

HIMS Advanced Topics Seminar

A Pilot's Journey in HIMS – From Getting High to Flying Higher

A Play of Finding Serenity from Desperation Through Cooperative Support



2024 Advanced Topics Seminar

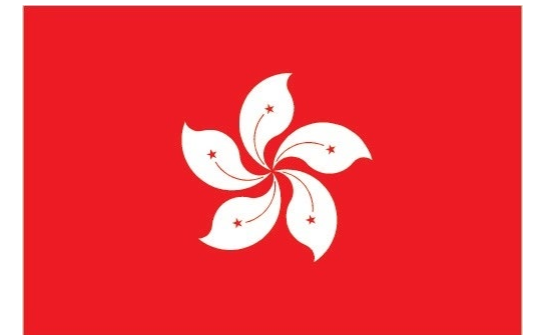
A Pilot's Journey in HIMS – Revisited

April 3 – 4, 2024

Renaissance Dallas Hotel, Dallas, TX

Howdy Y'All

| | | |
|----------------------------------|-----|------------|
| • Attendees | 251 | (211 / 40) |
| • Pilots | 103 | (100 / 3) |
| – HIMS Volunteers - | 66 | (66 / 1) |
| – Chief Pilots/Reps - | 26 | (25 / 1) |
| – International | 5 | (3 / 2) |
| • Non-Pilots | 116 | (84 / 32) |
| – AME's - | 47 | (29 / 18) |
| – Psychiatrists - | 15 | (11 / 4) |
| – Neuro/Psychologists – | 22 | (18 / 4) |
| – Airline Management - | 17 | (16 / 1) |
| – Other/FAA staff/Family Support | 15 | (11 / 4) |
| • Speakers/FAA/HIMS staff - | 27 | (26 / 1) |



Images: CIA.gov

Welcome – HIMS Advance Topics 2024 Seminar

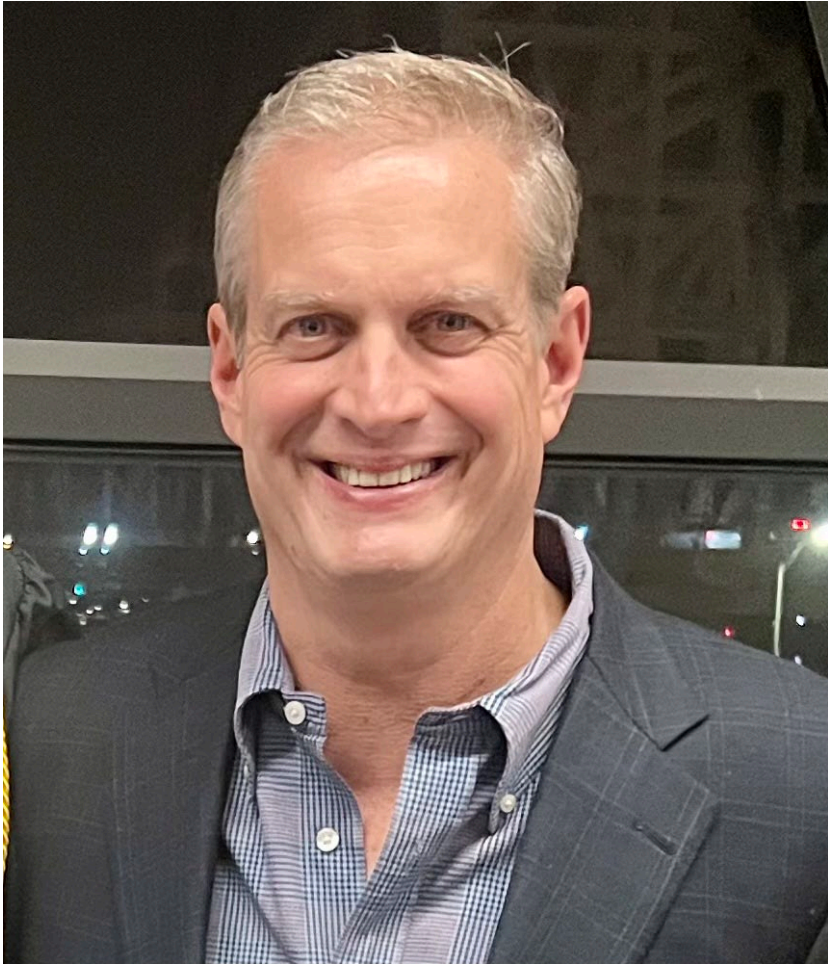
- Advanced Topics – Assumes good working knowledge
- Play will highlight DOT+ test context of HIMS program
- More time for Q& A and Specialty breakouts
- Use the HIMS App – Cvent -
- CME & CE for Medical attendees
 - Instructions at lunch
 - No Virtual Psychologist CE
 - No Virtual Breakouts
 - No Financial Conflict Disclosure from Any Speakers
- Bring all your challenges to the Discussion



HIMS Goals

Provide a structure within which pilots afflicted by the disease of substance abuse/dependence can be identified, treated, and returned to duty - saving lives and careers





