

Youth Health e-Bulletin

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NEWS

- **1. Pioneering prison project launched**

A pioneering scheme for prisoners at Scotland's only female prison is aiming to increase physical activity, raise levels of educational attainment and improve the mental health of young women.

Youth Scotland launched Breaking Barriers to improve the young women's self-esteem and confidence, which it hopes will also help reduce re-offending.

The new project has grown out of work that was previously delivered in the prison by Youth Scotland's Girls on the Move project.

Since 2010 the partnership between HMP Cornton Vale and Youth Scotland has grown in strength with over 100 women gaining a qualification through partnership work.

Allister Purdie, Governor of HMP & YOI Cornton Vale, said: "People in custody often struggle with mental and physical health problems, and the positive impact that regular exercise and a healthy lifestyle have on those issues cannot be underestimated."

For further information on the Breaking Barriers project please use the link below:

<http://www.youthscotland.org.uk/news/breaking-barriers-launched-hmp-cornton-vale.htm>

- **2. Impact of childhood bullying still evident after 40 years**

The negative social, physical and mental health effects of childhood bullying are still evident nearly 40 years later, according to new research by King's College London. The study is the first to look at the effects of bullying beyond early adulthood, and is published in the American Journal of Psychiatry.

The findings come from the British National Child Development Study which includes data on all children born in England, Scotland and Wales during one week in 1958. The study published today includes 7,771 children whose parents provided information on their child's exposure to bullying when they were aged 7 and 11. The children were then followed up until the age of 50.

Dr Ryu Takizawa, lead author of the paper from the Institute of Psychiatry at King's College London, says: "Our study shows that the effects of bullying are still visible nearly four decades later. The impact of bullying is persistent and pervasive, with health, social and economic consequences lasting well into adulthood."

Just over a quarter of children in the study (28%) had been bullied occasionally, and 15% bullied frequently – similar to rates in the UK today.

Individuals who were bullied in childhood were more likely to have poorer physical and psychological health and cognitive functioning at age 50. Individuals who were frequently bullied in childhood were at an increased risk of depression, anxiety disorders, and suicidal thoughts.

Individuals who were bullied in childhood were also more likely to have lower educational levels, with men who were bullied more likely to be unemployed and earn less. Social relationships and well-being were also affected. Individuals who had been bullied were less likely to be in a relationship, to have good social support, and were more likely to report lower quality of life and life satisfaction.

• **3. The SASH Research Project**

The SASH Research Project (Social Aspects of Self-Harm, including drug and alcohol use) is trying to find out what people aged 14-16 have to say about: drug and alcohol use, and self-harm.

The project has been holding interviews, an online survey, and group discussions with young people (mostly in Edinburgh, UK), to explore their views about:

- why people use drugs and alcohol
- why people self-harm
- what (if anything) can we do to help people who self-harm or use drugs and alcohol

Interviews, group discussions and the surveys are now mostly complete, in the next couple of months (June 2014 onwards) the findings will be posted on the research blog which is available for access on the link below:

<http://sashresearchproject.wordpress.com/>

• **4. Next Generation Fund**

ASH Scotland has set up the Next Generation Fund to support a range of charitable activities to ensure the next generation of young people can grow up free from the harm caused by tobacco.

Grants and donations to the Next Generation Fund will be used exclusively to support this work. In the year 2013/14 we are:

- Supporting youth groups addressing tobacco issues to have their work recognized and accredited through Dynamic Youth Awards and the Youth Tobacco Action Awards
- Working with community-based children's services to roll out an innovative new approach, to help smoking parents protect their children by making their homes smoke-free
- Training family support workers in the voluntary sector to help the families they work with in protecting their children from second-hand smoke
- Developing a guide to help youth projects and services prepare and implement comprehensive tobacco policies
- Campaigning for the introduction of plain, standard packaging for tobacco products, which will make tobacco less appealing to young people

For further information please visit the ASH Scotland website:

<http://www.ashscotland.org.uk/about-us/next-generation-fund.aspx>

• **5. Mental wellbeing of young people with long term conditions**

The Mental Health Foundation (MHF), in partnership with Young Scot, Action for Sick Children Scotland, the Alliance and Snook, have launched a survey which explores the impact of living with a long term physical condition on young people aged 12- 18 across Scotland.

The survey will provide a unique opportunity to gather evidence about the mental wellbeing of young people with long term conditions, how their condition affects their mood and the types of wellbeing support young people would like. The survey will only take a few minutes to complete and all answers are anonymous as we do not ask for participants' names or contact details.

The ['living with a long term condition'](#) survey will be open until Friday 16 May 2014. If you have any questions about the research please contact Hannah Biggs on hbiggs@mentalhealth.org.uk

- **6. Scottish Youth Unemployment 'above UK rate'**

Scotland's youth unemployment rate was slightly higher than the United Kingdom as a whole last year, according to new estimates.

The rate north of the border stood at 20.6%, which was 0.5% higher than the UK.

Figures released by Scotland's chief statistician also showed youth unemployment - which covers 16 to 24-year-olds - has risen by 7% since 2008.

