

2022 PILOT PEER SUPPORT SYMPOSIUM - AGENDA

September 12—13, 2022 – Omni Shoreham Hotel, Washington, DC

MONDAY, SEPTEMBER 12, 2022

PALLADIAN BALLROOM

- 8:30 AM – 9:00 AM **Opening Remarks**
*First Officer John Taylor, National Pilot Assistance Chair,
Air Line Pilots Association, Int'l*
- 9:00 AM – 9:45 AM **Understanding Mental Health**
*Mark Berg, MA, LPC-S, CEAP, SAP
ALPA National Clinical Director of CIRP and University of Texas MD Anderson Cancer Center*
- 9:45 AM – 10:15 AM BREAK
- 10:15 AM – 11:45 AM **Panel A: Adapting & Supporting Peer Support Programs**
*Moderator: F/O Carrie Braun, ALPA National Pilot Peer Support (PPS) Chair
F/O Ellen Brinks, ALPA Aeromedical Chair & PPS SME
Capt. Laurie Shaw, Fiji Airways Pilot
Capt. Dave Fielding, BALPA PAN
Capt. Tanja Harter, Chair, IFALPA HUPER (invited)*
- 11:45 AM – 1:00 PM LUNCH – Speaker
A Personal Journey – *Captain Carlos Vilella, ALPA FedEx*
- 1:00 PM – 2:00 PM **A Resilient Spirit**
*F/O Stuart Beech, CEO and Founder, Resilient Pilot
F/O Carrie Braun, ALPA National PPS Chair*
- 2:00 PM – 2:30 PM **How to Find a Mental Health Provider**
Dr. Dave Gibson, Aviation Medicine Advisory Service (AMAS)
- 2:30 PM – 3:00 PM BREAK
- 3:00 PM – 3:45 PM **Barriers to Seeking Help**
F/O Carrie Braun, ALPA National PPS Chair
- 3:45 PM – 4:15 PM **Closing Day One**
*First Officer John Taylor, National Pilot Assistance Chair,
Air Line Pilots Association, Int'l*

- 8:30 AM – 9:00 AM **Keynote – My Journey to Help Fellow Pilots**
 Captain Jonathan Pahl, United ALPA
- 9:00 AM – 10:45 AM **Panel B: Understanding the Different Types of Peer Programs**
 Moderator: F/O Carrie Braun, ALPA National Pilot Peer Support (PPS) Chair
 Capt. Charlie Curreri, Center for Aviation Mental Health
 Capt. Dave Fielding, BALPA PAN
 Capt. Kandy Bernskoetter, ALPA PATH, FedEx
 Capt. Tom O’Toole, ALPA Pilot Assistance Chair Canada, Jazz
- 10:45 AM – 11:30 AM **Mental Health During a Pandemic**
 Dr. Edward Freeman
- 11:30 AM – 1:00 PM LUNCH – Speaker
 A Peer’s Story – Captain Mike Strauss, ALPA JetBlue
- 1:00 PM – 2:30 PM **Panel C: Peer Training and Currency**
 Moderator: F/O Carrie Braun, ALPA National Pilot Peer Support (PPS) Chair
 Capt. David Baron, ALPA PPS SME
 Capt. Lynn Tatum, ALPA SOAR, United
 Capt. Grant Olbrich, ALPA PAN, Delta
 Jim Hewitt, HAWC Chair, NetJets
- 2:30 PM – 3:00 PM BREAK
- 3:00 PM – 3:45 PM **Compassion Fatigue is Real: Self Care is Important**
 Kristen Williams, PhD, MDiv, MEd, LPC, NCC
 Thresholds Counseling & Consulting, PLLC
- 3:45 PM – 4:00 PM **Conclusion of the ALPA Pilot Peer Support Symposium**
 First Officer John Taylor, National Pilot Assistance Chair,
 Air Line Pilots Association, Int’l