Capt "Billy Mac" MacDonald

Alcoholic

UPS Instructor of Year

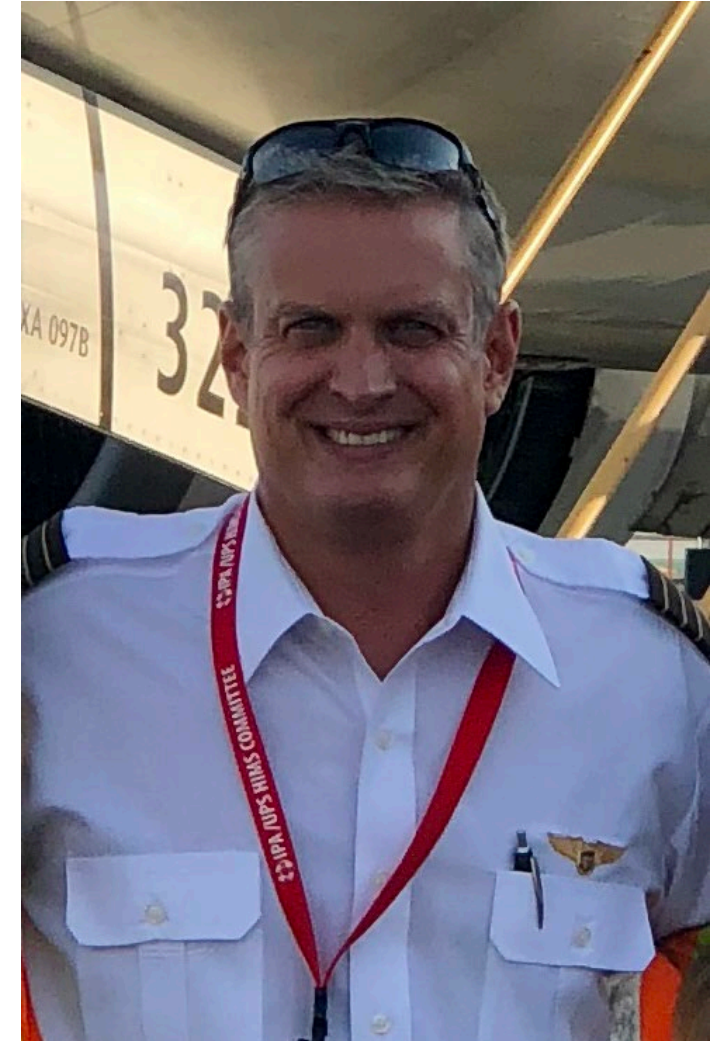
All-Round Good Guy

PROGRAM

PROCESS

PEOPLE

PROMISES



Format & Agenda

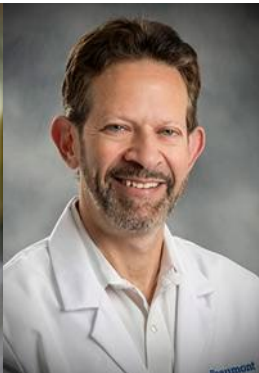
- Three Act Play – 21 Scenes
 - Sequential Story of One Possible Path Through HIMS - Highlights
- Act # 1 – “Trouble in the Air” A DOT Positive Test
- Act # 2 - “ My New Sober Life Without Jimmy Buffet”
- Act # 3 – “Gaining Sobriety – Practicing Patience – Return To Flying”
- Professional Breakouts

- Best Practices Summary from Each Professional Group
- FAA Q&A – Attendee Commentary

Act # 1 – Evaluation / Pre-HIMS Program



- Starring – Captain Billy MacDonald as Himself (Troy DeJean – understudy)
- Co – Starring
 - Capt. Craig Ohmsieder
 - Capt Billy Petersen
 - Capt Jim Schneider
 - Ms. Suzanne Kalfus
 - Dr. Paul Sargent
 - Dr. Teri Finklea
 - Dr. Bob Gordon
 - Ms. Barb Woods
 - Dr. Navjyot Bedi
 - Dr. Matt Dumstorf



Scene 1 –Oh \$#@! DOT+ What's Happening to Me?

- Marijuana is Legal in My State – But I Don't Toke!
- Hemp Gummies – They Are OK. Right?
- Why Did I Test Positive? Call AMAS
- National HIMS Leadership / Union Legal
- www.HIMSprogram.com





[ABOUT](#)

[DISEASE MODEL](#)

[PROGRAM](#)

[RESOURCES](#)

[SEMINARS](#)

[DUI INFO](#)

[GET HELP NOW](#)

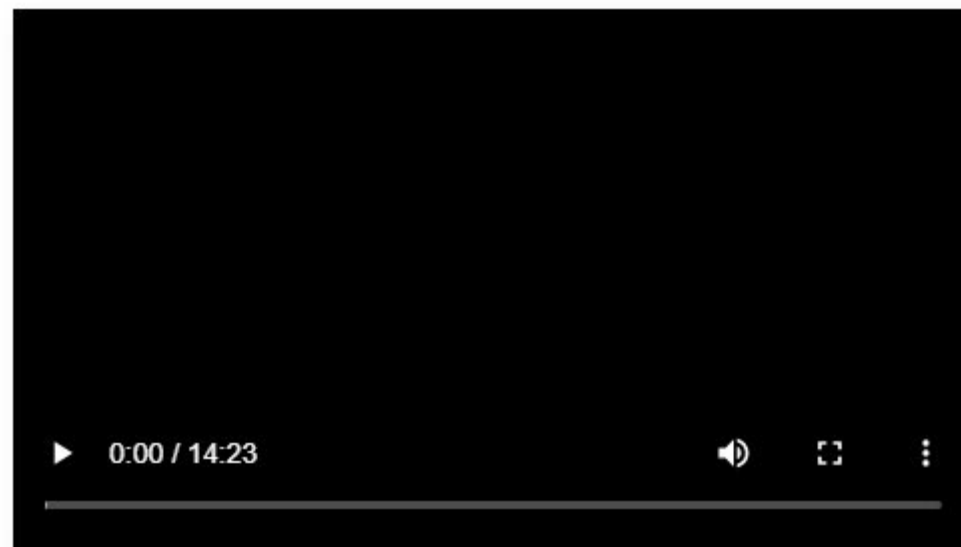


WELCOME TO HIMS

Human Intervention Motivational Study



A LOOK AT HIMS



HOW WE CAN HELP

If you are concerned about yourself, a coworker, family or friend, the HIMS program can find you help and support.



HELP FOR YOU

The first step in getting help is recognizing there is a problem.

[READ MORE](#)



HELP FOR A COLLEAGUE

Find information for a colleague in need of assistance.

[READ MORE](#)



FAMILY SUPPORT

You are not alone. Find help and resources here.

[READ MORE](#)



WARNING SIGNS

Recognize common signs of relapse.

[READ MORE](#)

- About HIMS
- Background
- Meet the HIMS Team



ABOUT HIMS

WHAT IS HIMS?



HIMS is an occupational substance abuse treatment program, specific to pilots, that coordinates the identification, treatment, and return to work process for affected aviators. It is an industry-wide effort in which managers, pilots, healthcare professionals, and the FAA work together to preserve careers and enhance air safety.

[ABOUT](#)[DISEASE MODEL](#)[PROGRAM](#)[RESOURCES](#)[SEMINARS](#)[DUI INFO](#)[GET HELP NOW](#)

-
- [Disease Model](#)
- [Identification](#)
- [Intervention](#)
- [Treatment](#)
- [Continuing Care](#)
- [Monitoring](#)
- [Relapse](#)



THE DISEASE MODEL

The [American Medical Association](#) recognized alcohol dependence in 1956. Alcohol dependence fits the disease model because it is a dysfunctional state with characteristic form.

