacher, youth worker, parent or similar). For examples of projects please see: <http://liveunltd.com/projects/>

For further information contact:

Gina Headden
Live UnLtd,
Telephone: 0131 220 0511
E-mail: ginaheaden@unltd.org.uk

PUBLICATIONS AND RESOURCES

- **11. Supporting Prisoners' Families: What Can Schools Do?**

Families Outside is pleased to announce the launch of a new booklet about the important role that schools can play in supporting families affected by imprisonment.

[Supporting Prisoners' Families: What Can Schools Do?](#)

Containing facts and statistics, as well as quotes from children, the booklet highlights the main issues facing children when a parent goes to prison and the range of emotions they might feel. In addition, it gives teachers helpful information and practical advice about reaching out to, and supporting, children and their families.

In addition to this resource for teachers, Families Outside can also provide two booklets for [children \(5-11\)](#) and for [young people \(12-16\)](#) which outline what happens when a relative is sent to prison and what support is out there for them. Copies of all booklets can be provided on request.

For more information contact:

Jonathan Goodfellow

Families Outside

jonathan.goodfellow@familiesoutside.org.uk

- **12. Exploring the mental health stigma experienced by Looked After Young People**

This project aims to explore mental health stigma and the impact that this may have on Looked After Young People. Young Minds is running focus groups and interviews with young people to explore the impact of mental health stigma on their emotional wellbeing. Young Minds will also be facilitating discussions with professionals on this topic. Information gathered from the focus groups will be disseminated to policy makers and will contribute to training and conference materials.

[Download a copy of the report here](#)

[Read Charlotte's blog about the project](#)

- **13. What works in tackling child abuse and neglect?**

A manual has been created by the Netherlands Youth Institute as the main outcome of the Daphne Project 'Prevent and Combat Child Abuse: What works? An overview of regional approaches, exchange and research' that was funded by the European Commission.

The manual is directed at policy makers, managers and professionals. It is based on the Convention of the Rights of the Child, the related General Comment and the currently available evidence based knowledge.

It also draws on the practice-based knowledge regarding the quality of the systems, services and professionals in Germany, Hungary, Portugal, Sweden and The Netherlands and a small study among professionals and parents in these countries.

[More info and download the manual from Netherlands Youth Institute](#)

• **14. Children and Young People Resources**

The Knowledge Services team has recently produced lists of the books we hold which cover various aspects of children and young people's issues. To access a copy of the resource list please use the link at the end of the article.

To borrow any of these items please call 0141 800 7227 or email nhs.healthscotland-knowledge@nhs.net.

These items are also available for loan to anyone in Scotland who works in the field of health improvement and the reduction of health inequalities, so please feel free to circulate to colleagues and networks externally and any other internal colleagues too.

If there any items that we do not currently hold, and that you think would be of use to your team and more widely, then please don't hesitate to get in touch.

<http://www.healthscotland.com/resources/library/alerts.aspx>

• **15. NHS Health Scotland Resources: Young People**

NHS HS has a number of 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 your local Health Promotion Department or Health Scotland publications – nhs.healthscotland-publications@nhs.net

- **16. EACH Child and Young Person's Health Matters**

As part of its commitment to enhancing the health and well-being of all Scotland's children and young people, the Scottish Government Children Young People and Families Unified Voluntary Sector Fund has supported Action for Sick Children Scotland to carry out its work for improved standards of healthcare for all children and young people at times of illness.

During 2007- 2010, one aspect of our work focused on promoting the healthcare needs of more vulnerable groups, specifically *Looked After and Accommodated (LAAC) Children and Young People*, their families and carers and we worked closely with healthcare staff to find ways in which ASCS can support this group of children and young people when they are ill or need to access health care services.

The Executive Summary of the 2010-11 report describes the second phase of a work programme aimed to improve the care of LAAC at times of illness, to enable greater access to healthcare services both by supporting their carers to help them and by building their own resilience and ability to cope with loss and its impact on their health and wellbeing, through programmes like [Seasons For Growth](#).

