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APPENDIX 1 - YOUTH HEALTH RESOURCES & CONTACTS

FINDING OUT MORE...

This section lists a range of specialist resources and services for health professionals working with young people. These resources are taken from sections one, two and three of the Kit and are not exhaustive. Services and resources change, new resources and services emerge.

Use the 'Your Local Services' table (Appendix 1) to write in contact details of your local youth and health services.

The comprehensive report 'Young Australians: Their Health and Wellbeing 2011' can be found on the Australian Institute of Health and Welfare's website: www.aihw.gov.au

A range of resources for health professionals working with young people and useful links can be found at the NSW Kids and Families website – www.kidsfamilies.health.nsw.gov.au

The Centre for Adolescent Health, University of Melbourne – provides training, research, resources and distance education programs in Adolescent Health – www.rch.org.au/cah

Australian health information for young people can be found at www.yourhealthlink.com.au

ATTENTION DEFICIT HYPERACTIVITY DISORDER

The National Health and Medical Research Council has published Clinical Practice Points on the Diagnosis, Assessment and Management of ADHD in Children and Adolescents which are available at www.nhmrc.gov.au/guidelines/publications/mh26

The Royal Australian College of Physicians (RACP) has developed the Draft Australian Guidelines on ADHD. You can find the guidelines on the RACP's website www.racp.edu.au

The Australian Psychological Society (APS) has also published treatment guidelines for ADHD. Visit www.psychology.org.au

CHILD PROTECTION

A fact sheet outlining the role and responsibilities of NSW Health workers in the new approach to child protection can be found at:

http://www0.health.nsw.gov.au/policies/pd/2013/pdf/PD2013_007.pdf

Find out more about mandatory reporting in NSW at www.community.nsw.gov.au

In NSW there are specific policies which provide guidance and agreed interagency procedures for exchanging information related to the safety, wellbeing and welfare of children and young people. Visit www.health.nsw.gov.au/policies (use child wellbeing as a search term) or www.keepthemsafe.nsw.gov.au

CHRONIC CONDITIONS AND DISABILITY

Livewire is an online community for young people living with a serious illness, chronic health condition or disability and their families. Visit www.livewire.org.au

The special School-Link program hosted by the Children's Hospital at Westmead promotes collaboration between disability, health and education sectors to provide information and resources related to young people with an intellectual disability and mental health. Visit www.schoollink.chw.edu.au

The NSW Council for Intellectual Disability (NSW CID) represents the rights and interest of people with intellectual disability in NSW. Their website has fact sheets on mental health and disability. Visit www.nswcid.org.au

Physicalasanything.com is a web-based resource written by experts for teachers, schools, healthcare professionals, students and families. Endorsed by the NSW Department of Education and Communities and NSW Health, the website provides detailed descriptions of more than 50 conditions affecting school-aged children and young people and the educational implications of each condition.

Visit www.physicalasanything.com.au

Trapeze is the specialist transition service for The Sydney Children's Hospitals Network (The Children's Hospital at Westmead and Sydney Children's Hospital, Randwick). Trapeze supports young people with chronic conditions and their families/carers aged 14-25 known to SCHN to make the leap from their children's hospital to adult health services. Visit www.trapeze.org.au or phone 02 8303 3600.

Agency for Clinical Innovation works to improve systems and processes for young people with chronic health problems and disabilities and to facilitate their effective transition from paediatric to adult health services. ACI provides support and advice on transition planning for young people, their parents and health care professionals. <http://www.aci.health.nsw.gov.au/networks/transition-care>

Children with Disability Australia (CDA) is the national peak body representing children and young people (aged 0-25) with disability and their families. Visit www.cda.org.au

For more information about CORE-OM and the range of adaptations available, visit www.coreims.co.uk

You can find more information about Easy English at www.scopevic.org.au

DOMESTIC VIOLENCE

Information and advice on domestic violence in NSW is available at www.domesticviolence.nsw.gov.au

Information about the latest research in women's safety is available from Australia's National Research Organisation for Women's Safety. Visit www.anrows.org.au

DRUG AND ALCOHOL

You can learn more about individual substances and their effects from:

- Australian Drug Information Network. Visit www.adin.com.au
- Australian Drug Foundation clearinghouse for information on drugs. Visit www.druginfo.adf.org.au
- Youth Substance Abuse Service (YSAS) – for information about working with high risk, co-morbid young people. Visit www.ysas.org.au
- National Drug & Alcohol Research Centre (NDARC). Visit www.ndarc.med.unsw.edu.au
- Your room – for drug and alcohol information and resources. Visit www.yourroom.com.au

EATING DISORDERS

There is a range of resources and support available to professionals working with a young person with an eating disorder:

- The Eating Disorder Service in the Department of Adolescent Medicine, Children's Hospital at Westmead can provide assistance with assessment and treatment. Contact the Service on (02) 9845 2446.
- For more information about eating disorders and factsheets, visit the Eating Disorders Foundation website at www.eatingdisorders.org.au
- The National Eating Disorders Collaboration provides information for professionals on research evidence and treatment approaches – www.nedc.com.au
- Mental Health First Aid Australia also has guidelines on Eating Disorders. Visit www.mhfa.com.au

FAMILIES

Family Relationships online provides information about Family Relationship Centres and family support services. It also has resources for young people, family members and professionals.

