

STOMP it out!

Stop **O**ver **M**edication of **P**eople
with learning disabilities, autism, or both

Stopping over use of
psychotropic drugs
for managing
behaviour seen as
challenging



What is STOMP?



- **STOMP** is a health campaign to stop the over use of **psychotropic** drugs to manage people's behaviour.
- People with a learning disability, autism or both are more likely to be given these drugs than other people.
- **STOMP** is about working with your doctor to make sure you are getting the best treatment for you.
- **STOMP** is about showing there are other ways to support people.
- Together there's a way to **STOMP** out the over use of psychotropic drugs for managing behaviour.

What are psychotropic drugs?

You should **not** change your dose of these drugs or stop taking them without the help of your doctor and people who support you.



- Psychotropic drugs are used to treat mental health conditions like **psychosis or depression**.
- **Behaviour which challenges** is not the same as psychosis or depression, and there are different things you can do to help with this.
- If you do need to take these drugs for behaviour which challenges, it should be in the smallest dose that works, for the shortest time possible.
- This is to stop people from being on large doses, or more than one drug, for a long time.
- Over use can lead to serious side effects like weight gain, feeling tired or 'drugged up' or problems with physical health.
- **STOMP** is about helping people stay well and have a good quality of life.

What are we doing about it?

Public Health England says that every day about 30,000 to 35,000 adults with a learning disability are taking prescribed psychotropic drugs when they don't have psychosis or depression.

Children and young people are also being prescribed these.



It's OK to ask questions about your medication, what else can help, and to get more involved in decisions about taking them.

STOMP is a 3 year project which runs until 2019. Over that time we are:

- Working with people with learning disabilities, autism, or both, and their families to spread the word.
- Working with health professionals and organisations involved in people's treatment.
- Working with social care providers who support people with behaviour which is seen as challenging.
- Talking about **STOMP** in the media.
- Sharing good practice.
- Improving understanding of non-drug treatments which can help.
- Providing training, resources and events.



Our partners



These organisations are working to help stop over medication with psychotropic drugs:

- NHS England's STOMP Steering, Delivery and Advisory Groups
- Royal Colleges of Nursing, Psychiatrists and GPs
- Royal Pharmaceutical Society
- British Psychological Society
- Voluntary Organisations Disability Group (VODG)
- The Care Quality Commission

STOMP is also supported by the Challenging Behaviour Foundation

For more information

about over medication and **STOMP**, visit the partner websites or:

www.england.nhs.uk

Or for more help

Ask your **doctor** for a medication review or an annual health check

Other organisations offering help or advice

Mencap

Helpline 0808 808 1111, weekdays 9am-5pm

Website www.mencap.org.uk

Challenging Behaviour Foundation (CBF)

Family Support Line: 0300 666 0126, Mon-Thu 9am-5pm, Fri 9am-3pm

Website www.challengingbehaviour.org.uk

National Autistic Society

Helpline: 0808 800 4104, weekdays 10am-4pm

Website www.autism.org.uk/helpline

