



AGENDA

BOOKLET

Recovery in a Virtual World...Stay on Target

BOOKLET

DETAILS

✈ **Welcome to the HIMS Basic Education Seminar**

✈ **Agenda**

✈ **Administrative Notes**

✈ **Continuing Medical Education (CME)**

✈ **HIMS Designation Documents**

✈ **FAR Part 67**



Recovery in a Virtual World...Stay on Target

WELCOME

Dear HIMS Seminar Attendee:

Welcome to the first-ever hybrid virtual and in-person HIMS Basic Education Seminar. The purpose of the seminar is to train airline managers, peer pilot committee members, physicians, and allied health care practitioners in the HIMS model of dealing with alcoholism and substance dependence among the professional pilot and air traffic controller populations. Under the FAA contract, the training is offered to all segments of the airline industry.

As a participant at this seminar, you will be provided with the knowledge to successfully assist members of your industry who suffer from some form of chemical addiction. It is important to remember this education is only the first step in qualifying you to work in this field. Additional instruction and hands-on experience in identification, intervention, evaluation, treatment, continuing care and monitoring will come over time from other trained and experienced members of the pilot assistance organization where you work.

This occupationally specific method of dealing with substance abuse among professional pilots, developed by the Human Intervention Motivation Study (HIMS), exists today only because of the cooperative relationship between airline managers, pilot unions, FAA regulators, and healthcare professionals. As a valuable member of this team effort, it is vital that you understand your designated role and carefully work within the guidelines of HIMS and the system in place at your aviation organization.

Thank you for volunteering to attend this seminar. Your work helping pilots suffering from the disease of addiction will be difficult at times and ultimately rewarding as well as enlightening. We also thank you for your countless hours of work at all times of the day and night. For without this rarely seen dedication, we would not be the family we are!



FO Craig Ohmsieder
ALPA National HIMS Chairman



Quay Snyder, MD, MSPH
HIMS Program Manager

Recovery in a Virtual World...Stay on Target

AGENDA

APRIL 13 - 15 2021

ALPA-I HQ, Valo Park
McLean, VA

Monday, April 12, 2021 (All times shown in EST [UTC-5])		CME
4:00 pm to 6:00 pm	Speaker IT familiarization – Valo IAD Conference Room	
6:30 pm to 8:30 pm	HIMS Chairs' Meeting (Invitation Only) – Hotel, Salon I-II	
Day 1 - Tuesday, April 13, 2021		
7:00 am to 8:00 am	BOAF (Closed meeting) – Hotel, Salon V	
7:30 am to 9:30 am	Breakfast – Hotel, Salon I-III	
9:00 am to 10:00 am	Check-in – Valo Park Main Lobby	
10:00 am to 10:20 am	Welcome and Seminar Preview <i>Speakers: Capt Joe DePete, Susan Northrup, MD, FO Craig Ohmsieder, Quay Snyder, MD</i>	.25 hr
10:20 am to 11:00 am	HIMS Overview, New HIMS Website, Database <i>Speakers: Quay Snyder, MD, FO Craig Ohmsieder, Capt. Billy Petersen</i>	.75 hr
11:00 am to 11:15 am	Break	
11:15 am to 12:00 pm	Addiction: The Disease <i>Speaker: Navjyot Bedi, MD</i>	.75 hr
12:00 pm to 12:15 pm	Break	
12:15 pm to 1:00 pm	Addictive Substances, Effects & DOT Testing Trends <i>Speakers: Nicholas Lomangino, MD, Quay Snyder, MD</i>	.75 hr
1:00 pm to 1:15 pm	Break	
1:15 pm to 1:30 pm	Aviation Family Fund <i>Speaker: Capt Dana Archibald</i>	
1:30 pm to 2:00 pm	Identification and Self Help Recovery Programs <i>Speaker: Capt Billy Petersen</i>	.50 hr
2:00 pm to 3:00 pm	Lunch Break – Play Original HIMS Video HIMS Advisory Board Meeting #1 (Invitation Only) – Valo Room MEM	.25 hr
3:00 pm to 3:45 pm	Treatment <i>Speaker: Navjyot Bedi, MD</i>	.75 hr
3:45 pm to 4:00 pm	Break	
4:00 pm to 4:45 pm	FAA Certification Standards and Stepdown Policy <i>Speaker: Penny Giovanetti, DO</i>	