Visit <http://www.familyrelationships.gov.au>

The Family Relationship Advice Line is a national telephone service to assist family members affected by relationship or separation issues. Call 1800 050 321 from 8 am to 8 pm, Monday to Friday, and 10 am to 4 pm on Saturday, except national public holidays.

The Triple P Positive Parenting Program offers evidence-based parenting programs to help manage behaviour, prevent problems and build strong healthy relationships. Visit www.triplep-parenting.net

The Raising Children Network has extensive resources for parents, including parents of teenagers, on its website. Visit www.raisingchildren.net.au

Information, advice and support for young carers is available:

- For families and health professionals where a parent is affected by a mental illness. Visit www.copmi.net.au
- For young carers at www.youngcarersnsw.asn.au
- For young carers of family or friends with a mental illness at www.crafmi.org

HEALTHY LIFESTYLES

The Healthy Kids website is a 'one stop shop' of information for parents and carers, teachers and childcare workers, health and other professionals and kid and teens about healthy eating and physical activity. Visit www.healthykids.nsw.gov.au

Youthsafe is the peak body for 'preventing serious injury in young people' aged 15 to 25 years in NSW. They address safety across the range of settings where young people are at risk of unintentional injury including on the roads, in workplaces, while playing sport and socialising. Their website has factsheets and information about their programs. Visit www.youthsafe.org

Clinical Practice Guidelines for the Management of Overweight and Obesity in Children and Adolescents are available from the Commonwealth Department of Health's website www.health.gov.au

Australia's Physical Activity and Sedentary Behaviour Guidelines (2014) can be found at www.health.gov.au/paguidelines

Get Healthy is a free telephone-based coaching service to support young people aged 18 and over to make lifestyle changes. Visit www.gethealthynsw.com.au

HEEADSSS ASSESSMENT

If you would like more information about the HEEADSSS assessment, we recommend the latest version: Klein D, Goldenring J & Adelman WP. (2014). HEEADSSS 3.0: The psychosocial interview for adolescents updated for a new century fuelled by media. Available online at <http://contemporarypediatrics.modernmedicine.com>.

INDIGENOUS HEALTH

There are many web-based resources providing useful information about the health needs and inequities faced by Indigenous Australians, including:

- The Closing the Gap Clearinghouse provides evidence-based research on overcoming disadvantage for Indigenous Australians. Visit www.aihw.gov.au/closingthegap
- Information and resources on federal government programs can be found at www.indigenous.gov.au
- NACCHO is the national peak body representing over 150 Aboriginal Community Controlled Health Services (ACCHSs) across the country on Aboriginal health and wellbeing issues. Learn more at www.naccho.org.au
- Australian Indigenous HealthInfoNet provides comprehensive and up-to-date information on the health of Indigenous Australians. Visit www.healthinonet.ecu.edu.au
- The Aboriginal Health and Medical Research Council of NSW supports Aboriginal Community Controlled Health Services. See www.ahmrc.org.au

Learn more about working with Indigenous young people at:

- <http://aboriginal.telethonkids.org.au/kulunga-research-network/working-together-2nd-edition/>

LESBIAN, GAY, BISEXUAL, TRANSGENDER AND INTERSEX

If you are supporting young people working through issues associated with their sexual identity, or who identify as gay, lesbian, bisexual, transgender or intersex, you may find some of the following services helpful:

- QLife offers Australia's first national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people. The project provides early intervention, peer-supported telephone and web-based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being mis-gendered and/or other social determinants that impact on their health and wellbeing. Visit [www.qlife.org.au](http://www qlife.org.au)
- In NSW, twenty10 provides a range of support services to young people under 26 who identify as gay, lesbian, bisexual, queer or transgender, or are same-sex attracted, gender diverse or intersex. The support available includes counselling, case management, referral, information and housing support. Visit www.twenty10.org.au
- Young people who identify as transgender or gender diverse can find information, resources and support at www.gendercentre.org.au
- For information, education and peer support for intersex people, visit www.oii.org.au
- The Safe Schools Coalition supports gender diversity and sexual diversity in schools. Visit www.safeschoolscoalition.org.au

Parents, family and friends looking for support and information can visit www.pflagaustralia.org.au

MEDICARE AND GENERAL PRACTICE

What is and isn't covered by Medicare can be found in the Medicare section of the Human Services website: www.humanservices.gov.au

Find out more about Medicare at www.medicareaustralia.gov.au

ReachOut hosts a video which explains the role of General Practice and how to find a youth friendly General Practitioner for young people. See it at <http://au.reachout.com/visiting-a-gp>

There are also resources for classroom teachers to use with students about understanding General Practice at: <http://au.professionals.reachout.com/Youth-Friendly-General-Practice-video>

MEDICO-LEGAL

There is a wide range of resources available to help health practitioners understand and navigate medico-legal issues.

