Our commitment to STOMP

New Directions is committed to STOMP, a national campaign to raise awareness and stop the over-use of psychotropic medicines to manage people's behaviour.

STOMP stands for **St**opping the **O**ver-**M**edication of **P**eople with a learning disability, autism or both with psychotropic medicines.

Psychotropic medication affects how the brain works and includes medicines for psychosis, depression, anxiety, sleep problems and epilepsy. They are also sometimes given to people whose behaviour is seen as challenging.

Unnecessary use of these 'restraint' medicines can put people at risk of significant weight gain, organ failure and even premature death. With a positive approach to behaviour support, the ongoing prescription of these medicines is often completely unnecessary.

People with learning disabilities, autism or both are more likely to be given these medicines than other people. Public Health England report that every day, up to 35,000 adults with a learning disability are taking prescribed antipsychotic or antidepressant medication, or both, when they do not have the health conditions these medicines are for.

STOMP is about changing the way things are done and helping people to stay well and have a good quality of life.

We are committed to supporting the STOMP campaign by:

- Ensuring the people we support, and their circle of support, are involved in decisions about their care, including their medication
- Actively promoting alternatives to medication, such as positive behaviour support
- Raising awareness to ensure all staff know about STOMP and have an understanding of psychotropic medication
- Encouraging staff to speak up if they have a concern that a person we support may be overmedicated
- Maintaining accurate records about the health, wellbeing and behaviour of the people we support
- Supporting people to have regular reviews of their medication
- Monitoring the use of psychotropic medication
- Working with people with a learning disability, autism or both, their families, health professionals, GPs, commissioners and others to stop overmedication

For further information about STOMP please visit www.england.nhs.uk/stomp and www.vodg.org.uk/campaigns/stompcampaign