

## Curriculum Vitae

### Diana Maria Laura BIRCH

- Professional Address;** 2 St Mary's Road Tonbridge Kent
- Address for correspondence and accounts** – c/o Youth Support, Woodside Cottage, 169 Woodside Green SE25 5HY
- Professional Appointments** –  
**Medical Director Youth Support** – International NGO established in 1986 (UK charity Reg 296080) and International Branches (From 1986 part time and full time from 1989 to present)
- Hold full Licence to Practise (GMC) and have undergone successful revalidation with continuing annual appraisal as required by the GMC.**
- I am on the GMC register of Experts and am a GMC associate and as such vet applications for inclusion in the specialist register with respect to Paediatrics.**
- Experience – widely experienced medical and public health professional highly qualified in several fields. Dual qualified in Paediatrics and Mental Health.**
- As medical director of Youth Support** responsible for planning, developing and executing clinical services both in the UK and overseas. In this context set up services for addiction and alcohol treatment and rehabilitation; units for traumatised children and families; public health and vocational centres; and safe centres for street children and runaways. Work has been based in the UK; Italy; Russia; Jamaica; the USA and Afghanistan.

  

- Experience encompasses –**
  - **Paediatric, adolescent, family, public health** on international basis at senior consultant level. Working with deprived groups across varied cultures including refugee youth. My work has been acknowledged in a chapter of the book 'Teens and Their Doctors - The Story of the Development of Adolescent Medicine'<sup>1</sup> (extract appended below)
  - **Refugees and Asylum Seekers** – have conducted studies of children and youth in war zones including Afghanistan and regularly perform medical assessments for young refugees including torture and risk assessments. Lectured re Age Assessment to the IGC (Intergovernmental Consultations on Migration, Asylum and Refugees) in Geneva 2011 and provided teaching materials to the Age Determination Team, NATO - Department of Immigration and Citizenship Australia 2013.
  - **Psychological, psychotherapeutic, mental health work** with individuals and families - have worked with addicted and psychopathic personalities and a variety of disorders such as borderline personalities, learning disabilities and with children in situations of physical, emotional and sexual abuse and conditions of neglect. Dual qualifications in paediatrics and

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<sup>1</sup> 'Teens and Their Doctors - The Story of the Development of Adolescent Medicine' Henry Berman, MD & Hannah Dashefsky, BSN, RN October 2017, ISBN 978-0-88135-392-1

mental health give me a unique perspective of the dynamics of disordered families and this has been invaluable in the assessment of families where fabricated or induced illness has been suspected. My latest book deals with factitious illness "*All Our Secret Gardens. Understanding Factitious Illness*". My involvement with cases of FII (Previously known as Munchausen syndrome) has included families and young parents who were admitted for observation to our residential unit in South London (1990 – 2002) where we cared for 'high risk' cases sent from all over the UK and many families assessed in the community. Our methods in the residential unit included video surveillance in some cases. Assessment of families includes individual and group sessions with various combinations of family members and observation includes looking at parent / child relationships; parenting; and attachment issues. (See publications including '*Bonds and Boundaries*' and '*Inner Worlds*' – see below)

- **Psychotherapy on group, individual, family and couples basis.** Including play therapy with younger children and their parents and encompassing baseline psychological assessment usually based upon psychodynamic concepts and short and longer term therapy.
- **Research** - am a leading authority on adolescent health and early pregnancy and parenting and have conducted Longitudinal studies of our patient groups over a thirty year time span and have worked on the British Cohort studies (London University) and Millennium Cohort (Institute of Child Health). (See publications including '*Are you my sister, Mummy*' and '*The Child that Rocked the Cradle*' – see below) We have also conducted studies on traumatic stress in Italy "*Traumatic Stress - Gioventù Duemila*" and field studies with children and young people in Afghanistan "*Asylum Seeking Children; Including Adolescent Development and the Assessment of Age.*"; "*Asylum - Film*" .
- **Assessment & Medico-legal work** As a leading authority on Child Protection, Adolescence, teenage pregnancy and early parenting am often called upon to prepare legal reports for the courts on young people and families particularly in child protection, family disturbance, substance abuse and domestic violence as well as Factitious Illness syndromes and family conflicts, custody and contact issues and child alienation.
- **Child Protection** - I am frequently asked to assess and report on cases involving child protection both physical and sexual abuse and cases of FII. I have extensive experience of identifying child abuse, physical and sexual and in identifying the types of physical abuses, whether it be slaps, blows or marks caused by human hand or foot or indeed teeth; and marks caused by implements; scalds and burns and injuries caused by strangulation or other means. They all need to be distinguished from lesions which can result from accidents or from other mechanisms such as organic causes and physical illness – for example bleeding disorders or illnesses such as meningitis that can cause petechiae which may also be seen in abusive pressure or strangulation. I have also been involved in teaching others how to make these diagnoses and how they should look out for various suspicious signs. I have taught doctors and medical students, teachers, social workers and the police. During the Covid pandemic 2020 /22 we saw an increase in cases of domestic and child abuse whilst the lockdowns brought high levels of stress and family tensions.
- Assessment and medico legal work has been formally evaluated in published work. (See publications including '*Profiles*' – see below) In addition to referrals from solicitors, which

covers criminal and civil cases, work often involves single joint expert for Guardians and Social services – examples (This is not an exhaustive list) - Barnet (2023); Bexley (2024); Blackburn (2019; 2020; 2022); Blackpool (2019; 2020; 2022 2023); Bolton (2019; 2020 2023; 2024); Bradford (2017; 2019); Bromley (2017; 2018; 2023; 2025); Bury (2018; 2019; 2020; 2022; 2025); Chelsea and Westminster (2013; 2014); Cheshire (2016; 2019; 2020; 2021); Croydon social services (2011; 2024; 2025); Derbyshire (2018; 2019; 2020; 2021; 2022 2023; 2024); Derbyshire (2023; 2024); Essex (2018; 2019; 2020; 2021; 2022; 2023; 2024; 2025); Gateshead (2019; 2020); Kent Social services (2012; 2013; 2019; 2024; 2025); Hertfordshire (2014 2022; 2025); Hull (2023; 2024); Lancashire (2020;2021; 2022; 2023) 2022; Leicestershire (2020; 2021; 2022; 2023; 2024; 2025); Lewisham (2024;2025); Lincolnshire (2022; 2023; 2024) Liverpool (2020;2021;2022; 2025); Manchester (2018; 2019; 2020; 2021; 2022; 2024; 2025) ; Medway (2012;2013;2019;2020;2021; 2024; 2025); Northampton (2016; 2019; 2020; 2021; 2022; 2024; 2025) ; Nottingham (2019; 2020; 2021; 2022; 2023; 2024; 2025); Oldham (2019; 2020; 2021; 2022); Rochdale (2021; 2022; 2023); Rotherham (2023; 2024) Sheffield (2022; 2023; 2024); Somerset (2016); Salford (2018; 2019; 2020; 2021; 2022); Sefton (2020 ; 2022) ; Staffordshire (2022; 2023; ; 2025 ) ; St Helens (2023); Stockport (2020; 2023; 2024); Stoke on Trent (2021; 2022; 2024; 2025); Suffolk (2023; 2024) ; Sunderland (2019; 2020; 2021 2022); Tameside (2018; 2019; 2020;2021;2022; 2024) Thurrock (2017; 2019; 2020;2021; 2022); Torbay (2022; 2023; 2024) Trafford (2019; 2020;2021; 2022) ; Tyneside (2018; 2019; 2022;2023); Walsall (2023; 2024); Wakefield (2016;2017; 2019); Wigan (2018; 2019; 2020; 2021; 2022); Wolverhampton (2023; 2025); Yorkshire (2023; 2024; 2025)