AGENDA

APRIL 13 - 15 2021

ALPA-I HQ, Valo Park
McLean, VA

Day 1 - Tuesday, April 13, 2021 (<i>Continued</i>)		CME
4:45 pm to 5:30 pm	FAA Staff Q&A <i>Panel: Susan Northrup, MD, Penny Giovanetti, DO, Nicholas Lomangino, MD, Matthew Dumstorf, MD</i>	.75 hr
5:30 pm to 5:45 pm	Break	
5:45 pm to 6:30 pm	Initial Psychiatry and Psychology (P&P) Evaluations <i>Speakers: Paul Sargent, MD, Dan DaSilva, PhD</i>	.75 hr
6:30 pm to 7:00 pm	Continuing Care/COVID Challenges <i>Speakers: Barbara Woods, LCSW, ACSW</i> Please fill out and submit Day 1 Critiques. Click here to fill out the form.	.5 hr
Day 2 - Wednesday, April 14, 2021		
Sports Team Jersey/Logo Day – wear your favorite sports team t-shirt!		
7:00 am to 8:00 am	BOAF (Closed meeting) – Hotel, Salon V	
7:30 am to 9:30 am	Breakfast – Hotel, Salon I-III	
10:00 am to 10:45 am	Drug & Alcohol Testing Myth Busters and Strategies <i>Speakers: Quay Snyder, MD</i>	.75 hr
10:45 am to 11:00 am	Break	
11:00 am to 12:00 pm	HIMS Faculty Q&A <i>Panel: FO Craig Ohmsieder, Capt. Billy Petersen, Quay Snyder, MD, Navjyot Bedi, MD, Barb Woods, LCSW, ACSW, Dan DaSilva, PhD</i>	1.0 hr
12:00 pm to 12:30 pm	Networking Break	
12:30 pm to 2:00 pm	<i>Professional Breakouts</i>	
Group 1	Peer Monitor/Union HIMS Chairs – Valo Dining Room & Virtual Session <i>Speakers: Billy Petersen, Capt Michael Galante, Capt. (Ret) Kerri Ballard</i>	
Group 2	Management HIMS Teams - Virtual Session <i>Speakers: Capt. Scott Monjeau, Capt. Dave Retnam, Capt. Jason Pettit</i>	
Group 3	Neuropsychologists – Virtual Session <i>Speakers: Robert Elliott, PhD, Daniel DaSilva, PhD, Randy Georgemiller, PhD</i>	
Group 4	Psychiatrists - Virtual Session <i>Speakers: Paul Sargent, MD, Navjyot Bedi, MD, Charles Chesanow, DO</i>	1.5 hr
Group 5	AMEs - Virtual Session <i>Speakers: Robert Gordon, DO, Penny Giovanetti, DO, Nicholas Lomangino MD, Matthew Dumstorf, MD</i>	1.5 hr

AGENDA

APRIL 13 - 15 2021

ALPA-I HQ, Valo Park
McLean, VA

Day 2 - Wednesday, April 14, 2021 (Continued)		CME
2:00 pm to 3:00 pm	Lunch Break – Play New HIMS Video HIMS Advisory Board Meeting #2 (Invitation Only) – Valo, Room MEM	.25 hr
3:00 pm to 3:30 pm	Addiction – A Family Affliction <i>Speaker: Barbara Woods, LCSW, ACSW</i>	.5 hr
3:30 pm to 4:15 pm	After the SIA: Monitoring, Relapse Prevention & Detection <i>Speakers: Capt. Tim Markley, Quay Snyder, MD</i>	.75 hr
4:15 pm to 4:45 pm	Break	
4:45 pm to 5:45 pm	<i>Pilot & Medical Professional Breakouts</i>	
Group 1	Pilots, Airline Representatives & Monitors – ALPA Valo Dining & Virtual Session Writing Monitoring Letters <i>Speakers: FO Craig Ohmsieder, Capt. Mike Galante, Capt. Billy Petersen</i>	
Group 2	AMEs – Virtual Session HIMS Case Preparation and Monitoring <i>Speakers: Penny Giovanetti, DO, Nicholas Lomangino, MD, Matthew Dumstorf, MD,</i>	1.0 hr
Group 3	Psychiatrists/Psychologists – Virtual Session HIMS Evaluation Documentation <i>Speakers: Paul Sargent, MD, Dan DaSilva, PhD, Robert Elliott, PhD, Charles Chesanow, MD, Chris Flynn, MD</i>	1.0 hr
5:45 pm to 6:30 pm	All Medical Professionals – SSRI Requirements <i>Speaker: Penny Giovanetti, DO</i> <i>Please fill out and submit Day 2 Critiques. Click here to fill out the form.</i>	.75 hr
Day 3 - Thursday, April 15, 2021		
7:00 am to 8:00 am	BOAF (Closed meeting) – Hotel, Salon V	
7:30 am to 9:30 am	Breakfast – Hotel, Salon I-III	
10:00 am to 10:45 am	Workplace Alcohol Testing: Legal Framework for DOT and Non-DOT Testing <i>Speaker: Suzanne Kalfus, Esq.</i>	.75 hr
10:45 am to 12:00 pm	FAA Q&A and HIMS Faculty Q&A <i>Speakers: Susan Northrup, MD, Quay Snyder, MD, FO Craig Ohmsieder, Deann King, EdD</i> <i>Please fill out and submit Day 3 Critiques. Click here to fill out the form.</i>	1.25 hr

ADMINISTRATIVE

NOTES



RESTAURANT GUIDE (*for onsite participants only*): The Marriott has prepared a list of dining options outside of the hotel should you wish to venture out. You can see all the dining options by [clicking here](#).



SEMINAR PRESENTATIONS: Presentations will be available in the Meeting Tomorrow Digital Library for 90 days following the event. After 90 days, you can find all seminar content on the HIMS website at www.HIMSProgram.com/past-seminars.