More information can be accessed through the website link below:

<http://www.ascscotland.org.uk/default.asp?page=85>

For further information and a copy of the executive summary please contact:

Anne Wilson
Development Officer

a.wilson@ascscotland.org.uk

- **17. Development of key themes for physical activity promotion: Children & Young People**

Research commissioned by NHS Health Scotland to explore what motivates people to be regularly physically active in order to identify how best to communicate the guidelines set out in Start Active, Stay Active, in ways that will resonate with the public. This report focuses on the early years, children and young people, a sister report focuses on adults and older adults

[Development of key themes for physical activity promotion: Children & Young People](#)

TRAINING

- **18. Free Training**

ASH Scotland is offering free training on delivering Dynamic Youth Awards on 5th March 2013 in Edinburgh.

The training is open to anyone who works with young people on tobacco related projects who would be interested in taking forward Dynamic Youth Awards.

Spaces are limited.

For more information please contact:

Connie Bennett
Development Officer (Young People)

CBennett@ashscotland.org.uk

- **19. Scotland's mental health first aid: young people**

NHS Health Scotland is developing a new mental health first aid course for **adults supporting young people aged 11–17**.

SMHFA: young people is part of a suite of Mental Health First Aid courses run in countries all over the world, including Australia, England and Wales. It builds on the huge success of SMHFA in Scotland, and uses similar intervention skills.

The 'training for trainers' course will be available in early 2013. The first participant courses will run in spring 2013.

To keep up to date with the developments of SMHFA: Young people, please visit their website (link below)

<http://www.smhfa.com/about-smhfa/smhfa-young-people.aspx>

- **20. Communication Technology and Young People: Stranger Danger or Peril? Glasgow 27th March 2013**

This one-day training course will explore how young people use technology in their daily lives and the negative impact it can have on their lives, relationships and choices. The learning outcomes for the course include the following:

- Participants will show improved understanding of mobile, internet and other communication technologies and how children and young people use these in their daily life;

- Participants will demonstrate greater understanding of how children and young people's use of such technology can have a negative impact on their lives, relationships and choices;
- Participants will have increased confidence in addressing concerns related to communication technology in their work with young people;
- Participants will have and be able to apply a 'toolkit' of evidence and practical resources to address concerns about mobile, internet and other communication technologies through youth work settings.

For more information please contact:

YWCA Scotland

Telephone: 01592 655373

E-mail: rachael@ywcascotland.org

Website: <http://www.ywcascotland.org/what-we-do/training>

EVENTS AND CONFERENCES

- **21. Education Scotland Curriculum for Excellence through Outdoor Learning Conference – 14th March 2013 – Crieff Hydro**

Adventures in Improvised Living – *'Building Wellbeing, Resilience and Learning Power through Outdoor Exploration and Discovery'*

In response to overwhelming requests for ideas and practical strategies for working with the experiences and outcomes for health and well-being in an outdoor context, this event, for classroom teachers P6-College, will inspire creative and innovative development in practice and pedagogy. We would like to invite colleagues from Health, Education, Communities and Early Years to submit proposals for workshops. Many of these will be outdoors, using the grounds of Crieff Hydro, but also the town of Crieff and the magnificent outdoor setting. The focus for indoor sessions will be on children and young people sharing about their learning in HWBOL.

For a workshop proposal form, please email julie.wilson@educationscotland.gov.uk

- **22. Young Peoples' Mental Health & Wellbeing and the Arts Symposium Thursday 21st March, 4-6pm, Royal Lyceum Theatre, Edinburgh**

The Scottish Collaboration for Public Health Research and Policy (SCPHRP) in partnership with The Lyceum, Lisa Nicoll Productions and the University of Stirling invite you to an afternoon of talks from a variety of speakers on the topic of Young Peoples' Mental Health & Wellbeing and the Arts.

This free event will culminate in the premiere of '*Stolen Promises*', a short film drama produced by Lisa Nicoll and developed with and starring young people from the Armadale Youth Space in West Lothian.

This event is in conjunction with The Lyceum theatre's production of *Takin' over the Asylum*. Both the film and play have story lines that explore mental health and wellbeing and show how the arts and health can be brought together for a wide audience.

If you would like to attend this event please book through the Lyceum website at www.lyceum.org.uk/whats-on/special-events/takin-over-the-asylum

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: YouthHealthNetwork@health.scot.nhs.uk.

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