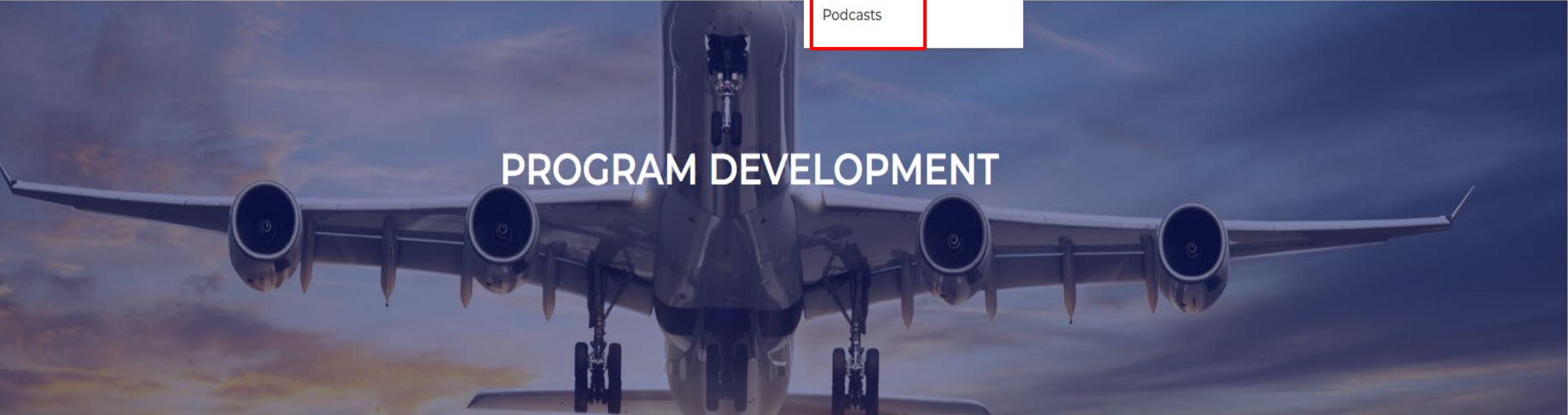
[ABOUT](#)[DISEASE MODEL](#)[PROGRAM](#)[RESOURCES](#)[SEMINARS](#)[DUI INFO](#)[GET HELP NOW](#)[Program Development](#)[FAA Certification](#)

PROGRAM DEVELOPMENT

Modern day Employee Assistance services had their origins in Occupational Alcoholism Programs where the core technology focused on management and union confronting resistant employees whose problem behavior was putting the company at risk. The emphasis of the pilot assistance system described in this document is to capitalize on these skills, adapt them to each corporate environment and fastidiously protect them from erosion within the mainstream of America's Employee Assistance Programs. Such internal pilot specific initiatives will significantly impact safety and return on investment.



- Documents
- Links
- Videos
- Podcasts



Modern day Employee Assistance services had their origins in Occupational Alcoholism Programs where the core technology focused on management and union confronting resistant employees whose problem behavior was putting the company at risk. The emphasis of the pilot assistance system described in this document is to capitalize on these skills, adapt them to each corporate environment and fastidiously protect them from erosion within the mainstream of America's Employee Assistance Programs. Such internal pilot specific initiatives will significantly impact safety and return on investment.



- Upcoming Seminars
- Seminar Recap



UPCOMING SEMINARS

HIMS Basic Education Seminar

Join us for our two-and-a-half-day Basic Seminar
at The Westin, Denver International Airport!

September 9, 2023 -



DUI/DWI INFORMATION

REPORTING REQUIREMENTS



There are **two separate reporting requirements** after any drug or alcohol offense. Complying with one does not satisfy the requirement of reporting to the other FAA department.

- You must report within 60 calendar days of any drug-and/or alcohol related conviction or administrative action to the



- [Get Help Now](#)
- [HIMS Chairmen](#)
- [Family Support](#)
- [HIMS AMEs](#)
- [Contact Us](#)

GET HELP NOW

THE FIRST STEP IN GETTING HELP IS RECOGNIZING THERE IS A PROBLEM.

Confidentially discussing your situation with a knowledgeable person is a great way to get started. This discussion will help you clearly define the issues and the available options.

There are several confidential resources available to assist you:

[ABOUT](#)[DISEASE MODEL](#)[PROGRAM](#)[RESOURCES](#)[SEMINARS](#)[DUI INFO](#)[GET HELP NOW](#)

HIMS CHAIRMEN



Please contact your Union HIMS Chair or Vice Chair to get started.



CHM JOE RIEHL

(419) 290-8962

joeriehl63@gmail.com



CHM SIMON NICHOLSON

+64 21747300

hims.simon@gmail.com



CHM RYAN JOSEPH

(310) 489-5600

rjoseph@apa2118.org



CHM RUBEN VAZQUEZ

(407) 375-9396

jetrube@gmail.com

CONTACT US



SEMINAR INFORMATION

HIMS@aviationmedicine.com

PRESS/PUBLIC STATEMENTS

media@alpa.org

PILOTS/AIRLINE MGMT/GENERAL HIMS INFO

ALPA HIMS Chairman Craig Ohmsieder

craig.ohmsieder@alpa.org

770-519-5407

ALPA HIMS Vice Chair Billy Petersen

william.petersen@alpa.org

516-818-8495

HIMS AME/IMS

Marilyn Campbell or Dr. Penny Giovanetti

marilyn.c.campbell@faa.gov

202-267-8035

PSYCHIATRISTS

Dr. Chesanow



OUR PODCASTS



CHARLES



HIMSPROGRAM'S PODCAST

Charles



30↶

00:00:00

↷30



JEFF



HIMSPROGRAM'S PODCAST

Jeff



30↶

00:00:00

↷30



DR. BERRY & DR. GIOVANETTI



HIMSPROGRAM'S PODCAST

The FAA - Dr. Berry & Dr. Giovanetti



30↶

00:00:00

↷30

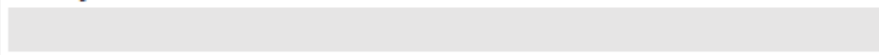


SHERRY



HIMSPROGRAM'S PODCAST

Sherry



30↶

00:00:00

↷30



Scene 2 – Guidance from Your HIMS Chair

- Employment / Benefits Possibilities
 - Termination
 - Conditional Rehire ? Seniority
 - Full Support
 - Benefits / LTD / COBRA
- Treatment Opportunities
 - Adios MF, YOYO 🤔
 - On Your Way Out 😞
 - Company Has Your Back 😂



Scene 3 – Legal Help for DOT + Tests

- Pilot Certificates

Emergency Revocation of all Part 61 Certificates

One year wait for reapplication

- Prompt Settlement Option

www.faa.gov/about/initiatives/pspg

- Medical

- Revocation – No Minimum Time

- FAR 67.107 – Abuse ? Dependence

- DOT vs. HIMS Requirements



Scene 4 – Pre-Treatment Eval – Any Co-Morbidities

- Assessment Only – NOT FAA Determination
- FAR 67 Criteria vs. DSM 5
 - Collateral Info Critical
 - May contact Friends and Family
 - HIPAA Releases signed
 - Results sent to AME / IMS
- If PNP determines FAR criteria met → option to enter Treatment before FAA review
- Is it Just Abuse/ Misuse?? (Stupidity /Carelessness)



Monitored Abstinence – NOT HIMS

- Review @ AMCD May Require FAA HQ Psych Review
 - Dependence / Abuse / Misuse / No FAR Dx
- Dependence / Abuse → Denial + Reconsideration Criteria
- Monitored Abstinence SIA for Misuse
 - Does not meet FAR Dependence or Abuse Criteria
- Misuse – Special Issuance - NOT HIMS PROGRAM
 - Abstinence for 1-3 years
 - HIMS AME / IMS
 - Testing Per FAA SIA



Scene 5- What is Treatment and Why Do I Need It??