SEMINAR CRITIQUES: We request your feedback on your experience at our seminar. Please complete the daily critique linked inside the Meeting Tomorrow platform.

Your comments and suggestions are much appreciated!



SEMINAR POINTS OF CONTACT:

- Faith Leach
- Caitlin Bruton
- Marisa Olson

All team members will be located onsite in the Valo building (*for onsite participants only*) or can be contacted via email during the event at HIMS@aviationmedicine.com.



Recovery in a Virtual World...Stay on Target

CONTINUING MEDICAL EDUCATION

(CME)



ACCME - Up to 14.5 Credit Hours



Mental Health Professionals - up to 15.5 Professional Development Hours (PDH) available.

Attendees will receive a Certificate of Completion to submit to their respective agencies for Professional Development Hours.



Psychologists - up to 14 Continuing Educations (CE) credits available.

The American College of Professional Neuropsychology (ACPN) is approved by the American Psychological Association to sponsor continuing education for psychologists. The ACPN maintains responsibility for this program and its content.



The HIMS Staff will provide Certificates of Participation and Certificates of Attendance approximately 4 weeks after the seminar. These will be emailed to the participants email address provided during registration.

HIMS DESIGNATION

DOCUMENTS



FAA credit for HIMS AME Periodic Training is required every 3 years. Attendance *to the entire seminar and a passing test grade are required.*

Once all tests have been graded by the FAA, they will send out a Certificate of Continuing Medical Education to all attendees that pass the test. If you have any questions, please reach out to Dr. Deann King at deann.king@faa.gov.

In order to be listed on the FAA's HIMS AME/IMS and PNP listing, you must fill out either the HIMS PNP Information sheet if you are a Psychiatrist or Psychologist, or the HIMS AME Information sheet. These need to be returned to Sue Glowacki (Sue.Glowacki@faa.gov) after the conclusion of the seminar. These documents can be found in the Digital Library inside Meeting Tomorrow's platform during the seminar.

14 CFR PART 67

Title 14: Aeronautics and Space

PART 67 - MEDICAL STANDARDS AND CERTIFICATION

Subpart B - First-Class Airman Medical Certificate

§ 67.107 Mental.

Mental standards for a first-class airman medical certificate are:

(a) No established medical history or clinical diagnosis of any of the following:

(1) A personality disorder that is severe enough to have repeatedly manifested itself by overt acts.

(2) A psychosis. As used in this section, "psychosis" refers to a mental disorder in which:

(i) The individual has manifested delusions, hallucinations, grossly bizarre or disorganized behavior, or other commonly accepted symptoms of this condition; or

(ii) The individual may reasonably be expected to manifest delusions, hallucinations, grossly bizarre or disorganized behavior, or other commonly accepted symptoms of this condition.

(3) A bipolar disorder.

(4) Substance dependence, except where there is established clinical evidence, satisfactory to the Federal Air Surgeon, of recovery, including sustained total abstinence from the substance(s) for not less than the preceding 2 years. As used in this section—

(i) "Substance" includes: Alcohol; other sedatives and hypnotics; anxiolytics; opioids; central nervous system stimulants such as cocaine, amphetamines, and similarly acting sympathomimetics; hallucinogens; phencyclidine or similarly acting arylcyclohexylamines; cannabis; inhalants; and other psychoactive drugs and chemicals; and

(ii) "Substance dependence" means a condition in which a person is dependent on a substance, other than tobacco or ordinary xanthine-containing (e.g., caffeine) beverages, as evidenced by—

(A) Increased tolerance;

(B) Manifestation of withdrawal symptoms;

(C) Impaired control of use; or

(D) Continued use despite damage to physical health or impairment of social, personal, or occupational functioning.

(b) No substance abuse within the preceding 2 years defined as:

(1) Use of a substance in a situation in which that use was physically hazardous, if there has been at any other time an instance of the use of a substance also in a situation in which that use was physically hazardous;

(2) A verified positive drug test result, an alcohol test result of 0.04 or greater alcohol concentration, or a refusal to submit to a drug or alcohol test required by the U.S. Department of Transportation or an agency of the U.S. Department of Transportation; or

(3) Misuse of a substance that the Federal Air Surgeon, based on case history and appropriate, qualified medical judgment relating to the substance involved, finds—

(i) Makes the person unable to safely perform the duties or exercise the privileges of the airman certificate applied for or held; or

(ii) May reasonably be expected, for the maximum duration of the airman medical certificate applied for or held, to make the person unable to perform those duties or exercise those privileges.

(c) No other personality disorder, neurosis, or other mental condition that the Federal Air Surgeon, based on the case history and appropriate, qualified medical judgment relating to the condition involved, finds—

(1) Makes the person unable to safely perform the duties or exercise the privileges of the airman certificate applied for or held; or

(2) May reasonably be expected, for the maximum duration of the airman medical certificate applied for or held, to make the person unable to perform those duties or exercise those privileges.

[Doc. No. 27940, 61 FR 11256, Mar. 19, 1996, as amended by Amdt. 67-19, 71 FR 35764, June 21, 2006]