

## Youth Health e-Bulletin

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### NEWS

- **1. Alternative Future questionnaire**

Policy staff from Children in Scotland are working with children, young people and the adults in their lives who support them in alternative care to develop learning resources. These will build the capacity of staff to work more effectively with young people who have experienced trauma, specifically violence and its continuing negative effects.

The aim of the Alternative Future project is to empower young people and support those who work with them.

The questionnaire should take you 30 minutes and will be anonymised.

Children in Scotland would welcome your participation - please find the link to the questionnaire below:

[Questionnaire](#)

- **2. Online Training Resource: Young People who have Type 1 Diabetes**

AYPH has produced an online training resource for health professionals working with young people who have type 1 diabetes. The screencast, produced in conjunction with Dr Stephanie Lamb of the Well Centre, and diabetes ambassador Alex Silverstein, aims to improve communication and practice.

The 8-minute screencast training resource stems from a series of training sessions we have jointly delivered to over 500 health practitioners at Evelina Children's Hospital, London, Lambeth and Southwark CCGs, London, and the Royal College of General Practitioners.

To view the presentation please use the link below:

[AYPH Adolescent Health & Communication](#)

- **3. Mental Health Experts “disappointed” by surge in Glasgow kids needing treatment**

Mental health experts are critical of the increasing number of kids seeking help for mental health problems in Glasgow.

City charity Lifelink has seen a 450 per cent surge in 11 to 18-year-olds coming to their services for help.

Staff told of how they had been used to seeing kids with mild to moderate problems including anxiety and stress, but more recently the severity of their problems have been getting worse.

Charity boss Jacqui Taylor said children who needed help for traumatic experiences including sexual abuse, alcoholism in the family and bereavement were now commonly attending her clinics.

In 2010 the charity saw around 250 children, however last year they helped more than 1300 with counselling and therapy.

The Scottish Children's Services Coalition (SCSC) - a group of organisations who work with children - have hit out at the figures and have called for improvements.

A spokesman said: "It is very disappointing to see such a dramatic increase in the number of children seeking help for mental health problems. Much more needs to be done to tackle the soaring numbers of children and young people being referred for these issues. This is not only due to increased levels of identification, but is also tied in with the pressures and stresses of modern living.

"The focus of any approach to tackling mental health problems must be on prevention and early intervention, as half of all diagnosable mental health problems start before the age of 14 and 75 per cent by the age of 21.

"That means dealing with issues such as poverty as well as improving general mental wellbeing through reducing the stresses and anxieties many children and young people suffer.

The SCSC welcomed the Scottish Government's appointment of a Mental Health Minister, and said: "We look forward to working with them on ensuring that those children and young people with mental health problems get the care and support that they need."

The Mental Welfare Commission, Scotland's mental health watchdog, also called for action and added: "More must be done for children and young people across Scotland, including reducing the numbers of young people with complex needs who have to go to England for treatment.

"The Commission also wants to see all children and young people with mental health problems get faster access to support in the community."

Mental Health Minister, Maureen Watt, said: "Mental health is a key priority for this Government, reflected by my appointment last week as the first dedicated Minister for Mental Health in Scotland."

"Good mental health is central to the development of children and young people."

"We have committed to putting in place a ten year strategy to improve access to mental health services, backed by an additional £150 million over the next five years - and using this investment to support children and young people will be a priority."

"These figures may reflect the fact that, in recent years, more people – including children and young people - feel comfortable coming forward for help because of successful action in Scotland to reduce the stigma and discrimination which can be associated with mental health problems."

- **4. Self-harm 'strongly associated with increased future risk of suicide'**

More than half of young people who died by suicide had previously self-harmed, a report looking at dozens of deaths found.

Bereavement, physical illness, school pressures and bullying were among the themes noted by researchers of a major new report into suicide in people aged under 20.

More than a quarter of the 130 children and young people in England whose deaths were considered in the report had expressed suicidal ideas in the week before they died, academics based at the University of Manchester found.

Between January 2014 and April last year, 145 young people died by suicide and researchers for the University's National Confidential Inquiry into Suicide and Homicide by People with Mental Illness looked at information in relation to 130 of those cases.

The majority, 70%, of those who died were male and suicide rates were found to rise sharply in older teenagers.

Sixty-six of those who died were aged between 10 and 17 - five of them were younger than 14.

Those behind the report said a death by suicide was often not down to one single cause, and could come after a build-up of different stresses.