- Education Process
- Consider Co-Morbidities
- Individual and Group Sessions
- AA / Birds of A Feather
- Family Therapy
- ? Cognitive Testing Baseline
- Discharge Planning → Aftercare, Counseling
- Relapse Prevention Retreats



Scene 6 –Family Weekend – Anger and Healing

- Family Disease
 - Co-Dependencies
 - Learned Protective Behaviors
 - Resentments All Around
 - Return Home – Family Still Traumatized
 - Recovery Obligations / Time Commitments
- Family Handbook
- Building Volunteer Network



BOAF AI Annon Meeting

"This AI-Anon meeting of the Birds Of A Feather (BOAF) has been established to address the special needs of family members of pilots, and aircrew members, whose lives have been affected by alcoholism.

BOAF AI-Anon is also valuable to help our sober pilot members who are parents of alcoholics or are adult children of alcoholics"

Join Zoom Meeting – Fridays at 10:00 AM CT

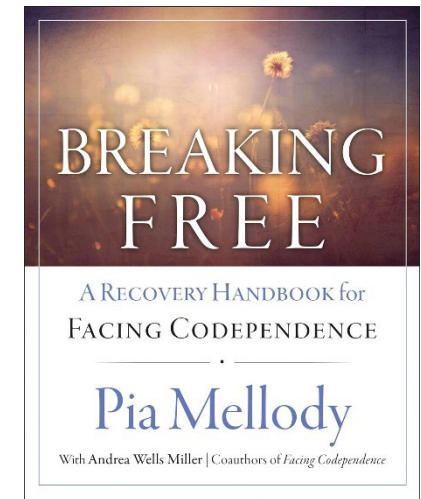
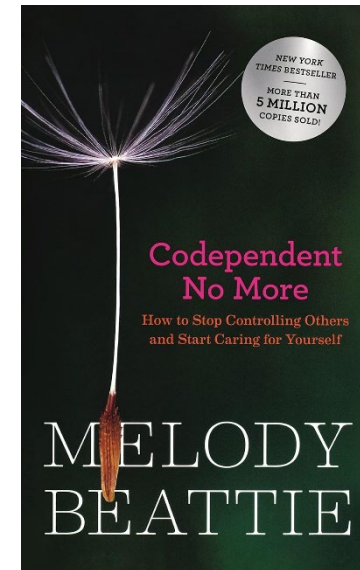
<https://us02web.zoom.us/j/83758671792>

Meeting ID: 837 5867 1792 14086380968,,83758671792# US (San Jose)

Passcode: Birds ++16694449171,,83758671792# US

Family Reading / Activities For Recovery

- Melody Beattie / Pia Melody
 - Co-Dependent No More
 - Breaking Free
- Returning from Treatment
 - New way of Living
 - Meetings & Sponsor
 - Doesn't Negate Years of Coping
- 12 Step Support Groups for Families
 - Al Anon / Ala Teen / Ala Tot



www.al-anon.org

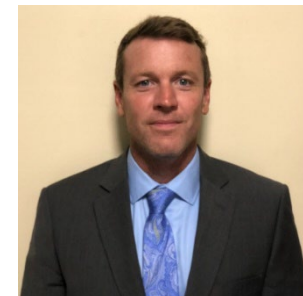
Scene 8 – How Do I Get Back to Flying? Give Me a Checklist!

- AME / IMS Relationship – Pilot Choice vs. HIMS Committee
- ALL Rx Records Required
- Aftercare, Individual and/or Family Counselling
- AA Home Group, Sponsor (no reports required)
- Abstinence Testing – Contact AME before Any Meds
 - No Accidental or Unknowing Ingestion
 - Frequency and Type @ AME / IMS Discretion
- Timing of PNP Referral → All Records Sent by AME



Discharge Planning – Setting Up for Success

- Recovery
 - Home Group & Sponsor
 - Aftercare & Counseling – Insurance Coverage
- Airline
 - HIMS Meeting Requirements
 - Return to Work Contracts / Disability
- HIMS AME
 - FAA Records (to PNP also)
 - Testing – by HIMS AME or TPA
 - Meetings & Releases
- DOT – SAP Eval and Testing



Where Do I Get Treatment/Aftercare/Insurance Info?

Barbara D. Woods, LCSW, ACSW
SAP Qualified

Barbara@barbarawoodsandassociates.com

972-467-7993

Networking Break

Landmark Foyer

Next Session to begin at 11:00am

- Meet A New Friend / Partner
- LEARN
- SHARE
- APPLY





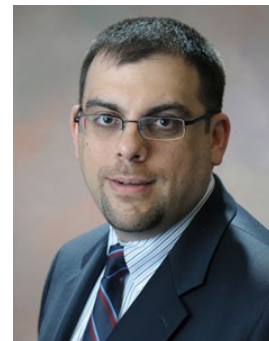
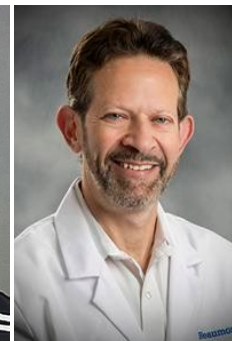
Network Break

Next session to begin at 11:00 AM

**HIMS**

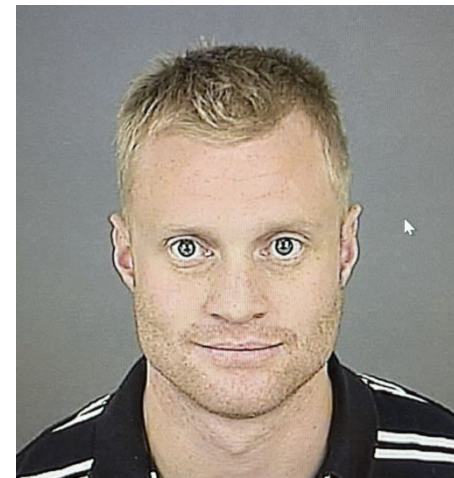
Act # 2 - My New Sober Life w/o Jimmy Buffet