For further information about relevant laws applying to young people the Australasian Legal Information Institute (AustLII) provides an online database of Australian legislation and case law – www.austlii.edu.au

For information on a range of legal issues affecting young people in each Australian state and territory, visit the National Children's and Youth Law Centre's lawstuff at www.lawstuff.org.au

The Shopfront Youth Legal Centre is a free legal service for disadvantaged young people. It provides fact sheets on legal issues, including young people and health care in NSW. Visit www.theshopfront.org

MENTAL HEALTH

The Head to Health website combines mental health resources and content from the leading health focused organisations in Australia. You can access a range of mental health resources including online programs, fact sheets, audio and video, and online communities as part of the National E-Mental Health Strategy. Visit www.headtohealth.gov.au

There are many evidence-based internet resources to help both professionals working with young people and young people living with depression:

- Beyondblue – the National Depression Initiative has resources for professionals and the public, including a specific site for young people, and a set of Clinical Practice Guidelines: Depression in Adolescents and Young Adults. Visit www.youthbeyondblue.com
- The Black Dog Institute provides assessment tools, resources and management guidelines on the treatment of depression and other mood disorders. Visit www.blackdoginstitute.org.au
- DepressioNet – provides information and resources for health consumers about the causes, symptoms and treatment options for managing depression. Visit www.depressioNet.org.au
- Reachout – provides information, resources and support for young people and professionals. Visit www.reachout.com.au
- Orygen Youth Health (OYH) – provides a range of excellent resources and fact sheets for professionals and young people. Visit www.oyh.org.au

There are some excellent internet resources with information about anxiety and resources that can be helpful to young people experiencing anxiety.

- Youthbeyondblue has a range of fact sheets for young people, families, and professionals. Visit www.youthbeyondblue.com
- Anxiety Disorders Association of Victoria provides resources and detailed information about panic disorder, social phobia, agoraphobia, generalised anxiety and depression. Visit www.adavic.org
- Headspace – is Australia’s National Youth Mental Health Foundation. Visit www.headspace.org.au

For more information on the signs and symptoms of psychosis and the “at risk” mental state for psychosis, Orygen’s website has factsheets on “Psychosis and Young People”, “At Risk Mental State and Young People” and “Medication for Psychosis”. Visit www.oyh.org.au

To learn more about the treatment of psychosis in young people, see the Australian Clinical Guidelines for Early Psychosis on EPPIC’s website. Visit www.eppic.org.au

There are many online resources about managing self-harming behaviour and about identifying, assessing and managing suicide risk in young people.

- Mental Health First Aid (www.mhfa.com.au) provides guidelines on mental health first aid for both self-harming and suicidal behaviours.
- Reachout (www.reachout.com.au), headspace (www.headspace.org.au), and youthbeyondblue (www.youthbeyondblue.com 1300 22 4636) provide information and resources for young people, their families, friends and health professionals about managing mental health including self-harm and suicide.
- Kids Helpline (www.kidshelp.com.au 1800 551 800) provides a free and confidential telephone and online counselling service specifically for young people aged between 5 and 25.
- Lifeline (www.lifeline.org.au 13 11 14) provides free online, phone and face-to-face crisis support and suicide prevention service.
- The Black Dog Institute also provides a range of resources including screening tools, factsheets and guidelines on its website. Visit www.blackdoginstitute.org.au. The Institute has a website specifically for young people (www.biteback.org.au) and also offers a training program specifically for professionals working with young people.
- Headspace helps young people who are going through a tough time. 12-25 year-olds can get health advice, support and information. With centres all around Australia, headspace can help with: general health, mental health and counselling, education, employment and other services, alcohol and other drug services. Headspace also provide an online counselling service (www.eheadspace.org.au 1800 650 890). Visit www.headspace.org.au
- Suicide Call Back Service (www.suicidecallbackservice.org.au 1300 659 467) provides a few professional telephone and online counselling service for anyone affected by suicide.

