

**THE FIRST STEP IN GETTING  
HELP IS RECOGNIZING  
THERE IS A PROBLEM!**



“The disease of addiction affects all those who come into contact with it. The family members of addicted households suffer and may not always know where to turn for help and support. There are resources available and volunteers willing to assist helping these family members find the direction they need to get healthy themselves and live with an addicted family member. As with HIMS, our volunteers are individuals who have been down this path and are not professionals offering any services.”

Corey Slone,  
*Former National HIMS Chairman*

**ADDICTION IS A FAMILY DISEASE**



## **JOIN US WEEKLY**

### **BOAF Al-Anon Zoom Meetings**

This Al-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 Al-Anon is also valuable to help our sober pilot members who are parents of alcoholics or are adult children of alcoholics.

### **Join the Zoom Meetings**

Fridays at 10:00 AM CT

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

**Meeting ID:** 837 5867 1792

**Passcode:** Birds



**HIMSProgram.com**



**HIMS FAMILY  
SUPPORT**

*Resources for Family Members*



## A LOOK AT HIMS FAMILY SUPPORT

We are a group of family members who have come together in support of our own pilots, but also to help support other families along the path of alcoholism and addiction. If you need guidance on where to begin, how to make your way through this journey, or how to build your support network, we are here for you. Each story is unique, and every path will be different, but having a friend along the way can make all the difference.

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 available options.

## ACCESS THE HIMS FAMILY GUIDE

This guide has excellent resources on the disease of addiction, the role of family members in treatment, and what to expect as your pilot goes through the treatment process.

You can find it at:  
[HIMSProgram.com](http://HIMSProgram.com)



## CONFIDENTIAL RESOURCES AVAILABLE

- ✈ Contact your union HIMS representative for information on resources and specific policies for your airline and organization.
- ✈ ALPA members can also access information through the <http://www.alpa.org> website. Log in and refer to your airline's HIMS committee roster for contact information. Or, log in, click on Committees, click on HIMS in the Pilot Assistance section, and click on the photo to send an email to HIMS.
- ✈ Contact an expert aeromedical physician at Aviation Medicine Advisory Service (720) 857-6117, Monday-Friday 0830-1600 MT

*Regardless of whom you contact, it's important to actively seek help for yourself or someone you care about.*

## FAMILY SUPPORT VOLUNTEERS

**Kim S.**  
507-382-5447 | [kjo2511@yahoo.com](mailto:kjo2511@yahoo.com)

**Tanya K.**  
239-877-9663 | [tanyakroge@outlook.com](mailto:tanyakroge@outlook.com)

**Teri F.**  
940-782-3324 | [tlynn282@yahoo.com](mailto:tlynn282@yahoo.com)

## LEARN TO TAKE CARE OF YOURSELF

It's time to focus on yourself and how you have been affected by the 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 cannot be healthy. Here are some tips for self-care and to start taking control over your own life:

**Mindfulness:** Focus on the present moment, which can help reduce stress, anxiety, and depression.

**Sleep:** Aim for 7-9 hours of good sleep each night.

**Exercise:** Stay active with activities like walking, running, or biking.

**Eat Well:** Choose nutritious, balanced meals and avoid processed and sugary foods.

**Practice Gratitude:** Remind yourself of things you're grateful for, which can promote positive thinking.

**Connect with Others:** Spend time with friends/family or reach out to people who can provide emotional support.