- Starring – Troy DeJean
- Co-Starring -
 - Dr. Dan DaSilva
 - Dr. Dan Danczyk
 - Dr. Bob Gordon
 - Dr. Paul Sargent
 - Dr. Randy Georgemiller
 - Dr. Matt Dumstorf
 - Capt. Jim Schneider
 - Capt. Troy DeJean
 - Capt. Dana Archibald



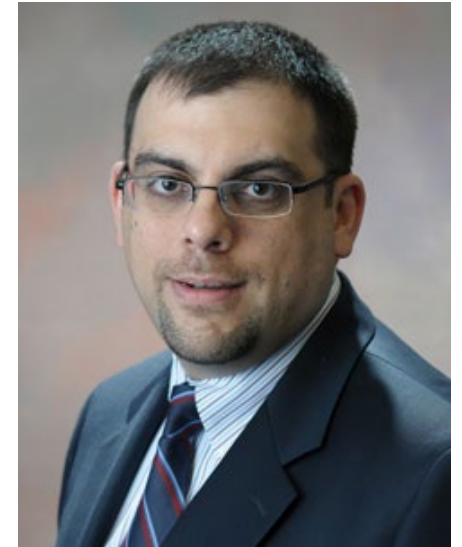
Scene #9 – My New BFF's– The Monitoring Meeting

- Attendance Expectations & Status
 - Group vs Individual Meetings
 - On-Duty vs. Off-Duty
 - Positive Space?
- Feedback from HIMS Comm and Other Participants
- Reports to AME / IMS
 - Personal Insight – Quality of Recovery
 - Not a Medical Diagnosis / Assessment
 - Monthly!!!



Scene # 10 – Is My Brain Pickled? The Neuropsychological Evaluation

- What is Tested?
 - Aeromedically Relevant Neurocognitive Function
 - Review of Systems, Education, Family, Jobs, etc.
 - Personality Profile
 - Substance Use Indices
- Results to HIMS Psychiatrist & AME
- Prep for Testing – Do's & Don'ts
- Impressions – NOT Final Determination
- FAA Neuropsychologist Final Determination



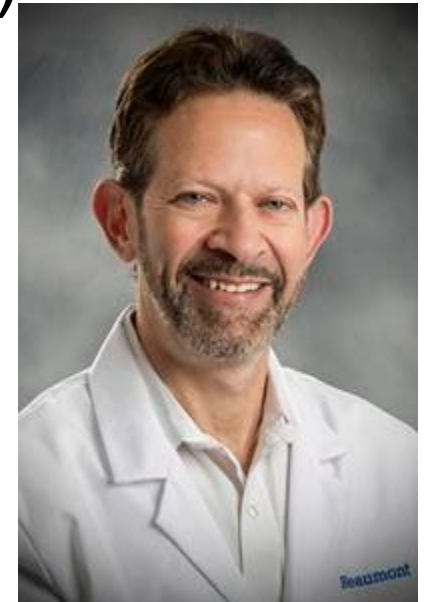
Scene #11 – I Have a Great Recovery, Don't I? The Psychiatric Eval

- Quality of Recovery Program & Risk of Relapse
- Review ALL Records
 - Treatment, Testing, Aftercare, NP, Legal, HIMS Comm
- Dual Diagnosis ?
- Diagnostic Impression & FAA Part 67 Criteria
- Recommendations for Monitoring & Ongoing Treatment



Scene #12 – Hey FAA – I’m Billy Mac! Check Out My Package! NOW!

- AME / IMS Submission
 - All Records & Supporting Documents (not FAA file)
 - HIMS Datasheet
 - Evidence of Knowing Pilot
 - Releases Signed
- Submit via Huddle – 1st Class w/ HIMS Program
 - Others to AMCD
- Timeline, Frequency/Type of AME Contact
- Continue All Recovery Activities While Waiting



Scene #13 – The Great and Wonderful Oz!

What Happens Behind the FAA Curtain?

- Review Psychiatry and Neuropsychology
- Recommendation to FAS
- Denials to Airman with Reconsideration Recommendations
- Favorable Determination to AMCD for SIA Letter
- Delays
 - Incomplete Records,
 - Missing Datasheets
 - Not using FAR criteria
 - Physical Exam Not Current

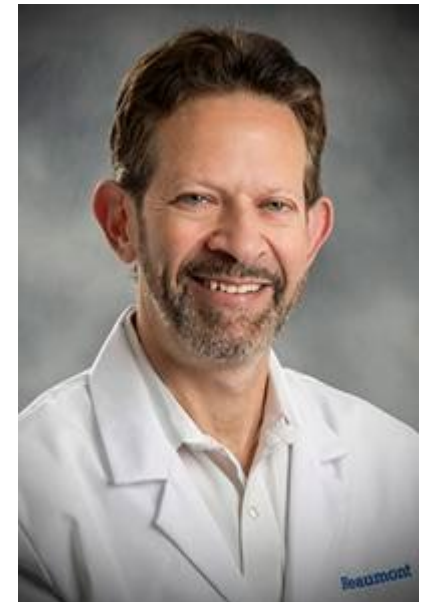


Scene 14 - The HIMS AME/IMS Role – Testing & Reports

- Abstinence Testing
- FAA Minimums
- Media Used
- Substances Tested
- Frequency
- Non-Negative Tests
- Suspicious Behaviors
- High Risk Situations



Images: Freepik



Scene #15 – I'm Broke – The Gift of the Aviation Family Fund

- Financial hardships pilot face
- How to apply – what is covered
- How to donate, contribute, services in kind – tax deductible 501.c.3
- <https://www.aviationfamilyfund.org/>



MENTALLY SHATTERED?
REACHED YOUR LAST HOPE?
FEEL AS IF YOUR WINGS HAVE BEEN CLIPPED?
LET US HELP YOU SOAR AGAIN,
ONE DAY AT A TIME...

Aviation Family Fund



AFF assists in providing supplemental funding during the recovery process for alcohol and drug-related dependence, and mental health issues. We are available to anyone in the aviation industry.

Dana C. Archibald

2024 Advanced Topics Seminar

A Pilot's Journey in HIMS – Revisited

April 3 – 4, 2024

Renaissance Dallas Hotel, Dallas, TX



How Does Someone Apply?



