

HIMS Process Overview



F/O Craig Ohmsieder (Spirit)
National HIMS Chairman

What is HIMS?

- **HIMS is a SAFETY Program**

- Protect the public / profession
- Save life of alcohol / drug dependent pilot
- Save the career of the pilot
- Resource for the family to get help



What is HIMS?

- **HIMS is a MONITORING and SUPPORT Program**

14 CFR 67.107 (4), 14 CFR 67.401

- Substance Dependence is defined there
- Substance Abuse is equally disqualifying
- Must have a diagnosis to enter HIMS
- An extra set of stipulations to be met, much like any other disqualifying medical condition
- Career abstinence, no return to drinking



What is HIMS?

- **HIMS is a PROCESS**
FAA Special Issuance
 - Identification / Evaluation
 - Treatment (28 day min)
 - Recovery Program (AA/NA)
 - Aftercare
 - No Notice Alcohol/Drug Testing Regimen
 - P&P
 - Special Issuance Monitoring Period (3-5yrs)
 - Release from Monitoring

UNITED STATES OF AMERICA DEPARTMENT OF TRANSPORTATION FEDERAL AVIATION ADMINISTRATION						BB-4574359	
MEDICAL CERTIFICATE						THIRD CLASS	
AND STUDENT PILOT CERTIFICATE							
THIS CERTIFIES THAT (Full name and address)							
JAMES RONALD SMITH 1234 SOUTH STREET BEACH TOWN, CA 93449							
DATE OF BIRTH	HEIGHT	WEIGHT	HAIR	EYES	SEX		
07-16-40	76	200	BLACK	BLUE	M		
has met the medical standards prescribed in Part 67, Federal Aviation Regulations for this class of Medical Certificate, and the standards prescribed in Part 61 for a Student Pilot Certificate.							
LIMITATIONS	STUDENT PILOTS ARE PROHIBITED FROM CARRYING PASSENGERS						
DATE OF EXAMINATION				EXAMINER'S SERIAL NO.			
05-03-94				MF-05-4321			
EXAMINER	SIGNATURE <i>Donald E. Brown, M.D.</i>						
	TYPED NAME DONALD E. BROWN, M.D.						
AIRMAN'S SIGNATURE <i>James Ronald Smith</i>							
FAA FORM 800-2 (10-77) SUPER SEDES PREVIOUS EDITION							

What HIMS is NOT...

- HIMS is NOT a RECOVERY program
 - Recovery is done by personal work, HIMS monitors / supports that work
- *NOT* an SSRI program
- *NOT* a hideout for discipline cases
- *NOT* other addictions (drugs & alcohol only)
- *NOT* a self help, need to get my life right program
- *NOT* a control my drinking now drink later program





Who is HIMS?



- Available to ***ALL*** pilots, GA to Part 121
- Airline / Corporate run HIMS Programs
 - Team decision making
 - Accountability for all
 - Much more structured



The HIMS ***TEAM*** : FAA, HIMS-AME, Union
HIMS reps, Management, Peer Pilot,
Medical Professionals

HIMS Team Standards



Why do we Need HIMS?

General Population

- 67% of U.S. age 12+ consume alcohol
- 8.9% of U.S. age 12+ use illegal drugs
- 20% of U.S. age 12+ use RX non medically
- **10% of population is Chemically Dependent**

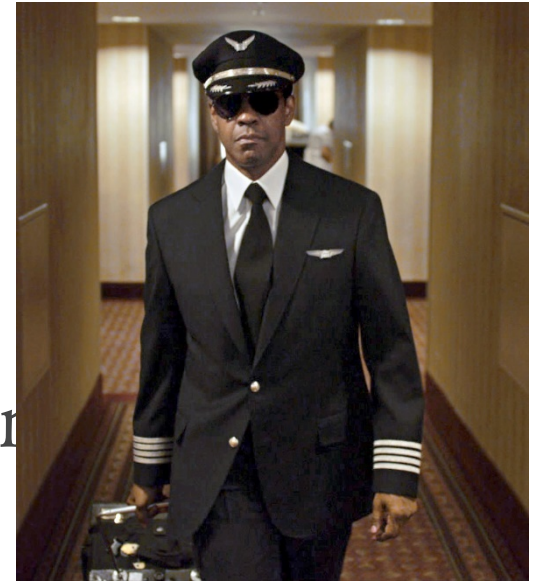


*NIH.gov, HHS.gov, NCADD.org

Why do we Need HIMS?