This compares with a 5.1% increase for the UK over the same period.

The local area labour market statistics are based on the Annual Population Survey (APS).

They showed overall unemployment falling last year in 21 council areas in Scotland, with 10 of the remaining authorities seeing increases and one seeing no change.

The largest falls were in Inverclyde (-4.1%), South Ayrshire (-1.7%) and East Dunbartonshire (-1.2%), while the biggest increases were in South Lanarkshire (+1.7%), West Lothian (+0.9%) and North Ayrshire (+0.8%).

Commenting on the data, Labour MSP Jenny Marra said: "These statistics show just how difficult the recession has been for everyone, but particularly young Scots".

PUBLICATIONS AND RESOURCES

- **7. The Cost of Young People's Inactivity**

Young people's inactivity could cost the UK £53 billion pounds over their lifetimes, claimed the organisation Street Games in a new report this month.

The Inactivity Timebomb, produced with the Centre for Economics and Business Research (CEBR), focused on 11-25 year olds and found each physically inactive young person costs the UK economy £12,000 over their lifetime.

The report noted that the poorest households spend less than £2 a week on sport and have the least active children. AYPH works with Street Games in the Young People's Health Partnership which links up with the Department of Health, Public Health England and NHS England.

To access the report please use the link below:

<http://www.streetgames.org/www/content/inactivity-time-bomb-streetgames-cebr-report>

- **8. Kinship Carers Factsheet**

This factsheet was produced in partnership between NHS Health Scotland and Children 1st to provide kinship carers in Scotland with information and support on nurturing secure attachment relationships. The new factsheet highlights the importance of their role in establishing secure attachment and gives practical guidance and tips on how to support the development of these relationships.

To access the fact sheet, please use the link below.

<http://www.healthscotland.com/documents/23166.aspx>

- **9. Folic acid: Before and during pregnancy**

This resource details what folic acid is, how much of it women need during pregnancy, which foods contains folate, why some women need more and where supplements can be obtained.

To access the resource, please use the link below.

<http://www.healthscotland.com/documents/5101.aspx>

- **10. 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>

- **11. 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>

- **12. MindED**

MindED aims to provide simple and clear guidance on children and young people's mental health, wellbeing and development. The resource is aimed at any adult working with children, young people and families.

MindEd provides free, completely open access, online education, available on tablets, phones or computers – bite sized chunks of 'e-learning' - to help adults to support wellbeing and identify, understand and support children and young people with mental health issues. In addition MindEd also provides a state of the art evidence based review of e-therapies. This comprehensive report and its recommendations, is based on an international review using NICE approved methodologies. A digest of the findings, along with the full report, is available at the e-Therapies Review page.

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

- **13. 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 April is available on the below link:

<http://www.healthscotland.com/documents/23283.aspx>

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

<http://www.healthscotland.com/documents/23284.aspx>

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

- **14. National Youth Work Strategy 2014-2019**

The Scottish Government, Education Scotland and YouthLink Scotland are working collaboratively and with others to create a more equal and tolerant society where generations work together for the common good and the development of individuals and communities.

In light of this, YouthLink Scotland has released their National Youth Work Strategy for the next 5 years. To access a copy, please use the link below:

http://www.youthlinkscotland.org/webs/245/documents/YouthWorkStrategy_tcm4-823155.pdf

TRAINING

- **15. An Introduction to Working with ADHD and Autism Spectrum Disorders & Working with ADHD and the Autistic Spectrum - Present Practice and New Developments**

Tuesday 27th May 2014, Edinburgh

An introductory workshop for those who want to expand their knowledge of working with children and young people with these disorders.

Attention deficit hyperactivity disorder (ADHD) and autism spectrum disorders (ASD) are two of the most commonly diagnosed childhood disorders. This introductory workshop is designed

for those who want to expand their knowledge of working with children and young people with these disorders and will look at a range of approaches for understanding and addressing their needs.

Learning objectives:

to understand definitions of ADHD and ASD; gain an outline knowledge of schools of thought about treatment and behaviour management; improve awareness of communication issues for carers and professionals; examine recent case studies; learn how to identify useful networks to discuss planning for the future gain an ability to set manageable goals and construct action plans.

Use the link below to book:

http://www.childrenscotland.org.uk/html/tra_tshow.php?ref=1883

Working with ADHD and the Autistic Spectrum - Present Practice and New Developments

Tuesday 3rd June 2014, Glasgow

Recent developments in research and more advanced techniques for working with these groups of young people.

Intended for those who have attended Introduction to working with ADHD and the Autistic spectrum or who work regularly with these groups of children and young people and their carers, this training session will examine recent developments in research and more advanced techniques for working with these groups of young people and the challenges they can present.

Attendees will benefit from the opportunity to share their own professional experiences and knowledge and to exchange ideas.

