

# STOMP it out!

**S**top **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](http://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](http://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](http://www.challengingbehaviour.org.uk)

### National Autistic Society

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

Website [www.autism.org.uk/helpline](http://www.autism.org.uk/helpline)