What Do We Pay For?

| Aviation Family Fund APPLICATION FOR ASSISTANCE | | |
|--|--|------|
| CONTACT INFORMATION | | |
| Name: | | |
| Street Address: | | |
| City: | State: | Zip: |
| Home Telephone: | Fax: | |
| Cell Phone: | E-mail: | |
| Preferred method of contact: <input type="checkbox"/> Home <input type="checkbox"/> Cell | | |
| Date of Birth: | SSN: - - - | |
| Emergency Contact Name: | | |
| Telephone: | Relationship: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Parent <input type="checkbox"/> Sibling <input type="checkbox"/> Friend <input type="checkbox"/> Adult Child | |
| INSURANCE INFORMATION | | |
| <u>Primary Insurance Provider:</u> | | |
| Please list the name of the insurance holder: | | |
| ID Number: | Group Number: | |
| Telephone Number: | | |
| <u>Secondary Insurance Provider:</u> | | |
| ID Number: | Group Number: | |
| Telephone Number: | | |
| Please list the name of the insurance holder: | | |
| GENERAL QUESTIONS | | |
| What is the best time to reach you? | | |
| What other finances are available to you? | | |
| What is the primary purposes of this grant if you qualify? | | |
| Are you currently employed? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| Do you have a treatment plan / Are you following a program (brief description): | | |

- Inpatient
- Outpatient
- Aftercare
- COBRA
- Rent
- Electric
- Mortgage
- Water bill
- Doctor bills, (AME, P&P Certificates, etc.)
- Soberlink

Apply via website: www.aviationfamilyfund.org

How Does One Donate?



Monthly, through your bank's bill pay

Text: AFFHOPE to 44321

Personal or business check mailed to the address on website



PayPal



venmo

Apply via website: www.aviationfamilyfund.org

In-Kind Donations



Providers may offer discounted fees off of standard charges for evaluations and services; tax deductible receipts are sent for all donations and in-kind donations

Providers may limit the number of discounted cases, or receive referrals, or continue to receive referrals (for existing providers).

For documentation purposes, we can provide our tax ID number. This can be for P&P, HIMS, after care, AME, etc.

Audience Q&A



Medical CME & CE Instructions

Drs. King & Georgemiller



CME Test

- Deann King, Ph.D.
- FAA Aeromedical Education Division, AAM-400
CME Coordinator



Lunch

City View 12:30-1:30

- Meet A New Friend / Partner / Colleague / HIMS Resource
- LEARN
- SHARE
- APPLY



“Hamlet Does HIMS” CPT Dave “Shakespeare” Fielding

To drink, or not to drink? That is the question

Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous sobriety

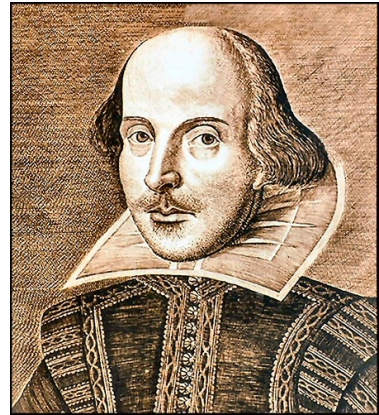
Or to take arms against the tyranny of HIMS monitoring

And with a gin and tonic, end it.

To drink. To suffer. No more

And with this soothing brew to say we end the heartache and thousand natural shocks

That Recovery brings. 'Tis a consummation devoutly to be wished.



"The Shakespeare, High Street, Lincoln" by [Lincolnian \(Brian\)](#) is licensed under [CC BY-SA 2.0](#)
www.flickr.com/photos/79727841@N00/304477845

“Hamlet Does HIMS” CPT Dave “Shakespeare” Fielding

To drink. Relapse. To fly no more

Ay, there’s the rub.

For in that beautiful, alcoholic haze, no Special Issuance will come.

And when we look back on our lives, gaze up into the skies

We will never fly in again. When we have shuffled off this mortal coil

As a drunk former pilot – that makes calamity of so long life.

To drink. Relapse. To fly no more.

Ay – there’s the rub.



Istock: Knappe Stock photo ID:187040044
www.istockphoto.com/photo/golden-skull-gm187040044-27987600



Act # 3 – Gaining Sobriety – Returning to Flying

- Starring – Billy Mac – Troy DeJean
- Co-Starring –
 - Ms. Suzanne Kalfus
 - Capt. Craig Ohmsieder
 - Ms. Barb Woods
 - Dr. Bob Gordon
 - Dr. Matt Dumstorf



Scene # 16 – Getting My Pilot Certificates Back

Start from Beginning (Almost)

- Minimum Time Passed
(1 year min from Revocation, not Test)
- Hours Count
- Take Knowledge & Practical Tests
- Pvt, Comm, Inst, Multi, ATP

- Company Help - Others



Scene 17- What is a SAP? The FAA Already Cleared Me?

