STOMP it out!

Stop Over Medication of People with learning disabilities, autism, or both

Stopping over use of psychotropics drugs for managing behaviour seen as challenging
What is **STOMP?**

- **STOMP** is a health campaign to stop the overuse 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 overuse 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.**

- Psychotropics 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.

**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.

*It’s OK to ask questions about your medication, what else can help, and to get more involved in decisions about taking them.*
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](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)