- I have also acted as expert in several cases for the Police including online sexual abuse and a very complex FII case for the Police and as expert regarding FII and Mental Health to the General Medical Council.
- **Teaching** – wide experience of teaching both professional (medical, teachers, social work and police) and general audiences and youth - lecturing, seminars, workshops, literature and books, online and interactive material and multimedia presentations. Have taught courses both in UK and Internationally and have given ‘Grand Rounds’ at Los Angeles Children’s hospital on several occasions. Frequent lecturer at international Conferences and gave ‘Hot Topic’ plenary on Abuse of Asylum Seeking Minors in Washington 2019 and remote sessions during COVID cancellations of Conference sessions during 2020 and 2021; 2022; 2023; 2024.
- **Management / Administration** – managed large department of NHS child health and school services in several London boroughs (Wandsworth, Merton Sutton, Lambeth and Southwark). 40 years experience (since 1986) of running an International NGO.
- **Media, IT and Computing** – fully qualified Microsoft and Internet engineer. Experience of multimedia and documentary production.

□ **Medical School**

Royal Free Hospital School of Medicine, University of London

□ **Medical School Prize Certificates**

- Paediatrics
- Tropical Medicine
- Venereal Diseases (Now known as Sexually Transmitted Diseases)

□ **Qualifications - Degrees**

- **LRCP MRCS** (Licentiate Royal College of Physicians; Member Royal College of Surgeons) June 1970
- **MBBS** (Bachelor Medicine Bachelor Surgery) University of London Oct 1970
- **DCH** - Diploma in Child Health - (London) Sept 1972
- **MRCP (UK)** - Member Royal College of Physicians - Jan 1977
- **MD** (London University) – Doctorate in Medicine - Oct 1986
- **MSc Psychotherapy** St George's Hospital London University - June 1989
- **MFCH** (Member Faculty of Community Health) Sept 1989
- **Accredited Consultant** Community Paediatrics 1987
- **FRCPCH** Fellow Royal College of Paediatrics and Child Health 1997
- **FRIPH** Fellow Royal Institute Public Health 1997
- **FRCP** - Fellow of Royal College of Physicians - 1998
- **FSAHM** - Fellow Society for Adolescent Health and Medicine (USA) 1998
- **MAE** –Member Academy of Experts from 2005

□ **Other Qualifications and Certificates**

- **Psychotherapy**
  - London University MSc Clinical Psychotherapy St George's Hospital Medical School. Trained 1986-1989 (training included child adolescent and family plus adult Psychiatry and psychiatric diagnosis)
  - Transactional Analysis - 1979 - 1987. Institute of Transactional Analysis (including Eric Berne and Claude Steiner work.)
  - Psychodrama Training - Holwell Centre (Marcia Karp).
  - Experience in substance abuse treatment programmes including Hazeldon and AA models. TA Course Addiction and alcoholism – Institute of psychiatry 1985
- **Assessment and Paediatrics** -
  - University of London/ National Association for Mental Health Certificate. Approved assessor mental handicap /ability including qualification in Stanford Binet scales, Schonell, Reynell language assessment Sept 1973
  - Child Audiology/assessment of Deaf child Braidwood audiology unit and St George's Hospital 1973
  - Ruth Griffiths child development scales 1976
  - Advanced Paediatric Course - Great Ormond Street - 1976
  - Assistant Police Surgeon - forensic examination child /adult sexual abuse - joint course 1986. Developed training programme for paediatricians and

community doctors Lambeth / Southwark and multidisciplinary protocol and guidelines for Camberwell.

- Member of Academy of Experts 2005 onwards.

- **Contraception and sexuality**

- - Family Planning Basic certificate 1973
  - Family Planning advanced (IUCD) certificate 1974
  - Family planning Instructing Doctor's course 1978

- **Recently attended courses** 2015 – CDC Dengue; CDC Chronic Fatigue ; Gender Dysphoria (these in addition to regular CPD); Forensic Medicine at Royal Society of Medicine 2016; 2017; 2018; 2019; 2023

## □ **Other Appointments**

- **Honorary Research Fellow Psychotherapy St George's Hospital department of Psychiatry** 1989 – 1999 working on self concepts.
- **Formerly Research Director and Trustee ICCS** 2005-2007 (International Centre for Child Studies) with respect to British Cohort Studies – University of London. Planned and supervised research and grants to medical and social work researchers. Worked on the large cohort study material and prepared promotional and teaching material including documentary on the cohort studies –'Generations' shown at the Royal Society of Medicine 2006. Worked with the founder Professor Neville Butler intermittently from the BCS70 (Youth Scan) and closely from 2000 until his death.
- **Visiting Research Fellow Institute of Education** (London University) British Cohort Studies. 2005-09 supporting Professor Butler, supervising and advising on research projects including PhD level. Helped coordinate and centralise cohort data (ESRC Economic and Social Research Council project).
- **Royal College of Paediatrics and Child Health – Assessor for consultant appointments** from 2004

## □ **Past Appointments**

- *House Physician* - Royal Free Hospital, Infectious Diseases Unit Coppetts Wood Hospital Jan -June 1971
- *House Surgeon* - Royal Alexandra Children's hospital Brighton July - Dec 1971 Paed / neonatal surgery; neurosurgery; orthopaedics.
- *SHO Gen Medicine* St James Hospital Balham January 1972
- *SHO Paediatrics* Kingston Hospital February 1972 Kingston-upon-Thames
- *SHO Paediatrics* - Queen Mary's March 1972
- *Paediatric Registrar* - Queen Mary's Hospital Roehampton / Westminster Children's Hospital 1972
- *Clinical Medical Officer* London Borough of Wandsworth Sept 1972-august 1975 Special responsibility for audiology, assessment, enuresis and obesity clinics. Attachment to Westminster Children's hospital.
- *Senior Clinical Medical Officer* - and *Principal Medical Officer* Merton Sutton Wandsworth AHA 1975-80 - responsible child abuse, handicap, teenage problems,

school age pregnancy. Set up young people's 'walk in' clinic, school forums for multidisciplinary staff support. Attached to Child guidance unit and Westminster Children's Hospital.