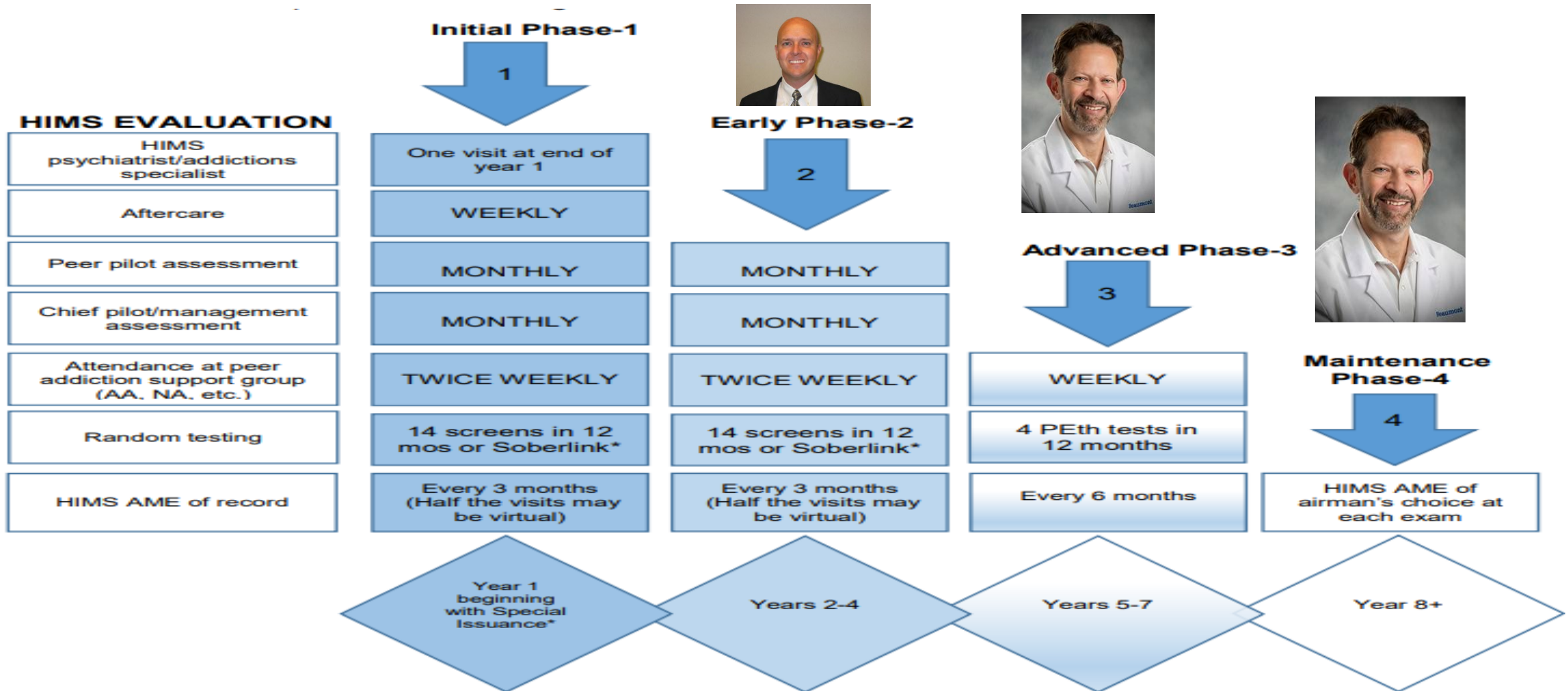
- What is a SAP?
 - DOT Requirement for Positive Test
 - Specific Training / Credentialling
 - Most HIMS AME's / PNP's are **not** SAP's
- Separate & Parallel to HIMS Process
- Req'ts to Company DER (not HIMS)
- Can Delay or Halt Rehire / New Job



Scene # 18 – Is This My Last Chance? Does My Company Love Me? Do I Have a Job?



Scene #19 – Stepping Up to Step Down... The Decision



*Soberlink or similar portable, alcohol breath-monitoring system that has facial recognition and cellular transmission technology.

Scene #19 – Stepping Up to Step Down...The Decision

- Processing at AMCD – Drug & Alcohol AAM-330
- SIA Modifications from Standard Stepdown
- Closer monitoring recommendations optional
- Who Gets Notified?
 - Pilot
 - AME / IMS
 - Company / HIMS Committee



Scene #20 – Chocks Never In – A Pilot's Reflection on the HIMS Journey



Audience Q&A



Networking Break

Landmark Foyer

Breakouts begin at 2:30 pm

- Pilots – Landmark Ballroom Day 2
- AME's – Highland 4-6 **OPEN BOAF - 0700**
- Psychiatry – Highland 1-3 Mockingbird
- Neuropsychology – Maple
- Family Volunteers - Mockingbird Breakfast 0700 – 0900
- No Virtual Component Morning Speakers - 0830
- Appoint Day 2 Speaker Start - 0900
- AB Mtg – Knox – 1730 Conclusion - 1230

Professional Breakouts

- Pilots – Landmark Ballroom
- AME / IMS – Highland 4-6
- Psychiatrists – Highland 1-3
- Neuropsychologists – Maple
- Family Support Volunteers - Mockingbird

- Appoint Spokesperson for Tomorrow AM

This Concludes Day One!

**Reminders for the Evening:
Advisory Board Dinner 5:30pm - Knox**



2024 Advanced Topics Seminar

A Pilot's Journey in HIMS – Revisited

April 3 – 4, 2024

Renaissance Dallas Hotel, Dallas, TX



Welcome to Day 2
Session to begin at 9:00am

HIMS

CME Test Login Information

Follow the below prompts:

Link: <https://deliver.courseavenue.com/login/cami>

View my catalog

Distance Learning Courses

HIMS Advanced Seminar Final Exam

Enroll

Launch

CME Test URL Link

The CME Test link has been added into the Cvent app. To access the test, go to the tab “More” and select “FAA HIMS Credentialing and Continuing Education”. It can be found under: Continuing Medical Education (CME) for Physicians (MD, DO)

URL: <https://deliver.courseavenue.com/login/cami>

Best Practices

- Pilots
- AMEs
- Neuropsychologists
- Psychiatrists
- Family Support
- FAA



HIMS Family Support Volunteers

- Family Support Handbook
- Update brochure and Family Support Volunteer contact info on HIMS site
- Teaching Modules/ Videos
- Recruiting more Family Support Volunteers

BOAF AI Annon Meeting

"This AI-Anon meeting of the Birds Of A Feather (BOAF) has been established to address the special needs of family members of pilots, and aircrew members, whose lives have been affected by alcoholism.

BOAF AI-Anon is also valuable to help our sober pilot members who are parents of alcoholics or are adult children of alcoholics"

Join Zoom Meeting – Fridays at 10:00 AM CT

<https://us02web.zoom.us/j/83758671792>

Meeting ID: 837 5867 1792 14086380968,,83758671792# US (San Jose)

Passcode: Birds ++16694449171,,83758671792# US

HIMS AME Breakout Summary

Ian Blair Fries, M.D.

Stephan Kramer, D.O.



2024 Advanced Topics Seminar

A Pilot's Journey in HIMS – Revisited

April 3 – 4, 2024

Renaissance Dallas Hotel, Dallas, TX

Pilot Responsibility

- Must provide HIMS AME with all documentation.
- Otherwise cannot expect an AME's opinion or action.

Complete Documents

- Pharmacy records (10 years)
- Driver's records
- VA and military records
- School transcripts
- Personal statement (diary)

Step Down Issues

- Timing and Duration
- Phase Requirements
- FAA Directives
- AME Discretion

Step Down Phases (IEAM)

- Initial Phase 1
1 Year
- Early Phase 2
2 - 4 Years (3 years)
- Advanced Phase 3
5 - 7 years (3 years)
- Maintenance Phase 4
8 years and ?

Step Down Phases (IEAM)

- Based upon the date of the INITIAL Special Issuance
- A pilot must spend a total of at least seven years, with no less than one year on each phase (1,2,3) to reach Phase 4.
- A relapse or withdrawal restarts the clock.

Minimums

- Step Down durations and requirements are minimums.
- Durations and requirements can be expanded according to FAA Authorization, and/or at the HIMS AME's discretion. They cannot be reduced.

