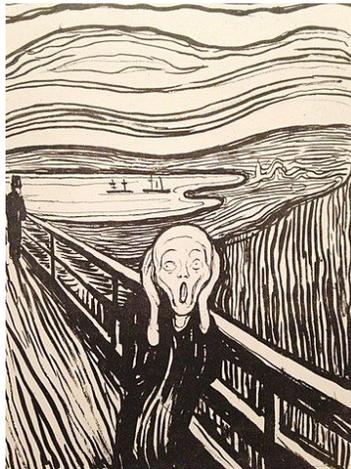


Your loved one has just been identified as one who needs/qualifies to be a part of the HIMS program. You may be wondering

1. Why?
2. What is addiction/ alcoholism?
3. What happens now?
4. What can I do?

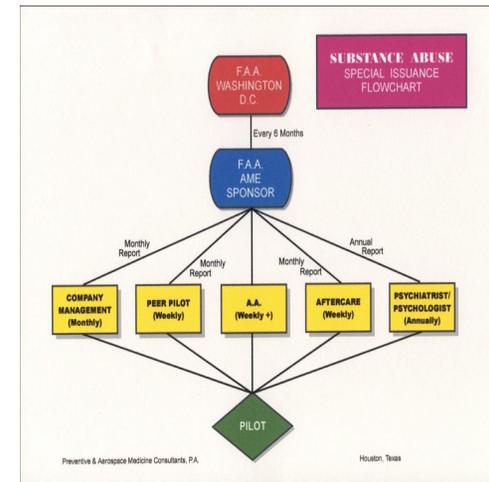
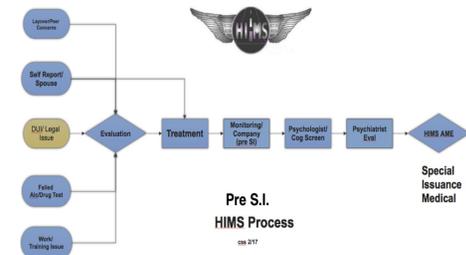


1. Your loved one has been identified as one who needs/qualifies to be a part of the HIMS program. HIMS= Human Intervention Motivation Study. Identification can come from multiple sources. Peer identification, self admittance to addiction, DUI and other means. (see chart)

2. **Chemical Dependency** includes alcoholism and any other drug dependency. Chemical Dependency manifests as a loss of control, compulsive use, and continued use despite adverse consequences. Chemical Dependency is sometimes referred to as addiction. (copied from the HIMS program website) **Alcoholism** is widely recognized as a disease of compulsive drinking, which can be treated, but not cured. It is a progressive illness, which will get only worse as long as the person continues to drink. Total abstinence from drinking is the only way to arrest the disease. Alcoholism affects the entire family; indeed, everyone who has contact with the alcoholic is affected. Unfortunately, the only person who can stop the alcoholic from drinking is the alcoholic himself or herself. (reprinted from Anon website, al-anon.org)



3. These charts shows the flow of your loved one's journey through recovery and recertification as a licensed pilot. The first one is what happened initially to qualify for HIMS. The second one is what happens afterwards. Start at the bottom and follow the lines. Although confusing at first, there are people available to explain the process to you as each airline is slightly different in the amount of time spent in the boxes.



4. What can you do?

First of all, you didn't cause the addiction, can not control or cure it. It's time to focus on yourself and how you have been affected by the disease. The people you meet in this program have experienced the hurt, anger and confusion that you may be experiencing right now. We are here to help you learn to take responsibility for the only thing you can control; yourself.

Secondly, HIMS provides names of family members who are willing to take your calls. They have been down the road you are about to travel and have valuable experience in navigating their way. They do not give advice, gossip, criticize or endorse any specific therapy or religious entity. You are encouraged to find ways to make yourself healthy which is the best way to ensure that those you love can find their own way with dignity.

5. A word on **Anonymity**

The identity of the pilot and their family members should be protected at all times. When/If you decide to reach out, we do not discuss the pilot or airline to which they are attached. Confidentiality can only be achieved through trust and honesty.

[Al-Anon](#)
[Al-Anon Faces Alcoholism](#)

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Family Support HIMS Program

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