Pilots

- Rate of illicit drug use is lower
- Rate of Alcoholism probably the same
- 5% of all Pilots have 1 DUI
- .5% have 2 or more DUIs
- HIMS Database: Alcohol #1, Cocaine #2
- Less than 2% in HIMS at any given airline



When to Call HIMS?



InShot

When to Call HIMS?

1. Does your drinking / using cause problems?

- Legal
- Relationship
- Employment



2. Can you predict how many drinks you will have and what will happen once you start drinking / using?

3. Do you have to hide your drinking?

- amounts, bottles, geographically
(pre-drinking / only had 2!)

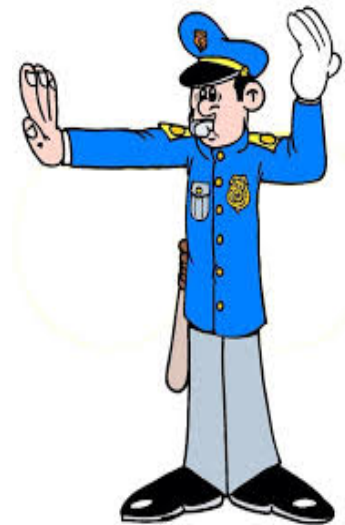


Many Pilots are “Forced” Into HIMS

- The Problem is:
Volunteer Only HIMS Programs Do Not Work!
- “We admitted we were powerless over alcohol - our lives had become unmanageable”
 - ALL Addicts need Consequences to break delusion



- DUI's
- Trouble on Layovers
- Conflicts with other employees
- On-Duty Positive DOT



Educate, Rehabilitate.....don't Terminate!!

- HIMS has built in “Safety Relief Valves”
 - No medical / license = no flying
 - Monitored return to flight duties
 - Aftercare Contract
 - Revocation of Special Issuance



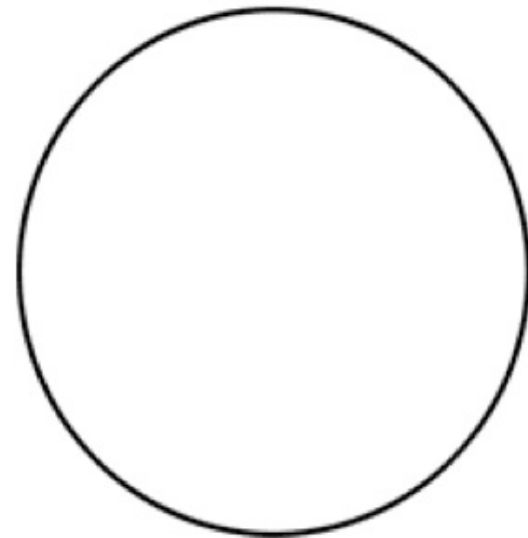
“We don’t throw a machine into the scrap heap when it goes temporarily out of service due to a mechanical breakdown – and I don’t think human beings should be thrown out under similar conditions.”

- W.A. “Pat” Patterson - Founder and First CEO of
United Airlines

Pre HIMS?



Circle of trust



● ← YOU

HIMS

Fundamental Assumptions

- Alcoholism is a **Primary** treatable disease
 - Chronicity**
 - Relapse**
- Total abstinence is essential for recovery
- Job motivation yields a high recovery rate
- **Family Support** is an **Important** part of the recovery process for the pilot



Google Custom Search Search

— an occupational substance abuse treatment program

- HOME
- ABOUT HIMS
- DISEASE INFO
- ADDITIONAL INFO
- SEMINAR INFO
- GET HELP NOW
- DUI INFO
- FAMILY SUPPORT**



HIMS is specific to commercial pilots and coordinates the identification, treatment and return to the cockpit of impaired aviators. It is an industry-wide effort in which companies, pilot unions, and FAA work together to preserve careers and further air safety.