Step Downs

- The FAA must authorize Phase 1 to 2.
- An AME has the discretion to move a pilot from Phase 2 to 3, and Phase 3 to 4. Such a move is subject to FAA review.

When

- Step Downs do not have to coincide with HIMS AME examinations for recertification.

Phase 4 Maintenance

- Abstinence for how long ?
- As random testing is not required in Maintenance Phase 4, may a pilot use alcohol and/or legal marijuana products with discretion?
- Pilot with Cocaine dependence
 - Alcohol, Marijuana, CBD allowed ?

Phase 4

- A pilot in Phase 4 may change HIMS AME's as he/she wishes.
- Present letter(s) of authorization.
- HIMS AME should obtain and review pilot's FAA medical file.

Why We Are HIMS AME's

- We enjoy assisting pilot recovery.
- We celebrate a pilot's return to the cockpit.

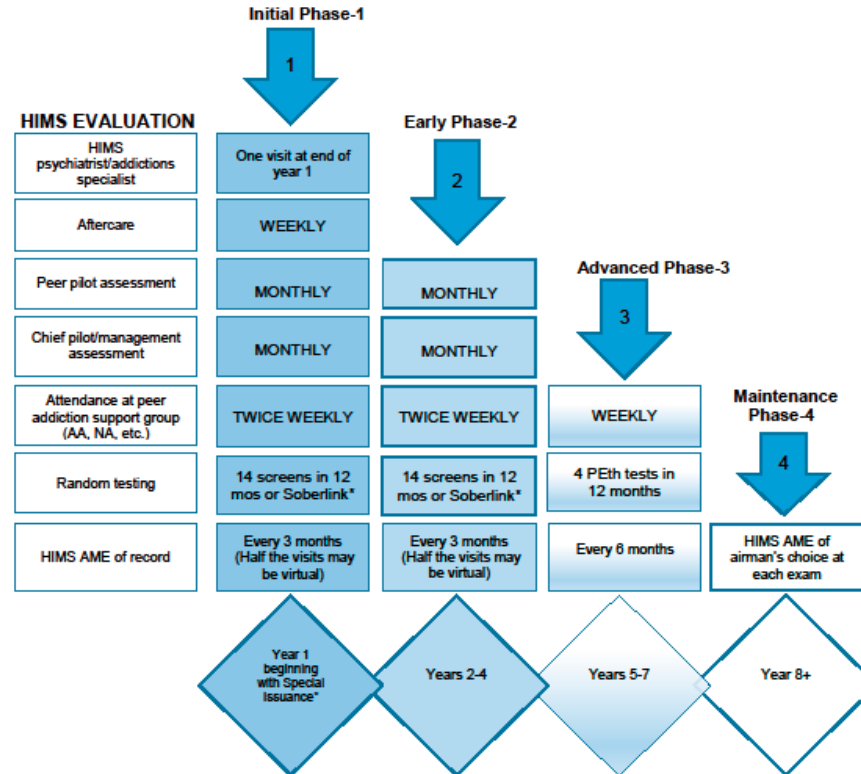
HIMS AME INFORMATION – HIMS STEP DOWN PLAN (Updated 09/29/2021)

Note that the time course listed is nominal and indicates usual, uncomplicated progression of recovery but may be modified on a case-by-case basis.

- Not all airmen will progress at the same rate.
- Progression is NOT guaranteed.
- An airman's progression is based on compliance, his or her individual evaluation by HIMS professionals, and FAA review.

Permanent abstinence from mind and mood altering substances is required for the duration of the flying career.

The testing frequencies listed are minimums and may be increased at the discretion of the HIMS AME. AMEs should recommend a change in testing/evaluations when clinically appropriate and after the minimum time has passed in each stage.



*Soberlink or similar portable, alcohol breath-monitoring system that has facial recognition and cellular transmission technology.

Networking Break

Landmark Foyer

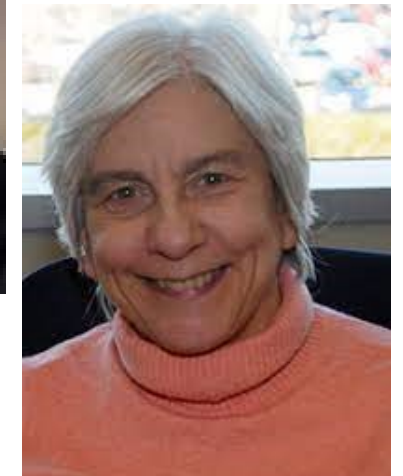
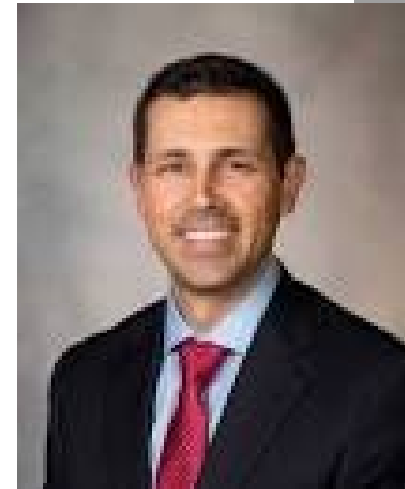
Next Session to begin at 11:00am

- Meet A New Friend / Partner / Colleague / HIMS Resource
- LEARN
- SHARE
- APPLY



FAA Audience Q&A

- Identify Yourself and Your Profession
- Limit Question to 30 seconds
- Speak into Mic for Virtual Attendees
-



- HIMS Basic Education Seminar 2024
 - Westin Hotel Denver International Airport
 - September 16 – 18, 2024 Registration Opens in July



Network Break

Next session to begin at 11:00 AM

**HIMS**

Audience Q&A



Conclusion

- Actors (True Professionals)
- FAA
- International Attendees
- Cvent and Hotel Staffs
- HIMS Team
- Critiques
- CME
- HIMS Basic Education Seminar 2024
 - Westin Hotel Denver International Airport
 - September 16 – 18, 2024 Registration Opens in July





THANK YOU

FOR PARTICIPATING IN THE 2024 HIMS ADVANCED TOPICS SEMINAR

Please remember to fill out the Post Seminar Survey to let us know how we did!

HIMS

Questions??

Capt. Craig Ohmsieder
ALPA Int'l HIMS Chairman
craig.ohmseider@alpa.org
(770) 519-5407

Capt. Billy Petersen
ALPA Int'l HIMS Vice Chairman
516-818-8495
william.petersen@alpa.org

Dr. Quay Snyder
ALPA Aeromedical HIMS Program Manager
HIMS@aviationmedicine.com
(303) 341-4435 (AMAS)



www.himsprogram.com