- *Principal Medical Officer* - King's Health District 1980- 89 (This post title became Consultant Community Paediatrician when this structure was introduced in the late eighties) Responsible Community child health services Camberwell District, (Lambeth and Southwark - child population 50,000+).Managed staff of 26 doctors deployed in infant welfare clinics, assessment and immunisation sessions, day nurseries and schools. Chaired multidisciplinary 'District Mental Handicap team' and 'Special needs group'. Medical advisor for adoption and fostering to Lambeth panel. Designated medical officer for medical advice to Education Authority (ILEA DO8 DO9). Responsible for immunisation programme. Introduced selective school medicals emphasising counselling; brought medical and educational staff closer in forums, open days, drop in sessions and school health news-sheet. Designed computerised record and communication system. Responsible for child protection services and medical input to the Lambeth and Southwark Standing Committees on Child Abuse and the Area Review Committee. Instituted counselling/therapy sessions for young people; support system for pregnant schoolgirls; teenage services in local support units, ITU, young offenders and 'disruptive' centre; talks to groups about drugs, solvent abuse, sexuality; organised conferences on sex education, teenage sexuality, teenage handicap and disability, child sexual abuse and related issues including workshops for professionals working with youth.
- *Director Youth Support* - Part time from September 1986 Full time from May 1989 - Main fields of interest adolescence and child protection work.
- Regular Locums and evening / weekend surgeries in **General Practice** from 1974 to 1990 – also regular **family planning** clinics during same period.
- Sports Medicine including medical cover for British Judo and Martial Arts Council and including British Olympic Medical Committee during period mid eighties and nineties.

#### □ **Medical Director Youth Support and Medical Director Youth Support House**

- Set up charity 'Youth Support' in 1986 – in response to the lack of services for young people and abuse victims within the health service. Youth Support is now well recognised with national and International services. Pioneered Adolescent Medicine in the UK.
- Youth Support provides counselling and support for young people both on a peripatetic - outreach - service and at our centres. These have included residential care to young parents, abuse victims, families; treatment for substance abuse and emotional difficulties; education, care, therapy and general support with day nursery, baby unit and assessment services on site.
- Family assessment and risk assessment is an important part of the work. Frequent consultations as an **expert witness** for court cases regarding child protection and family problems. Member of the Academy of Experts.

- As **Director of Youth Support** also **chair** Youth Support's multidisciplinary Forum on Adolescent Health and Welfare.
- Served as a member of the **House of Commons Committee** on the abortion act in respect of issues affecting the young and member of Medical Board of the Brook Advisory centres.
- Provide **medical and psychotherapeutic** input to **Youth Support**. Plan and supervise a therapeutic programme for patients including provision of individual therapy, group and family work, group work with staff and trainees including supervision. Therapy may also include art, dance and psychodrama sessions and play therapy with younger children looking at attachment issues and child observation. Treatment programmes are aimed at helping with sequelae of sexual abuse, alcohol and substance abuse and eating disorders as well as general emotional problems and work on coping skills and parenting.

□ **Present Position - Medical Director Youth Support and Youth Support Services**

- The residential unit at Youth Support House in London operated from 1989 to 2002 when services were reorganised on an 'outpatient' and 'outreach' basis.
- Residential services are being set up internationally
- Family work is based on outreach services and encompasses assessment, rehabilitation and therapeutic work often from a medico-legal perspective .
- Teen pregnancy research is continuing beyond its 40<sup>th</sup> year
- Vocation services and training for young people are organised both in UK and abroad and extend to media and IT. Videos of research and young parenthood have been produced.
- Documentary production regarding issues affecting youth and teaching materials. This includes 'Not an Easy Road' on teenage pregnancy; 'Generations' on Professor Neville Butler and the cohort studies; 'Asylum' on young refugees and asylum seeking children.
- Research in the field in Afghanistan 2009 and continuing in 2012 plus working on establishment of maternal and child health services and addiction treatment in Afghanistan. On hold following most recent Taliban take over of country.

□ **Conferences Convenor / President -**

- **International Conferences on Adolescent Health** - Held at Royal College of Physicians London 1996 / 1998 / 2000 / at Barbican 2002 and University of West Indies 2004. 20<sup>th</sup> Anniversary 6<sup>th</sup> International Conference Royal Society of Medicine 2006
- World Youth Forum – London 2002 / Jamaica 2004/ London 2006
- Annual British Meetings
- European Meeting 1999
- Youth Support Italia Conference April 2000
- Society Adolescent Medicine Special Interest Group for children in War Zones from 2016 to present.

**Teaching -**

Lecturing and workshops on aspects of counselling and psychotherapy particularly relating to adolescents; child development, child abuse and protection, community health, drug and solvent abuse, teenage sexuality, teenage pregnancy and related subjects to medical and dental students, doctors, nurses, health visitors and midwives, also to social workers, police, education welfare officers and teachers in addition to voluntary agencies. Widely published and produced a variety of teaching aids and recordings for several professional groups. Also teach peer counselling courses for young people in Jamaica. Developed on-line teaching and information systems and audio / visual streamed media

**Director of International Branches – Youth Support has branches in Italia; Jamaica; Russia, Sweden and USA (Los Angeles) which are overseen and frequently visited and work is being conducted in Afghanistan.**

**International work –**

An International reputation with frequent calls to lecture widely in Australia, The Far East, USA and Europe and Israel. Firm links with the Society of Adolescent Medicine (USA) where responsibilities included 12 years as chair of the International workshops and International Chapter; with the International Association on Adolescent Health, including serving as President Elect in 1990.

Jamaica, where we have close contacts with the Women's Centres, Department of Health, Family planning Board and University.

Soviet Union where (among other projects) we worked with schools, maternity hospitals, sex education, runaway children and incest victims.

Teaching visit to Hong Kong Queen Elizabeth Hospital and to Hong Kong Council for Social Services 1996

Visiting Professor to Havana Cuba and to adolescent congress 1998 1999

**Juror - Guard of Peace and Goodwill** (Russian Nobel Committee Equivalent) - 2001– co Jurors included Victor Chernomyrdin and Primakov (both ex prime ministers of Russia) – awards made in Japan to Mayors of Nagasaki and Hiroshima. Jury closed in 2002

**Membership of societies**

- Member Convocation and Doctorate London University
- Collegiate Member and Fellow Royal College Physicians
- Fellow Royal College of Paediatrics and Child Health
- Fellow of Royal College of Public Health and Hygiene
- Fellow of Society of Adolescent Health and Medicine (FSAHM - USA)
- British Medical Association
- Royal Society of Medicine
- Member Academy of Experts
- Convenor "Forum on Adolescent Health and Welfare"
- British Association for Study and Prevention of Child Abuse and Neglect (BASPCAN)
- (previously) Institute of Transactional Analysis

- (previously) National Association Family Planning Doctors
- (previously) UK USSR Medical Exchange group (HealthProm)

□ **Theses**

- 'Schoolgirl pregnancy in Camberwell' - A population study of schoolgirl pregnancy, motherhood and two year follow up. London University MD thesis, January 1986.
- "A Study of Self Esteem measurement in Schoolgirl Pregnancy". London Univ MSc Psychotherapy 1989.
- "Epidemiology and prevention of serum hepatitis" Italian MD thesis University of Modena 1971.

