

# STOMP and STAMP

Stopping **T**he **O**ver-**M**edication of children and young  
**P**eople with a learning disability, autism or both (**STOMP**)  
and  
**S**upporting **T**reatment and **A**ppropriate **M**edication in  
**P**aediatrics (**STAMP**)



## What are **STOMP** and **STAMP**?

Children and young people with a learning disability, autism or both are more likely to be given medication (including psychotropic medication) than other children and young people.

**STOMP** aims to stop the overuse of psychotropic medications for children and young people with a learning disability, autism or both. It is about helping children and young people to stay well and have a good quality life. If children or young people do need psychotropic medication, it should be seen as the last resort. Medication should be regularly reviewed to make sure it is still the right thing for them and they do not stay on the medication for longer than is necessary.

**STAMP** aims to make sure that children and families can access other treatment and support when children display behaviours that challenge, for example Positive Behaviours Support or other therapeutic support. Sometimes when children and young people do need medication it can be difficult to make sure they are always able to get it when they need it. STAMP is about making sure where medication will help children and young people to have a good life, barriers are removed.

# What are psychotropic medications?

Psychotropic medications are used to treat mental health conditions, such as anxiety, depression, and psychosis. Sometimes these medications are given to children and young people because of behaviours that challenge others. These medications can be right for some children and young people in some situations and can help them live a good life.

However, there are other ways of helping children and young people so that sometimes they need less medication or none at all.

**STOMP** and **STAMP** want to make sure that children, young people and families get the other support they need. This might mean they are less likely to need psychotropic medication or need it for a shorter time. Psychotropic medication should not be used instead of support and therapeutic treatment.

# What can organisations and individuals do?

**STOMP** and **STAMP** are about everyone working together to make sure children and young people get the right medication, if and when they need it.

Organisations and individuals that work with children and young people with a learning disability, autism or both are showing their commitment to **STOMP** and **STAMP** by signing a pledge. This will help them to make sure children and young people get the:

**Right medication** at the **right time** for  
the **right reason**.

If you want more information or additional help go to our website:

[www.england.nhs.uk/learning-disabilities/improving-health/stomp/](http://www.england.nhs.uk/learning-disabilities/improving-health/stomp/)