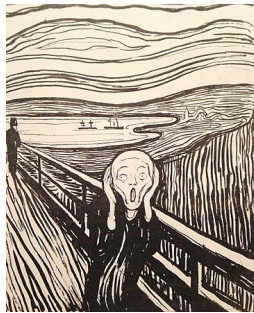


Your loved one has just been identified as one who needs/qualifies to be a part of the HIMS program. You may be wondering

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



1. The pilot in your life has taken the first step to save his/her life. The HIMS program (Human Intervention Motivation Study) allows pilots with a substance abuse problem to get healthy without jeopardizing their career. Identification can come from multiple sources. Peer identification, self admittance to addiction, DUI and other means.

**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.

**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; Unfortunately, the only person who can stop the alcoholic from drinking is the alcoholic himself or herself. (reprinted from al-anon.org)



### 3. Before Treatment

- \* EAP/HIMS will identify a treatment facility and schedule an admit date
- \*Pilot should review with family any accounts numbers, bills due and responsibilities needing handling during this absence
- \*Obtain contact information for treatment facility and other emergency numbers
- \*Confirm dates for family program participation at facility
- \*Consider power of attorney

### During Treatment

- \*If appropriate and allowed, speak with your family member; send cards, pictures and updates.
- \*Attend Family Program at facility
- \*Visit if possible and approved by facility
- \*Attend AI Anon/self help meetings

### After Treatment

- \*Attend AI Anon/ self help meetings
- \*Obtain an AI Anon sponsor
- \*Consider family therapy

#### 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. Addiction is a family disease. The next phase of your life/relationship may not be easy. We who have been through this difficult time are here to help you learn to take responsibility for the only thing you can control; yourself. If you are not healthy, your family and relationships can not be healthy. Secondly, HIMS provides names of family members who are willing to take your calls. 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. Alcoholism is an illness that has tremendous emotional impact upon the immediate family.

#### 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.

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## Family Support HIMS Program

[www.himsprogram.com](http://www.himsprogram.com)