□ **Books**

- "Are you my sister, Mummy?" Study of schoolage pregnancy - 1987 ISBN 1 870717 007.
- "Are you my sister, Mummy? Second edition published September 1992
- "Are you my sister, Mummy? Russian language edition 1992
- "Schoolgirl Pregnancy". chapter in "Progress in Obstetrics and Gynaecology - vol. 7" Jan 1989 (Series editor John Studd).
- "Retracing the Echoes" The story of some special children growing up in the wake of the Russian Revolution and the emotional problems of growing up echoed in our 'inner child'. ISBN 870717015 1991.
- "Mother or Child?" Tape slide teaching presentation on schoolgirl pregnancy distributed by Grave's medical teaching library 1987.
- "T.I.P.s - Teacher Information packs" medical contribution (editor Ron Dawson) for Macmillan Education. Designed to inform teachers of problems experienced by children with special needs following 1981 education act. 1985 Macmillan press.
- Series of monographs published by Youth Support on sexuality and emotional issues in adolescence - many resulting from workshops.
- "Inner worlds and outer challenges" - psychotherapy issues, responses to violence and abuse 1993 ISBN 870717 03 1 -
- "Inner Worlds" Second Edition published as "Inner Worlds" 1996
- "Bonds and Boundaries" - child protection and the family. ISBN 1 870717 058 - 1994
- "The Child that Rocks the Cradle" - fifteen year follow up of school girl pregnancy - 1996 ISBN 1 870717 082
- "A thought for Today" Daily readings used in therapy - Youth Support Publications - 1996.
- 'Youth Our Resource for the future' - proceedings of International conference on adolescent health and welfare Royal College of Physicians 1996
- 'Profiles' evaluation of cases and outcome regarding families and patients at YSH ISBN 1870717 10 4 November 1998
- Conserving Our Resource for the future - proceedings of International conference on adolescent health and welfare Royal College of Physicians 1998

- 'Malfaiera' Fiction title - 1999
- Traumatic Stress - Gioventu` Duemila – Youth 2000 - Youth Support Publications ISBN : 1 870717 19 8
- Lo Stress Traumatico - Gioventu` Duemila. Youth Support Publications ISBN : 1 870717 20 1
- 'Prevention series – books and interactive on-line workshops – self concepts, obesity and diet, substance abuse, suicide prevention, pregnancy, violence and bullying.
- Asylum Seeking Children; Including Adolescent Development and the Assessment of Age. April 2010 ISBN 1 870717 22 8
- Clinical Care for Homeless, Runaway and Refugee Youth – contribution to chapter on Refugee youth – Springer Publication 2020 / 2021
- *"All Our Secret Gardens. Understanding Factitious Illness"* ISBN 1 870717 26 0; 13 digit ISBN [ 978 1 87071726 7 ] First Published December 2025

## □ Papers and articles

- "Teenage sexuality , the consequences of restricting access" (to contraceptive services) Paper presented to Royal Society of Medicine Nov 1986.
- "Teenage pregnancy and access to contraceptive and abortion services" presented to NAC (National Abortion Campaign) conference 1986
- "Teenage sexuality and the Media" presentation at International Symposium on Adolescent Health Sydney 1987 (also published in "New Universals" Australia 1988 and Journal of Adolescent Health and Welfare" vol. 1 no 1 1988.)
- "Schoolgirl pregnancy - a culture of poverty" paper presented at International Medical Women's federation conference on adolescence April 1987, Sorrento, Italy and published in "Journal Adolescent Health and Welfare" vol2 no 1 1989.
- "L'Education Sexuelle; Health Education, a media approach" paper presented at Societe Francaise de Medicine des Adolescents (SFMA) conference June 1987 Paris France.
- "That old Black Magic? - Belief systems in teenage pregnancy" presented at SAM meeting New York March 1988 - Published "Journal Adolescent Health and Welfare" vol 1 no 4 1988. - Reformatted as workshop presentation with tape slide teaching pack for Society of Child Guidance Centres Oct 1988.
- Republished as "Teenage belief systems about sexual health" International Journal of Adolescent Health 1990.
- "Schoolgirl pregnancy - social aspects" presented to International Society for Reproductive Medicine. June 1988. Reported in British Journal Hospital Medicine.
- "Adolescent Health in Britain" International Journal Adolescent Health Feb 1988.
- "The search for the True self in adolescence - the dilemma of childhood handicap" SAM presentation San Francisco 1989 Journal Adolescent Health and Welfare Vol2 No 1 Spring 1989

- Sports Medicine - "The Training stresses for children and Young People" Society of Public Health conference Manchester University 1989 Journal Ad Health and Welfare Vol2 No 3 1989
- "The school medical" and "Diet and Preparing for the Marathon" Society of Public Health - Members Newsletter. 1990
- "Providing staff support in implementing child abuse procedures" Co author Alan Chandler - former Divisional Education Welfare Officer DO9 (Lambeth). Journal of Adol Hlth & Welfare Vol3 no 1 1990
- "School age Pregnancy, the International scene" questionnaire to 50 countries - Journal Adolescent Health and Welfare Vol4 no 4. 1991.
- "Sex Education - Does Mother Know Best?" Journal Adolescent Health and Welfare Vol. 3 No4 1990.
- "Healing abuse - Working with the family that is not there" - SAM presentation March 1991.
- "Teenage Pregnancy - A problem for the nineties?" NoVum Magazine February 1992. Journal adolescent Health and Welfare Vol 4 No 2 Summer 1991.
- "HIV infection - AIDS and the Young" conference report (Joint conference Society of Public Health and Youth Support Feb 1991)
- "Community Care - Have we developed a new concept?" Public Health 1992
- Youth And Violence Royal Society of Medicine - Forum on adolescent health October 1993
- "Deprivation, Health and Educational need" Jour of Adolescent Health and Welfare 6 1 1993
- "Emotional Abuse - the hidden scars" - Jour Adol Hlth and Wel 6;1 1993
- "Encounters with Bernhardine, Munchausen Syndrome in Adolescence" Jour Adol Health and Wel 6: 2 1993
- "A study of self esteem measurement, possible relationship with early pregnancy" J. Ad Hlth &Wel 6: 2 1993
- "The role of the sports medicine doctor in the Martial arts" Jour Adol Hlth and Wel 6:3 1993
- "Rehabilitation and the family - what do we hope to achieve?" Jour Ad Hlth and Wel 7; 1 1994
- "Working with Families - How not to perpetuate the abuse" Jour Adol Hlth and Wel 7 ;1 1994
- The Impact of images – Effect of Media on adolescents - 1994 International Regional Chapter Workshop 26th Annual meeting of the Society for Adolescent Medicine - Los Angeles 1994
- "The abused young adult - barriers to acceptance in society" European Ass Adolescent health - Utrecht 1994 - also published in International Journal of Adolescent Health - Freund Publishing - vol 8 no 4 1995
- "Homeless Youth and Runaway Youth in the Urals" Jour Ad Hlth and Wel 7; 2 1994
- Consultant for - Aladdin Books - "Puberty and Growing up" Feb 1995