MOTIVATIONAL INTERVIEWING

To learn more about conducting Motivational Interviewing visit the Motivational Interviewing website – www.motivationalinterviewing.org

Learn more about MI from:

- Miller W and Rollnick, S. (2002). *Motivational Interviewing: Preparing people for change*. (2nd edn). Guildford Press: London.
- Rollnick S, Mason P and Butler C. (2006). *Health Behaviour Change: a guide for practitioners*. Churchill Livingstone: London.

MULTICULTURAL HEALTH

The Transcultural Mental Health Centre (TMHC) is a statewide service for NSW that provides clinical, consultation services and training and information for professionals working with people of CALD background including children, young people and families. THMC also provides over the phone advice and consultation on cultural/religious issues, mental health issues and other general health issues.

All TMHC services are free of charge both to the referring agency and the young person. TMHC Clinical Services can be contacted on (02) 9912 3851 or Toll Free on 1800 648 911 (rural areas) or visit the Diversity Health Institute's website: www.dhi.health.nsw.gov.au/tmhc

The NSW Multicultural Health Communication Service provides information and services to assist health professionals to communicate with non-English speaking communities throughout NSW. Visit www.mhcs.health.nsw.gov.au

OUT OF HOME CARE

The NSW Health Clinical Practice Guidelines for the Health Assessment of Children and Young People in Out-of-Home Care aim to provide guidance to Local Health Districts and health professionals on the recommended approach to the health assessment process for children and young people in statutory Out-of-Home Care. They reflect NSW Health's approach to the implementation of the National Clinical Assessment Framework for Children and Young People in OOHC (2011). They can be found at www.health.nsw.gov.au/policies (search Out of Home Care).

CREATE Foundation is Australia's peak body representing the voices of all children and young people in out of home care. Visit www.create.org.au

QUIT SMOKING

For advice and information about how you can support a young person to quit smoking, contact:

- National Quitline – 131 848
- National Tobacco Campaign – www.quitnow.gov.au
- Cancer Council – www.cancercouncil.com.au
- Smarter Than Smoking – www.smarterthansmoking.org.au
- Oxygen – www.oxygen.org.au
- Quit Coach – www.quitcoach.org.au
- Quit now – www.quitnow.gov.au

REFUGEE HEALTH

Promoting Refugee Health: A guide for doctors and other health care providers has been produced by the Victorian Foundation for Survivors of Torture website. Visit www.foundationhouse.org.au

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) provides a comprehensive range of information and services for assisting refugees in their recovery and resettlement. Visit www.startts.org.au.

SEXUAL HEALTH

There are a number of web-based sources for information about sexual health and sexuality. The Sexual Health and Family Planning Australia website provides information about sexual health services and family planning issues throughout Australia. Visit www.shfpa.org.au

NSW Health has a website specifically for young people who need information about STIs, getting tested and protecting sexual health. Visit www.playsafe.health.nsw.gov.au

Marie Stopes International also offers a website called Dr Marie, offering information about contraception, termination of pregnancy, STIs and other sexual health topics through its Ask Dr Marie service. The website is www.drmarie.org.au

The NSW STI Programs Unit provides a range of factsheets and resources about STIs to support the sexual health clinical and health promotion workforce. Visit www.stipu.nsw.gov.au

The NSW Sexual Health Infoline provides support services for doctors, nurses and other health professionals who need on-the-spot technical support during consultations. Call 1800 451 624.

Family Planning NSW has an extensive Disability Resource Collection for sexual education, which is available for loan: www.fpnsw.org.au

Other states may have similar resources available from their State Family Planning Service.

The Better Health Victoria website has information on adolescent sexuality and disabilities: www.betterhealth.vic.gov.au

TECHNOLOGY

For more information about using technology for improved health outcomes for young people, see:

Campbell, A.J. And Robards, F. (2012). Using technologies safely and effectively to promote young people's wellbeing: a better practice guide for services. NSW Centre for the Advancement of Adolescent Health, Westmead and the Young and Well Cooperative Research Centre, Abbotsford.

It is available from the Young and Well website www.youngandwellcrc.org.au

Beacon is an online Hub for health and wellbeing websites. A panel of health experts provide guidance about websites for mental and physical health. www.beacon.anu.edu.au

Reachout provides access and advice for health care professionals on a range of technologies and online resources that can be used to enhance the effectiveness of psychosocial support and mental health care provided to young people. www.reachoutpro.com.au

The Young and Well CRC explores the role of technology in young people's lives, and how technology can be used to improve the mental health and wellbeing of young people aged 12 to 25. www.yawcrc.org.au

TRAUMA

Adults Surviving Child Abuse (ACSA) has produced a set of guidelines for practitioners working in health and human services: The Last Frontier. Practice Guidelines for Treatment Of Complex Trauma and Trauma Informed Care And Service Delivery. Visit www.asca.org.au/guidelines