Professor Louis Appleby, director of the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH), said: "There are often family problems such as drug misuse or domestic violence and more recent stresses such as bullying or bereavement, leading to a 'final straw' factor such as an exam or relationship breakdown."

The internet was a feature in some cases, researchers said, noting that there were instances of people expressing suicidal thoughts on social media and some people had been victims of online bullying.

Improving self-harm services and access to Child and Adolescent Mental Health Services was "crucial" to addressing the issue of suicide in young people, the report's authors said.

Professor Nav Kapur, NCISH head of suicide research, said: "Self-harm is strongly associated with increased future risk of suicide and is one of the main warning signs."

"It is crucial that there is improved help for self-harm and access to mental health care."

"However, with the variety of factors we found with this study, it is clear that schools, primary care, social services and youth justice all have a role to play."

The report, the first stage in a UK-wide analysis of suicides in people aged under 25, identified warning signs in some cases and highlighted the need for the provision of proper support, the Samaritans said.

The charity's head of external affairs Jacqui Morrissey said: "From the report, Samaritans is concerned that in the majority of cases there were clear warning signs that the young person was struggling to cope."

She added: "The message is clear, we need to make sure that the right support is in place for all young people, that all parents, carers and teachers understand about suicide risk and that young people are equipped to look after their emotional well-being before life's pressures become overwhelming."

The report sends a strong message that mental health services for young people need to improve, Brian Dow from Rethink Mental Illness said.

He added: "If nothing else this report shows how our mental health services need to improve. A recent report from Centre Forum found that over a quarter of young people are being turned away from mental health services; that's a disastrous situation.

"We must redouble our efforts to support children and young people and ensure that they are getting the help they need."

The Royal College of Nursing said early intervention was key to tackling the issue.

Ian Hulatt, professional lead for mental health, said: "Nurses working in mental health, and those working with children can give vital support and identify those at risk, and it is heart-breaking that young people have not known where to go or struggled to get help.

"Early intervention is absolutely crucial, which is why there needs to be a far greater focus on young people's mental health throughout the school system, and a real recognition in the health service of the devastating impact when these needs are not met."

## • **5. 2034: Tobacco-free Generation**

Scotland's goal is to create a tobacco-free generation of Scots by 2034.

Organisations like yours are invited to show their support for the 2034 target by signing Scotland's Charter for a Tobacco-free Generation and help work towards a Scotland where children can live tobacco-free lives.

Register your interest online, see who has signed up already, access free resources and read about the work already underway across the nation. If we all work together on this, the children who are in nursery school now can be the first generation to grow up free from the harm caused by tobacco.

Contact: Connie Bennett, Development Officer [cbennett@ashscotland.org.uk](mailto:cbennett@ashscotland.org.uk)

Website: [www.ashscotland.org.uk/charter](http://www.ashscotland.org.uk/charter)

- **6. Youth Work Outcomes**

The development of the Youth Work Outcomes has been a partnership piece of work which has now been signed off by the NVYO Scotland and Local Authority Youth Work Managers Network at their joint residential in June. Some minor adjustments have been added and it was approved by the YouthLink Scotland Board.

YouthLink Scotland state that there is still a considerable amount of work to be done to embed the outcomes across the youth work sector but are encouraged by the enthusiasm with which this development has been met.

The Youth Work Outcome model was formally launched on 27 January 2016, at the Youth Work Changes Lives Conference and EXPO. The Outcomes have experienced a 'soft launch' introduction to the sector during autumn 2015. During this time work was undertaken to begin to develop a suite of indicators which support the Outcomes.

For further information please visit the YouthLink Scotland website using the link below:

<http://www.youthlinkscotland.org/Index.asp?MainID=20153>

- **7. KIN - For Young People, By Young People**

KIN is a creative arts project by and for young people who have experienced the imprisonment of a family member. It's for young people aged between 14 and 24 who are up for using their own experiences to design resources for other young people affected.

To read more about this amazing opportunity and how to apply choose one of the following options:

If you work with young people and know someone who might be interested, please read the pdf using the link below:

<http://www.familiesoutside.org.uk/content/uploads/2015/05/KIN-Call-for-Participants.pdf>

If you are a young person yourself, please read the applicable pdf using the link below:

<http://www.familiesoutside.org.uk/content/uploads/2015/05/KIN-young-person-leaflet-.pdf>

The **deadline for responding is Monday 8 June.**

Contact: Families Outside using the website link below:

<http://www.familiesoutside.org.uk/kin-young-people-young-people/>

## **PUBLICATIONS AND RESOURCES**

- **8. Publication on lifestyle and looked after young people**

Hannah Dale, Health Psychologist (CPsychol) and Lorna Watson have published the work on a lifestyle intervention for looked after young people which they carried out in Fife.