- "Special report - the health status of Adolescents in Europe" Dec 1995 International Paediatrics
- "Teenage patterns – comparison of teenage attitudes in UK and Jamaica" presented at International Association for Adolescent Health meeting Vancouver Canada March 1996
- "Using Psychodrama in the healing process" International Association for Adolescent Health meeting Vancouver Canada March 1996
- Incest - Where are the Boundaries?"An International Perspective on Sexual abuse of teenagers Society for Adolescent Medicine meeting Vancouver Canada March 1996
- "The Adolescent family in a changing Society" European Ass Adolescent health – Lisbon 1996
- "Adolescent Behaviour and Health" Current Paediatrics 1996 6 80-83
- "Adolescent Sexuality" Current Paediatrics 1996
- Qualitative Research *Journal of Adolescent Health and Welfare Volume 9 - No 3 - Summer 1996*
- Consultant for - Aladdin Books -"Sex and Sexuality" 1996.
- "The long term consequences of Abuse" - presented at open lecture - Health and Social services departments - Hong Kong 1996
- "Teenage Pregnancy" open lecture - Health and Social services departments - Hong Kong 1996
- "Youth Our Resource for the Future" Proceedings of the Conference on Adolescent Health and Welfare October 1996. Introduction Youth Our Resource for the Future
- "Youth Our Resource for the Future" Proceedings of the Conference on Adolescent Health and Welfare October 1996. mental Health – Bonnie's Story
- "Youth Our Resource for the Future" Proceedings of the Conference on Adolescent Health and Welfare October 1996. Teenage Pregnancy and Sexuality
- Adolescent Health – A Decade of developments – Journal of Adolescent Health and Welfare – anniversary edition 1996
- Teenage Sexuality – Schoolage Pregnancy – Journal of Adolescent Health and Welfare – anniversary edition 1996
- "The Adolescent Parent- A fifteen year Longitudinal study of school age Mothers and their Children" presented at Royal College of Nursing London - May 1997
- "The Adolescent Parent- A fifteen year Longitudinal study of school age Mothers and their Children" presented at International Conference on Health and Culture in Adolescence Jerusalem Israel Nov 1996 Pub Journal Adol Health and Welfare Vol 10 no 3 Autumn 1997
- "Pearl of the Orient - Adolescent Health Care in Hong Kong" case discussions - Journal Adol Health and Welfare Vol 10 no 1 Spring 1997
- "Youth - Our resource for the future" Society of Public Health Members newsletter March 1997
- "Schoolgirl pregnancy - a continuing culture of poverty" - presentation at SAM meeting San Francisco March 1997

- "Psychological issues in teenage pregnancy" - International Adolescent Psychiatry meeting -Campobasso and University of Rieti - Italy May1997
- Peer Counselling workshops – Kingston Jamaica July 1997
- "Using 'Project work' with young drug abusers in a residential setting" Presented at IAAH European Chapter meeting - Lausanne September 26 and 27<sup>th</sup> 1997 - The Adolescent with addictive/dependant behaviour: Risk and resilience. Authors - Dr Diana Birch - Director; Esther Mensah - Senior Care Worker; Sonia Lucia – Psychology Student. *Journal of Adolescent Health and Welfare Volume 11 - No 2 - Summer 1998*
- Youth Support Forum on Adolescent Health and Welfare - Twelfth Forum Meeting 1997 - At The Royal Society of Medicine, 1 Wimpole Street, London WC1, Thursday 23rd October 1997 - "Self Harming Behaviours and Eating Disorder" *Journal of Adolescent Health and Welfare Volume 11 - No 2 - Summer 1998*
- 'Exploitation of Youth - An International Perspective' presented at SAM International Regional Chapter Institute Wednesday 4<sup>th</sup> March 1998 - Atlanta Georgia and published in *Journal of Adolescent Health and Welfare - Volume 11 - No 3 - Autumn 1998* "
- The Question of Abortion – presented to seminar St Barnabas Beckenham May 1998 - Chaired by Dr James Pitt-Payne; with Speakers - Professor James Drife - Professor of Obstetrics and Gynaecology University of Leeds; Paul Tully National Information Officer SPUC - The Society for the Protection of Unborn Children and Dr Diana Birch - Director Youth Support - *Journal of Adolescent Health and Welfare - Volume 11 - No 3 - Autumn 1998*
- "Teenage Pregnancy - findings of fifteen year follow up" presented at University of West Indies - Mona Campus Jamaica - July 1998
- "Peer - Counselling" series of monographs for workshops with youth - produced for Women's Centres of Jamaica Foundation - Kingston Jamaica July 1998
- "Teenage Pregnancy and Psychological factors" presented Havana Cuba 1998
- "Youth - Conserving our Resource for the Future" International Conference on Adolescent Health - Royal College of Physicians London 1998
- "Young Fathers" International Conference on Adolescent Health - Royal College of Physicians London 1998
- "Workshop on Psychological Issues in Early Pregnancy" International Conference on Adolescent Health - Royal College of Physicians London 1998
- "When is a family dysfunctional? - A cross cultural view." International Regional Chapter Workshop at SAM 1999 Los Angeles *Journal of Adolescent Health and Welfare- Volume 13 - No 2 -Summer 2000*
- "Psychological Issues in Early Pregnancy" Presentation at International Conference on Adolescent Health, Mexico City, March 1999
- "Early Parenthood - Myths, reality and long term consequences" - Presentation for VI Congreso Latino-Americano de Obstetricia y Ginecologia de la Infancia y la Adolescencia - Havana Cuba May 1999 and published in *Journal of Adolescent Health and Welfare - Volume 12 - No 3 - Autumn 1999*