HIMS Basic Education Seminar 2017
DIA Westin - Denver, CO
September 25 - 27, 2017

More
Seminar
Information

Hims Program Overview



Family Support

"The disease of addiction affects all those who come in 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
National HIMS Chairman

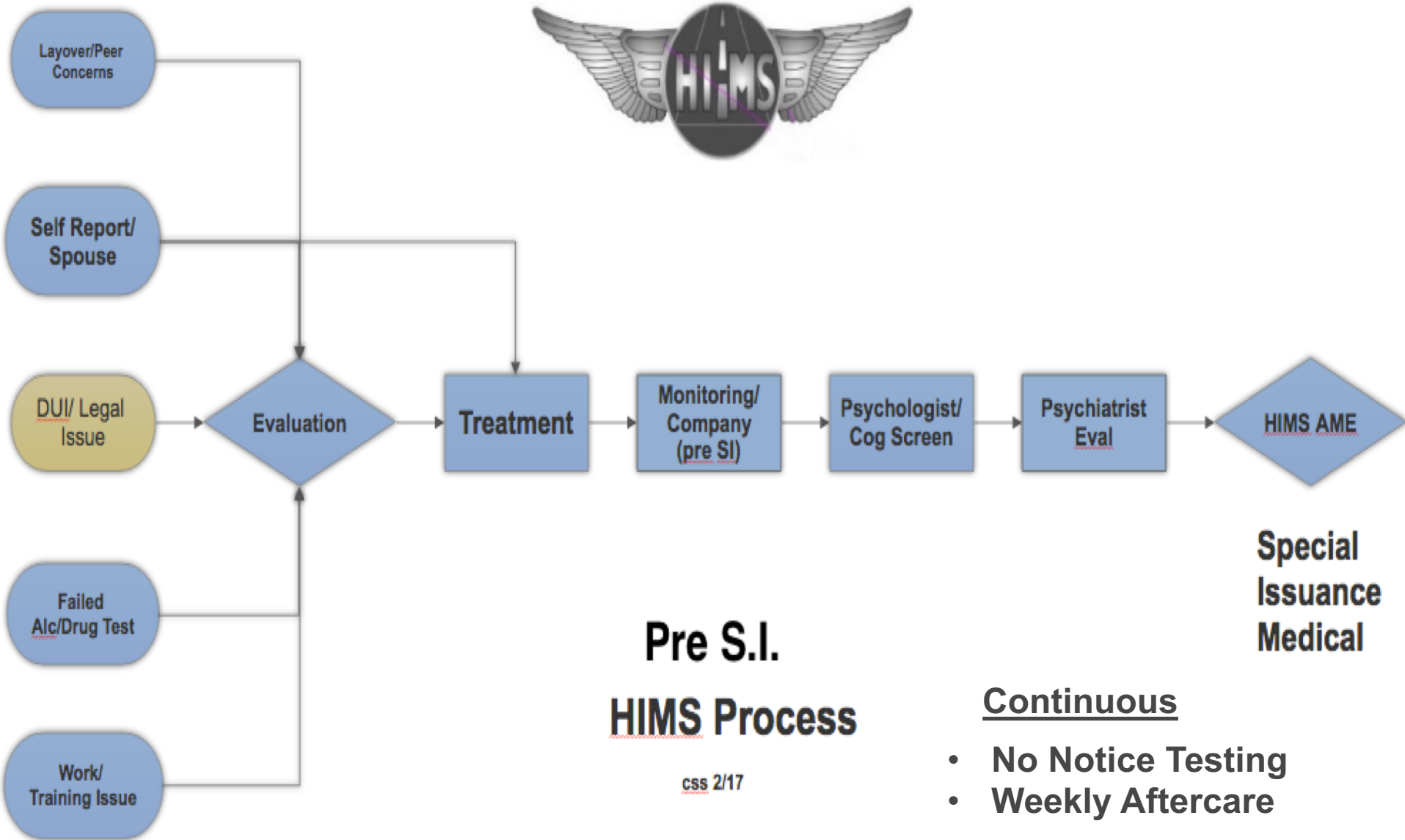
[Al-Anon](#)

[Al-Anon Faces Alcoholism](#)

Peer Support Volunteers:

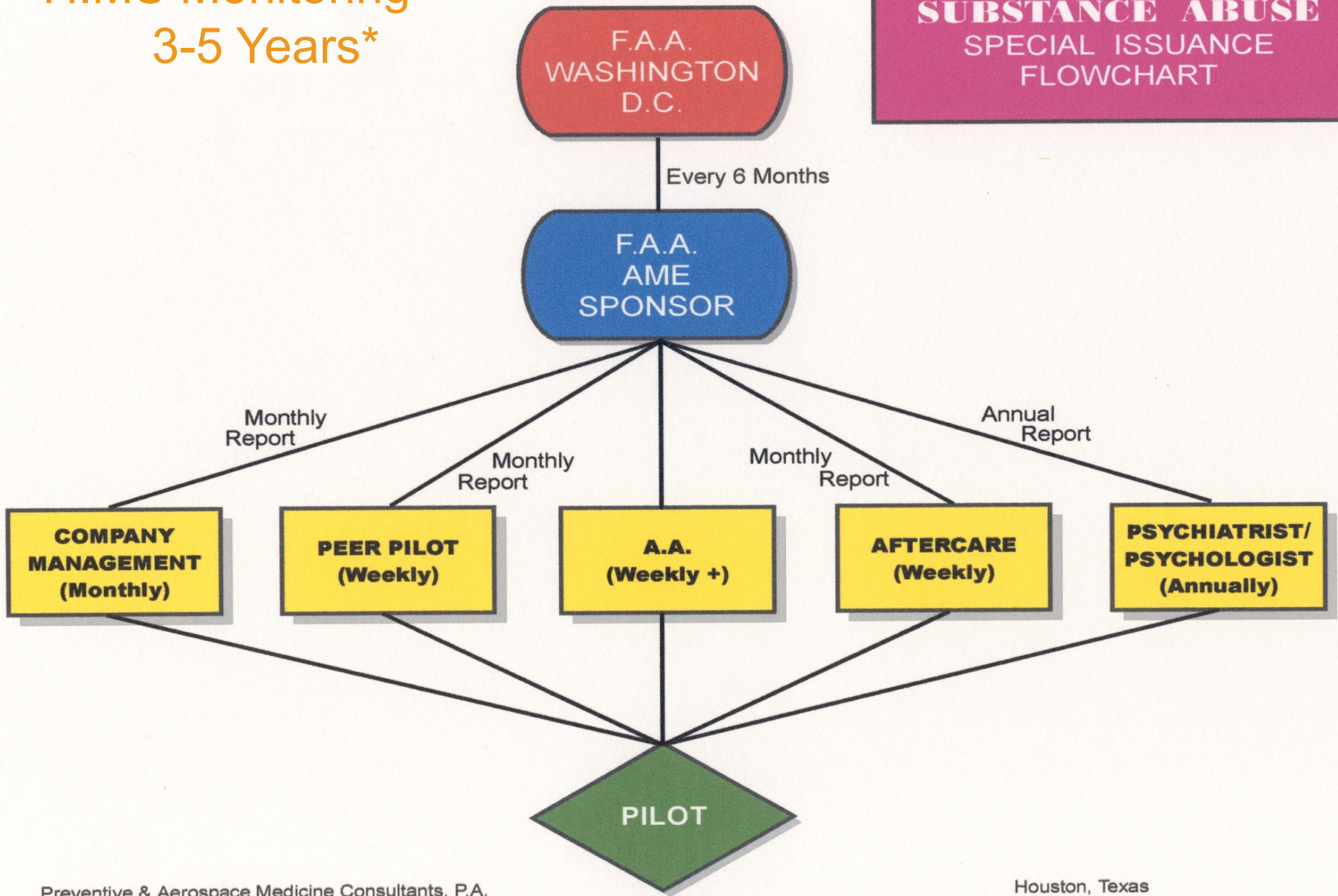
Deanne Johnson
johnse@sbcglobal.net
[530-919-2565](tel:530-919-2565)

Shallon Beckman
becksb2425@gmail.com
[303-888-1804](tel:303-888-1804)



HIMS Monitoring 3-5 Years*

**SUBSTANCE ABUSE
SPECIAL ISSUANCE
FLOWCHART**



SUCCESS!!!

Years

Pilots returned to flight status

1974- 1980

305

1981-1990

900

1991-2000

1500

2001-2010

1700

2010-Pres

2500+

Approx Total:

6800+ lives saved!!



SUCCESS!!!

HIMS Program

- HIMS Relapse Rate – 14.6%*
- Compared to AA Approx. relapse rate - 60%*
- What's the difference?

*****Monitoring and Accountability*****

» *HIMS Database, AA World Services survey

Post HIMS



Questions???

F/O Craig Ohmsieder
ALPA Int'l HIMS Chairman
Craig.Ohmsieder@alpa.org
(770) 519-5407

F/O Billy Petersen
ALPA Int'l HIMS Vice Chairman
William.Petersen@alpa.org
(516) 818-8495

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

www.himsprogram.com