You can find out about it on the link below:

<http://hej.sagepub.com/cgi/reprint/0017896916628577v1.pdf?ijkey=jRUEo5HW9eYavJu&keytype=inite>

The full link (which links to a supplementary table) is also available using the link below:

<http://hej.sagepub.com/content/early/recent>

You will need an Athens or a university login to access it.

If you have any queries Hannah's contact details are as below.

[hannahdale@nhs.net](mailto:hannahdale@nhs.net)

- **9. Current awareness alerts from NHS Health Scotland on Health Inequalities and Health Improvement**

NHS Health Scotland's Knowledge services produce current awareness alerts on [Health Inequalities and Health Improvement](#). The alerts contain links to the abstracts from the publishers' websites via the Knowledge Network. You may be able to obtain the full text of the articles by logging in with your Athens User Name and Password from the Knowledge Network. If you need any help in obtaining the full-text of any articles then please contact Knowledge Services at [nhs.healthscotland-knowledge@nhs.net](mailto:nhs.healthscotland-knowledge@nhs.net), telephone: 0141 414 2762 or find them on Twitter [@NHS\\_KS](#)

- **10. Mindfulness Techniques for Children and Young People: A Practical Guide**

This unique 164-page book by Stan Godek, one of Children in Scotland's regular trainers and an expert in mindfulness techniques, is aimed at practitioners working with children and young people across a wide range of settings.

Combining practical instructions, exercises and illustrations with insights into the history and meaning of mindfulness, the publication draws on Stan's sector-leading work with the Royal Blind School and details how these techniques can be used within Curriculum for Excellence.

To purchase a copy of the guide please use the link below:  
[www.childreninscotland.org.uk/mindfulness](http://www.childreninscotland.org.uk/mindfulness)

- **11. New Fund for Activities to Broaden Pupils' Digital Horizons**

A new fund will support Scotland's drive to attract more young people into digital careers by widening access to extracurricular and enrichment activities that bring technology to life.

The new Digital Xtra fund will be dedicated to ensuring that every child across the country has the opportunity to benefit from exciting and challenging digital activities such as after school coding clubs, competitions and innovative classroom programmes.

The £250,000 fund will be administered centrally by Skills Development Scotland and will accept applications from a wide range of organisations across Scotland such as education providers and schools, the voluntary sector and employers.

Applications open later in May and full criteria and documentation will be available online via the Public Contracts Scotland website.

The fund aims to make initiatives more accessible and sustainable across the whole country, and address the current shortage of extracurricular and enrichment provision in rural areas. It will also focus on fostering cutting edge initiatives as well as sharing best practice.

Developed in partnership by Skills Development Scotland, Highlands and Islands Enterprise, Scotland's and Education Scotland, the new fund is part of an innovative and coordinated approach to how digital extracurricular and enrichment activities are supported. It will allow public sector bodies, Scottish Government, voluntary sector and industry to work together to support projects in a more coordinated way.

To find out more please visit the Skills Development Scotland website on the link below:  
<https://www.skillsdevelopmentscotland.co.uk/news-events/2016/may/new-fund-for-activities-to-broaden-pupils-digital-horizons/>

- **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](http://www.healthscotland.com/documents/1485.aspx)

For more information, please contact:

Arma Sayed-Rafiq  
*Mental Health Improvement Programme Officer*  
[arma.sayed-rafiq@nhs.net](mailto:arma.sayed-rafiq@nhs.net)

**Youth-friendly Health Services:**

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](mailto:nhs.healthscotland-publications@nhs.net)

## **TRAINING**

- **13. Youth Problem Gambling Training**

Various dates across Scotland (see below)

Fast Forward is pleased to announce the full list of dates in June for the Youth Problem Gambling Training

Problem gambling is not a new phenomenon. However, it often goes unrecognized. Practitioners working with young people, particularly those from deprived areas and engaging with risk-taking activities, are likely to meet young people who already have problems with their gambling behaviour or are at-risk of becoming problem gamblers. So please feel free to share this training opportunity with colleagues and work partners who might find it relevant for their work with young people.

The training is FREE and open to youth workers, CLD workers, teachers and other practitioners who work with young people to promote their health and well-being (e.g. support workers and NHS health improvement officers).