- "Just for fun ... Our Mum in Havana " published in Journal of Adolescent Health and Welfare - Volume 12 - No 3 - Autumn 1999
- "Physical, Sexual, Emotional - The effects of violence against the adolescent" presented at First International Conference on Youth and Violence, Jerusalem Israel 1999.
- Profiles of Family Work - presented at European conference on Adolescent health Royal College of Physicians October 1999
- Survey of emotional effects of earthquake - Italian schools 1999 - A Survey of the Psychological and Emotional Consequences of Earthquakes - The Italian Earthquake study – Youth Support Italia
- Peer Counselling in Jamaica - Peer counselling and Story Telling. Journal of Adolescent Health and Welfare - Volume 13 - No 1 -Spring 2000
- 'Youth in a Violent Age – The Challenge of the new millennium?' - International Regional Chapter Workshop at SAM 2000 Washington USA. Journal of Adolescent Health and Welfare - Volume 13 - No 3 - Autumn 2000
- Traumatic Stress - Emotional effects of trauma - presented at conference 2000 Italia April 2000
- Developmental issues in Post Traumatic Stress Disorder - Gioventu` Duemila - Italy April 2000
- Traumatic Stress and abuse - Italy 2000.
- Early Pregnancy – Its not just sex – International Conference Royal College of Physicians October 2000
- Post Traumatic Stress Disorder in Youth - International Conference Royal College of Physicians October 2000
- 'Strengths of Youth – Protective Factors?' for SAM meeting March 2001 San Diego
- Teenage Sexuality overview - VII Congreso Latino-Americano de Obstetricia y Ginecologia de la Infancia y la Adolescencia (ALOGIA) XIII World Congress of Pediatric and Adolescent Gynecology and VII ALOGIA Congress Buenos Aires April 2001.
- Dealing with abuse and deprivation – the Youth Support experience – International Congress Brazil Salvador May 2001
- Embarazo en la Adolescencia No se trata solo de sexo ! – presented at Conference on Adolescent Health and Adolescent Gynaecology Havana Cuba May 2001
- How Does the Care System prepare Youth for Parenthood – presented at BAAF conference in Bath September 2001
- Cross-Cultural issues in Teenage Pregnancy – Discussion - Society for Adolescent Medicine Boston March 2002
- Its Not An Easy Road – presentation on teenage pregnancy in Jamaica April 2002
- Presentation of teenage pregnancy in three cultures and across twenty year span – 'International Conference on Adolescent Health and Welfare' October 2002
- Peer counselling workshops Personal Development; Teen Suicide; Abuse; Relationships; Crisis Intervention in Kingston and London 2002.

- “Its Not An Easy Road – Presentation of Teenage Pregnancy and parenthood across twenty years and in three cultures” – Satellite session at SAM Meeting Seattle March 2003
- Peer counselling workshops Personal Development; Teen Suicide; Abuse; Relationships; Crisis Intervention in Kingston and London 2003.
- Stop Suicide Campaign – Suicide as a Failure of Communication - Suicide Prevention Conference University of Kentucky February 2004
- Stop Suicide Campaign – A Service for troubled Youth - Suicide Prevention Conference University of Kentucky February 2004
- Peer counselling workshops Personal Development; Teen Suicide; Abuse; Relationships; Crisis Intervention Kingston 2004
- Restoring Youth To Harmony – Opening Address – 5<sup>th</sup> International Conference on Adolescent Health and Welfare – University of the West Indies August 2004
- Obesity Prevention – workshop 5<sup>th</sup> International Conference on Adolescent Health and Welfare – University of the West Indies August 2004
- Teenage Parenting – A Twenty Year Longitudinal Study - 5<sup>th</sup> International Conference on Adolescent Health and Welfare – University of the West Indies August 2004
- Child Alienation – Advocating a Child Centred Approach – A Review and Discussion of ‘Parental Alienation Syndrome’ On Line Journal of Adolescent Health and Welfare Spring 2005
- Communicating with Adolescents – and workshops at University of Kentucky and with Kentucky School students Oct / Nov 2005 on suicide prevention and communication. Dramatic presentation with youth on Suicide.
- ‘Generations- Cohort Studies’ – Video DVD presentation on the Work of the ICCS in developing the Cohort Studies – presented at Claridges meeting of International Centre for Child Studies April 2006
- ‘Generations – The Life and Work of Neville Butler’ Drama Documentary produced October 2006
- Group Behaviour and Psychology – Youth and Gangs - On Line Journal of Adolescent Health and Welfare Spring 2007
- ‘Age Assessment – A holistic Methodology’ On line discussion and discussion at Society for Adolescent Medicine Meeting March 2008.
- ‘Age Assessment - Medical Assessment and Dilemmas’ Paper given at the Liverpool Safeguarding Children Board - Training Sub Group ‘Moving Forward Together’ - How to Develop the Age Assessment Process for Unaccompanied Asylum Seeking Children. NSPCC Centre Liverpool May 2008.
- Communicating with Adolescents – and workshops at University of Kentucky and with Kentucky School students Nov 2008 on suicide prevention and communication. Dramatic presentation with youth on Suicide.
- ‘Young People and War / Human Conflict’ Discussion at Special Interest Group International Meeting Society for Adolescent Medicine Los Angeles March 2009.

- Psychodramatic Workshops with Refugee young people London Feb 2009; March 2009; April 2009; Birmingham April 2009; Liverpool April 2009.
- Emotional Development and the Challenges Facing Young People Growing up in a Global Society. Gulf Conference for Ministry of Health Kuwait. Kuwait City October 2009.
- 'Asylum' The Pressures and Problems facing Asylum seeking minors. Documentary presentation 2010
- 'Holistic Age Assessment - Validation of use of Five Categories of Parameters to produce a more accurate assessment - A Monte Carlo Simulation' December 2009 Birch DML; Sutton B;
- 'Age Assessment of Young People – A blind study of Afghan Children' April 2010. Birch DML; Brassett-Harknett A; Jabarkhel S
- 'Children and Young People growing up in areas of Human Conflict' International Meeting Society for Adolescent Medicine Toronto Canada April 2010.
- 'Asylum Seeking Children - A Wasted Resource' presentation to meeting to Discuss the Health and Welfare of Young Asylum Seekers – October 2010 with Ken Livingstone.
- 'Views from a Practitioner: the Holistic Approach' - in the IGC (Intergovernmental Consultations on Migration, Asylum and Refugees) Workshop on Strategies and Policies for Age Assessment of Unaccompanied Minors Geneva June 2011.
- "Unique Challenges to Professionals Involved with Asylum Seeking Adolescents". Grand Round Los Angeles children's hospital October 2011
- Challenges to Professionals Involved with Asylum Seeking Adolescents - a special International supplement to the Brazilian journal for adolescent health: REVISTA ADOLESCENCIA & SAUDE (Adolescence and Health) 2012
- 'Age Assessment – A practical Methodology' Presentation to British Association for human identification (BAHID) Nottingham University April 2012
- Age assessment of young people - preliminary findings of A blind study Birch; MacKenzie and Iverson CHLA Platform Presentation Atlanta – Society for Adolescent Health and Medicine 2013 and Abstract publication Journal Adolescent Medicine.
- In preparation – 'further findings Blind Study of age assessment – Afghan study ' Birch; MacKenzie and Iverson CHLA
- Health Issues for Adolescent and Young Adult Male Refugees; Birch; MacKenzie Sept 2016 – Submitted to Special Edition Journal Adolescent Medicine
- History of Adolescent Medicine – Chapter about my work in book by Berman pub April 2017
- Special Interest Group Presentation Society for Adolescent Health and Medicine Seattle 2018 – Sexual Traffic – A case study
- Special Interest Group Presentation Society for Adolescent Health and Medicine Seattle 2018 – Children in Warfare

