

New Position Statement supports PBS as an alternative to meds

A new paper from the UK Royal College of Psychiatrists has been published in August 2021 regarding “Stopping the overmedication of people with intellectual disability, autism or both (STOMP) and supporting treatment and appropriate medication in paediatrics (STAMP)” and makes specific reference to ABA and PBS.

In recent years, particularly following the Winterbourne case, issues have been raised around people being given psychotropic medications without clear clinical need. People have been given these drugs to manage behaviour that challenges which may instead require a psychological approach. The guidance is supportive of pursuing alternative interventions and prescribing psychotropic medication only for the right indication, for the right reason and at the right time.

Page 9 states: “There are now well-developed behavioural techniques, eg applied behaviour analysis (LaVigna and Willis, 2005) and frameworks, such as positive behavioural support (Gore et al, 2013) that can improve the lives of those with intellectual disability who display challenging behaviours.”

Later, at page 14, the first recommendation discusses multi-disciplinary and multi-agency teams, with particular reference to BCBAs and ABA and PBS practitioners.

On page 16 of the paper under Recommendations For Action, “Positive Behaviour Support (PBS) is now recommended as best practice by the Royal College of Psychiatrists, The Royal College of Speech and Language Therapists and The British Psychological Society. It is recommended by the Department of Health, NHS England and Skills for Care, and by the All Wales Challenging Behaviour Community of Practice”.

To read the whole document, including a full definition of PBS and how to secure successful implementation, see [here](#).