Learning objectives:

Examine a range of present practices; gain an overview of schools of thought; treatment and behaviour management; learn a range of positive responses to the challenging behaviours these conditions can present; review recent research on these conditions and its implications for practice; look at what helps families and carers and how we can contribute to this plan our future practice

Use the link below to book a place:

http://www.childrenscotland.org.uk/html/tra_tshow.php?ref=1893

- **16. Understanding Self-Harm & Using That Understanding to Provide Effective, Sustainable Support for Children and Young People**

Thursday 29th May 2014, Glasgow Caledonian University

Self-harm is a growing problem in children and young people, when faced with self-harming behaviours, many of us feel a complete lack of comprehension – and this can make it incredibly hard to offer effective support.

During this half day course, and through exploration of the motivations that children & young people use to explain their self-harm, will enable you to gain an in depth understanding of why some young people turn to self-harm and why it can be so difficult for them to stop.

You'll then learn how you can use this understanding to provide effective, sustainable support to the children in your care, enabling them to develop healthier coping mechanisms and to address their underlying issues safely and sensitively.

This course will enable participants to:

- Understand what self-harm is, who it might affect and why
- Recognise children most at risk and pick up cases early
- Develop personalised action plans to support young people overcoming self-harm

• **17. Free Dynamic Youth Awards Training**

Tuesday 20th May 2014, ASH Scotland, Edinburgh 9.30am-3.30pm

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:

Hazel Cunningham (Development Officer – Young People)

Hazel.Cunningham@ashscotland.org.uk

If you have registered already please confirm you are able to attend on 20th May.

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.

• **18. Are You Ready For Sex? Training**

Friday 22nd August 2014, Waverley Gate, 2-4 Waterloo Place, Edinburgh, EH1 3EG

Would you like to:

- Feel confident to talk young people about sexual health and relationships?

- Increase their skills & knowledge to work with young people 1-1 or groupwork settings around these issues?
- Have a 'ready to use' toolkit of practical activities and methods to encourage young people to delay sexual activity until they are ready?

If the answers are YES....then the Are You Ready For Sex? training course is for you!

Are You Ready For Sex? is a new exciting one-day training course for workers to support young people to delay sexual activity until they are ready.

This training is for anyone who works with young people and has some understanding of underage sexual activity in relation to child protection. The course assumes basic sexual health knowledge and skills (previous participants have been youth workers, residential care officers, social workers, teachers, school nurses and drop-in staff). The training and manual have been designed to be used with young people in informal youth settings, however use is not restricted to these settings and the programme can be tailored to suit specific needs e.g. with Looked After young people.

Interested?

Go to www.health-opportunities.org.uk for more details about the training and how to book a place or email info@health-opportunities.org.uk

Next available training course – August, Edinburgh.

EVENTS AND CONFERENCES

- **19. Taking the Lead: Peer Led Approaches for Young People**

Friday 6th June 2014, St. Paul's and St. George's, York Place, Edinburgh, EH1 3RH

Join Fast Forward, Crew and SPEN for a unique conference celebrating the work carried out by young people in leading, educating, mentoring and influencing their peers towards making healthier choices and leading better lives. Over this day-long conference in Edinburgh on June 6th, delegates will be invited to attend constructive and informative workshops on the themes of Health, Well-Being, and Civic and Digital Responsibility, and will hear talks by influential figures involved in the youth sector. Rather than showcasing standard peer education models, the conference will provide real opportunities to experience innovative methods being used currently by young people to engage with peers.

For further information and for booking a place please use the link below:

<https://www.eventbrite.co.uk/e/taking-the-lead-peer-led-approaches-for-young-people-tickets-10854332601>

- **20. The Children's Mental Health Conference 2014**

Wednesday 28th May 2014, Hilton Grosvenor Glasgow

This annual conference on children's mental health, a must attend event particularly for those working in education and social care settings. The conference will provide a great

opportunity to update knowledge, hear about current developments and best practice, so you can best support children and young people.

Registration cost:
£199 + vat (including lunch and refreshments)

For more information and to book:

<http://www.medicacpd.com/>

Telephone: 0141 638 4098/0141 387 4684

Email: carolyn@medicacpd.com

Please note this conference is also linked to the [Understanding Self-Harm & Using That Understanding to Provide Effective, Sustainable Support for Children and Young People](#) half day training course as highlighted in the training section. Booking both together will receive a discount.

- **21. Community is the answer' International Gathering**

Monday 9th till Wednesday 11th June 2014

Community is the answer will showcase community-based solutions from Scotland and around the world. It will allow community members, activists, practitioners, researchers and policymakers to come together and examine what actually matters to people, how to measure it and how to place it at the core of what we do.

Registration for this event closes on the 22nd May 2014. To book a place at the event, please use the link below:

<http://www.communityistheanswer.org/>

- **22. Action for Sick Children Scotland's Conference 2014**

Friday 14th November 2014 at the Royal College of Physicians, 9 Queen Street, Edinburgh

Minister for Public Health Michael Matheson MSP and Scotland's Commissioner for Children and Young People Tam Baillie will be two of the speakers contributing to this event which will focus on the question, '**Is there Person-centred care for children and young People?**