- Special Interest Group Presentation Society for Adolescent Health and Medicine Washington 2019 – Children in Warfare
- The Maltreatment and Abuse of Asylum Seeking Youth - ‘Hot Topic’ Plenary Presentation SAHM Washington 2019
- Special Interest Group Presentation Society for Adolescent Health and Medicine San Diego 2020 – Children in Warfare – presented Remotely due to COVID 19
- Special Interest Group Presentation Society for Adolescent Health and Medicine August 2020 – Children in Warfare – presented Remotely due to COVID 19
- Special Interest Group Presentation Society for Adolescent Health and Medicine – Remote meeting March 2021 – Children in Conflict and Stress – presented Remotely due to COVID 19
- Special Interest Group Presentation Society for Adolescent Health and Medicine – Remote meeting March 2022 – supporting Children in war zones Conflict and Stress – (including Ukraine) presented Remotely due to COVID 19
- "Mental and Behavioural Health issues affecting young Refugees and Asylum Seekers.", publication in Current Pediatrics Reports, Springer Nature December 2022
- Special Interest Group Presentation Society for Adolescent Health and Medicine – Remote meeting March 2023 – supporting Children in war zones Conflict and Stress
- Special Interest Group Presentation Society for Adolescent Health and Medicine – Remote meeting March 2024 – supporting Children in war zones Conflict and Stress
- Special Interest Group Presentation Society for Adolescent Health and Medicine – Remote meeting March 2025 – supporting Children in war zones Conflict and Stress

□ *Articles for popular medical press including -*

- "Friday bloody Friday" a week in the life of a Community Doctor.
- "What is wrong with me?" (Belated diagnosis of hypothyroidism).
- "Counselling the wife of an alcoholic". and other pieces on alcoholism affecting the family.
- Narrative Medicine contributions – ‘Thank You’ and ‘St James’s Blues’ in ‘Berman’ 2017

□ *Other research -*

- topics associated with dermatoglyphic abnormalities in children 1970-72
- Evaluation of treatment in school enuresis clinics 1979
- Comparative study of colour vision testing in children 1978

## □ Film, Television and Radio

### Documentaries -

- "Schoolgirl Mum" 40 minutes series Oct 1985 - including extensive press coverage
- "Too young to have a baby?" BBC schools television Scene series March 1986.
- "Sex and Sensibility" Dec 1987 sex education video in conjunction with NAC.
- "Issues" BBC schools television (regarding abortion choices and decisions). 1988
- Television History Workshop "In the Club?" 1988
- "Horizon - The child mothers" June 1990
- "What do we tell our children?" HIV and Young People - London Weekend TV- World AIDS day Dec 1991
- "Dangerous Liaisons" World aids day 1992 (Beyond 2000)
- Several Documentaries produced via Youth Support Media branch – Dial-Media including 'Its Not An Easy Road' – Teenage pregnancy; 'Generations' Cohort Studies.
- 'Generations – The Life and Work of Neville Butler' Drama Documentary produced October 2006; shown at Neville Butler Memorial event (2007) and at subsequent Neville Butler Memorial Lectures.
- Asylum' The Pressures and Problems facing Asylum seeking minors. Documentary presentation April 2010 – Received Awards - BAFTA (British Academy) award of 'Gift of the Academy'; BAFTA Los Angeles shorts showcase April 2010; Los Angeles Shorts Festival 2010; Hollywood Shorts 2010; LA Femme film festival October 2010; Music in film Park City Utah 2012.
- Zero Waste – Spreco Zero short documentary on food waste and how to conserve resources – original Italian and English translation 2014
- Mutilatini -short documentary on child amputees after WWII in Italy - original Italian and English translation 2014 /2015
- In preparation – the child with red hair – (working title) children of Afghanistan 2019/2020
- A Safe Place – ongoing documentary on Children in Afghanistan. 2019/2020/2021
- Voice of Youth – project giving Deprived and Marginalised Youth a Voice – continuing development 2013 to 2024

### News items -

- Numerous items and coverage for Sky, Thames and BBC news; 'Thames report', 'This morning', 'The London Programme', 'Kilroy', 'People Today', 'Thames Help'. Discussion and interviews for John Dunne show BBC radio 2, Women's Hour, "YFM" youth programme radio 4 , local radio etc subjects - teenage pregnancy, age of consent, contraception, abortion, prostitution, 'battered women', sexuality etc.; Radio London 2006; Interviews re domestic abuse under COVID lockdowns 2020
- International - Includes - RAI - interviews on Italian network regarding teenage pregnancy and psychotherapy with young 1997; Jamaican television - CMTV and SuperSupreme TV - interviews on sexuality, suicide, peer counselling and Youth Support – 1998; Jamaican TV and Radio interviews 2002, 2004, 2005, 2006 ; 2008; 2012; USA Kentucky radio on teenage suicide and Sexuality

## □ Languages

- **Bilingual English / Italian**
- **French** – reasonable – professional translator medical text French to English.
- **Spanish** – understand and have lectured in Spanish (S America) also understand a little Portuguese due to similarity with Italian
- **Russian** – some understanding – was at ‘conversation level’ some years ago
- **Pashtu** – basic conversation

## □ Other Experience

- *Genetics* - spent time in the Genetics department of Institute of Child Health and cytogenetics laboratory. Set up simple cytogenetics laboratory in Children's hospital Trento Italy 1971. Several periods spent working in Italian Hospitals (bilingual Italian/ English).
- *General Practice* - From 1979 - 1984 assistant and locum in general practice.
- *Sports Medicine* - Medical advisor to Martial Arts Commission, Taekwondo Federation and British Judo Association. Have been involved in British Olympic Committee medical section.
- *Medical Translation* - Interpreter and translator English /Italian / French.
- *General Interests* - Computers in Medicine. Sports Judo and swimming. Breeding and showing Great Danes. Music (Guitar and singing).