The training aims to support participants in:

- Better understand what problem gambling is, its consequences and its relationship with other risk-taking behaviours;
- Further develop their skills and strengthen their confidence to address this topic with young people and to provide support and activities around this issue;
- Find information on additional support and specialized services.

All training participants will receive a copy of the Youth Problem Gambling Toolkit, a new resource packed with information, activities and materials.

The latest training calendar can be seen here <http://www.eventbrite.co.uk/o/fast-forward-9788362240>

- June 1<sup>st</sup>, in **Stranraer** (2-5pm) - [Registration](#) (only 3 spaces left)
  - June 2<sup>nd</sup>, in **Dumfries** (1-4.30pm) - [Registration](#) (only 1 space left)
  - June 7<sup>th</sup>, in **Edinburgh** (9.30am-1pm) - [Registration](#)
  - June 8<sup>th</sup>, in **Aberdeen** (1.30-5pm) - [Registration](#)
  - June 21<sup>st</sup> in **Galashiels** (9.30am-1pm) - [Registration](#)
  - June 22<sup>nd</sup> in **Kirkcaldy** (1.30-5pm) - [Registration](#)
  - June 23<sup>rd</sup> in **Airdrie** (1.30-5pm) - [Registration](#)
  - June 28<sup>th</sup> in **Glasgow** (1.30-5pm) - [Registration](#)
- **14. Conflict, anger and aggression: supporting teens who externalise their distress (advanced course)**

#### **9 June 2016 - Edinburgh - From £95**

This course explores challenging behaviour and proactive management strategies in depth. It explains why young people may turn to destructive behaviour – and more importantly, what you can do to help them.

The aim of this course is to give you an in-depth understanding of the anger, aggression and violence spectrum, and support you to develop strategies to help young people understand and regulate both their emotions and behaviour more effectively.

#### Key learning

- Impact of unregulated stress on development
- Cognitive process of negative experiences
- Importance of empathy in self-regulation of emotions
- Stress reduction techniques
- Techniques for alleviating aggressive behaviour
- Insecure attachment styles and their impact on behaviours
- Brain development in adolescence
- Impact of stress on the opportunities for effective therapeutic intervention
- Impact of hormonal change in puberty
- Role of empathy in lessening aggressive and violent behaviour
- Teaching of stress reduction programmes to young people

To book a space please contact Children in Scotland:

[training@childreninscotland.org.uk](mailto:training@childreninscotland.org.uk)

## EVENTS AND CONFERENCES

- **15. Planning for transition: guardianship and power of attorney for children, young people and their families**

**Thursday 9<sup>th</sup> June 2016, Edinburgh**

Children in Scotland are delighted to offer the opportunity to attend this free seminar (for members; £65 for non-members) run in partnership with Gillespie MacAndrew.

The session will focus on parental rights when a child reaches the age of 16 and legally becomes an adult, with a particular focus on those young people who may have additional support needs, or a condition that might make it difficult for them to look after their own welfare and finances.

This session is aimed at parents, guardians and carers, and representatives from member organisations who support parents, carers and their families.

[Download the flyer](#)

To book a place on the seminar email: [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk)

- **16. National Symposium on the Contribution of Youth Work to Tackling Sectarianism**

**Thursday 16 June 5.30pm to 7.30pm - The Scottish Parliament, Edinburgh**

The National Symposium on the Contribution of Youth Work to Tackling Sectarianism, hosted by YouthLink Scotland, Christina McKelvie MSP and Alison Harris MSP, will take place on Thursday 16 June 2016 from 5.30pm to 7.30pm at The Scottish Parliament.

Contributions will be led by YouthLink Scotland and the young people and practitioners involved in the “Looking Forward Not Back” youth-led research project supported by Scottish Government. The symposium is an exciting opportunity to consider the contribution that youth work and young people can make to tackling sectarianism and to discuss the findings of the research carried out by young people on sectarianism in their communities.

The young people involved in “Looking Forward Not Back” were supported by Youth Learning Services in South Lanarkshire, Tollcross YMCA, Govan Youth Information Project, Falkirk Council Community Learning and Development and Stewartry Council of Voluntary Service.

To register, and for any further information, please email [Amy Goulding](mailto:Amy.Goulding@youthlinkscotland.org.uk) at YouthLink Scotland or phone 0131 313 2488

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**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-YouthHealth@nhs.net](mailto:nhs.healthscotland-YouthHealth@nhs.net)