## **IT and Computing Experience**

- Trained in Internet and networking technology plus word processing, statistical analysis, database and email systems and use skills within Youth Support Charity as communication, teaching and assessment aid. To develop services for the Charity and Youth Support in general and to aid Youth Support in the running of the 'Projects' which include the 'CyberBridge' Internet Cafe. The CyberBridge project is able to provide IT experience and skills for youth and for residents of Youth Support establishments. Staff training and training for Youth and the general public in a wide area of IT skills is carried out.
- Communication - web design and publishing of sites for Youth Support; remote working through internet connections and RAS (remote access service) ; Web cameras for observation and assessment.
- On-line learning and interactive programmes including media streaming and interactive websites. Includes conference proceedings, literature database and prevention workshops
- Assessment - Computerisation and standardisation of quantitative measurements on children, individuals and families providing databases and graphical readouts of parameters such as child development; growth; skill acquisition ; parenting skills etc.
- Setting up and managing a three LAN based WAN environment with WIN NT and WIN 2000 server OS; windows server 2003 / 2008 / 2012b(2013)
- Configuring and managing MS Exchange mail systems.
- Qualified in use of SAGE accounting systems including network based sage line 50

## **Qualified MCSE (Microsoft Certified Systems Engineer) and MCSE+ I (Microsoft Certified Systems Engineer with Internet)**

- Trained and experienced in following areas -
  - Networking foundation
  - Windows NT Workstation ( MCSE/ MOC (*Microsoft Official Curriculum*) core technologies and exam 073)
  - Windows NT Server (MCSE MOC core technologies and exam 067)
  - Windows NT Network administration (MCSE / MOC optional core 803)
  - Networking Essentials ( MCSE/ MOC core technologies and exam 058)
  - NT Server Enterprise Technologies - Supporting Windows NT server in the Enterprise ( MCSE/ MOC core technologies and exam 068)
  - TCP/IP *transmission control protocol / internet protocol* ( MCSE/ MOC elective 688 and exam 059)
  - Creating and Managing a web server using Internet Information Server( MCSE/ MOC elective 936 technologies and exam 087)
  - Exchange overview ( MCSE/ MOC elective 1045)
  - Implementing and administering Microsoft Exchange Server 5.5 ( MCSE/ MOC elective technologies 1313 and exam 070-081)
  - Internet Explorer and Implementing and administering Internet Explorer IEAK (*Internet Explorer Administration Kit*) (MCSE/ MOC elective 956 technologies and exam no 070-079)

- Proxy Server ( MCSE/ MOC elective technologies 836 and exam 070-088)
- Windows 2000 MCSE upgrade experience (Dual qualification)
  - Accelerated Training for updating support skills and designing a Microsoft Windows 2000 Directory Services Infrastructure - course 1579
  - Windows 2000 Beta course 1561 inc - Integrating active directory with microsoft exchange 5.5 directory
  - Designing a Change and Configuration Management Infrastructure for Microsoft Windows 2000 Professional - course 1563
- **Web Design and administration** both for
  - Youth Support charity maintaining several sites for publicising work of charity and the Projects plus on line database and teaching systems and
  - Web designing for general public; clubs and charitable organisations as part of the charities fund raising activities.
  - Teaching web technologies.
- **Multimedia experience** – Filming using DVCAM and DV and HD formats, video editing nonlinear systems , audio recording, editing and finishing (WAV, MPG formats) – video (AVI MPG and analogue) and DVD production for teaching purposes including on-line media streaming. Graphics using adobe, Paint Shop Pro and Ulead and Canopus software. Direction of award winning documentaries for the charity.

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## Addendum:-

Extract from the book 'Teens and Their Doctors - The Story of the Development of Adolescent Medicine' Henry Berman, MD & Hannah Dashefsky, BSN, RN October 2017, ISBN 978-0-88135-392-1

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**Diana Birch** pioneered adolescent health in the UK.

**Birch:** “I have always had an interest in young people; I began with looking after pregnant schoolgirls, who did not have a structure of support and, as ‘children having children,’ doubly needed such support. This work, which became a research project and MD thesis in the early-to-mid eighties, led to the founding of the charity Youth Support in 1986. [See sidebar]

At that time I established links with my colleagues in Jamaica and also in the USA and joined SAM and the incipient IAAH at the Congress in Australia in 1987. This was also when I met **Richard MacKenzie** and **Edie Moore** who remained good friends thereafter.

“In the UK we did not have a career structure for Adolescent Medicine and hence I have always regarded my American colleagues as my peer group and arranged my own training by doing courses in sexual medicine and an MSc in psychotherapy and training in drug and substance abuse. We eventually managed to open our own residential unit in south London which took cases from all over the country and some from abroad. Most had been abused.

**In establishing Youth Support, Birch needed to overcome the same obstacles as her colleagues in other countries in providing care for those who were neither children nor adults.**

From *The History of Youth Support*, 1996.

“Youth Support was born out of a need to provide a service for teenagers and support to schoolgirl mothers. . . the first Youth Support publication on schoolgirl pregnancy, ‘Are you my sister, Mummy’ came out in time for our first meeting. The statutory services—health, education, and social services were not catering to this age group and there was a danger that the medical services particularly were dividing care into paediatrics—i.e. children’s services—and adult services, with adolescents and young adults falling in the wasteland between.”

**MacKenzie** has a particular interest in Adolescent Medicine outside of the United States. His comments about **Birch**: "Diana Birch's interests were/are in teen pregnancy, disadvantaged youth and abused youth. She was always into integrating novel experiences for the girls - she had a pet shop down the road where the young woman worked when they were able and trusted.

"She also spent a large part of her energies and expertise assessing 'damaged' young people and testifying in court. She has written several books based on her experience, has a black belt in martial arts, and has actually done pubertal assessment work in Afghanistan and Eastern European countries to develop methods of determining chronological age to ascertain status as refugees.

Diana also focused much energy on building up the International Chapter of SAM leading to an increase in interest from the growing number of international members."

**Birch**: "I was part of the International chapter of SAM for many years and co-chaired for several years after Roger Tonkin left. (I was incidentally the president elect of IAAH and would have been the third president after David Bennett but I resigned before taking office.) I have always worked on an International basis – in Russia during the mid eighties, Jamaica from 1986, Cuba, lectured and held workshops in very many countries including China, South America, Japan. I also ran workshops in the USA--California and Kentucky. For the last ten years approximately I have had links with Afghanistan and the Middle East due to the refugee crisis and have worked with trafficked youth – girls from Africa for the sex trade or slave labour from Vietnam and the Far East.

"I base my work with youth on creative therapy drama music which allows young people from different backgrounds to work together without a language barrier. We set up world conferences and World Youth Forum which was very popular and a great experience for young people. I have produced documentaries about the work, including a short film, *Asylum*, which had a BAFTA [The British Academy of Film and Television Arts] premier and some awards."

**Sheila Campbell Forrester**, a past Chief Medical Officer of Health for Jamaica, said the following: “Mrs. Pamela McNeil started the ‘Women’s Centre’ for pregnant girls in Jamaica and which has been replicated in other countries. She authored the book *As My Mother Taught Me* for which Diana Birch was editor. Diana Birch is an icon of Youth Support who has dared to write on the subject of adolescents and youth, pioneered Youth Support in the UK, and has been a member of IAAH and SAHM.”

**Richard MacKenzie** had the last word: “Truly an unsung hero.”