

Pilot Fitness—Where Do We Go?

John Taylor and Quay Snyder, MD



2017 PILOT ASSISTANCE FORUM **Assisting For A Safer System**

MAY 23-24, 2017
ALPA CONFERENCE CENTER
HERNDON, VA



Flight Canceled After Pilot's Outburst; Apr 9, 2007

- A Northwest Airlines flight was canceled because the pilot was yelling obscenities during a cell phone conversation while people were boarding, and cursed one passenger, a federal official said Saturday.
- The pilot of the Las Vegas-to-Detroit flight was apparently in a heated cell phone conversation in the cockpit, then went into a lavatory, locked the door and continued the conversation, Federal Aviation Administration spokesman Ian Gregor said Saturday.



Pilot Commits Suicide; July 17, 2012

- A SkyWest pilot wanted in connection with the murder of his former girlfriend in Colorado attempted to steal an unoccupied SkyWest airplane from the St. George Airport early Tuesday then committed suicide, officials reported Tuesday.
- The pilot died inside the Canadair Regional Jet 200 after shooting himself, said St. George City spokesman Marc Mortensen.



German Wings; March 12, 2015



Depression Now the Number One Cause of Disability Worldwide

- According to the World Health Organization (WHO), depression is the single largest contributor to disability in the world today, with an estimated 322 million people suffering from its disabling effects. That's an 18.4% increase in just one decade.



What We Did In the Past

- CIRP
- HIMS
- PRO-STANS
- AEROMEDICAL
- EAP



Missing Pilot Mental Health Issues

- CIRP designed for acute work-related stress
- HIMS peer support with sobriety
- PRO-STANS pilot to pilot facilitation
- COMPANY EAP support; not FAA savvy
- AEROMEDICAL resources no official training



No Continuity of Care

- Pilots that did seek help, some lost in system
- Stress created when ready to return
- Lost pay due to failure to reintegrate
- Confusions on which committee for event
- No formal referral process
- Problems with MHP documentation



Aviation Rulemaking Committee Report;

November 18, 2015

- Air carriers should develop effective pilot assistance programs.
- Rationale: An environment needs to be created where pilots feel comfortable disclosing mental fitness issues.
- Pilot support programs should provide the opportunity for a pilot to disclose a mental fitness concern and if appropriate, receive temporary relief from flight duties and be referred to professional resources.



Aviation Rulemaking Committee Report

- The successful implementation of pilot support programs benefits from a joint collaboration between the air carrier to include senior management support, its pilot representative organization, and pilot peer volunteers.
- The trusting relationship with a fellow pilot in a peer-supported program may provide the best opportunity to identify and engage an individual requiring assistance.
- To encourage use, pilots must be handled in a confidential, non-stigmatized, and safe environment. If a culture of mutual trust and cooperation is maintained, pilots are less likely to conceal a condition, and more likely to report and seek help for mental health issues.

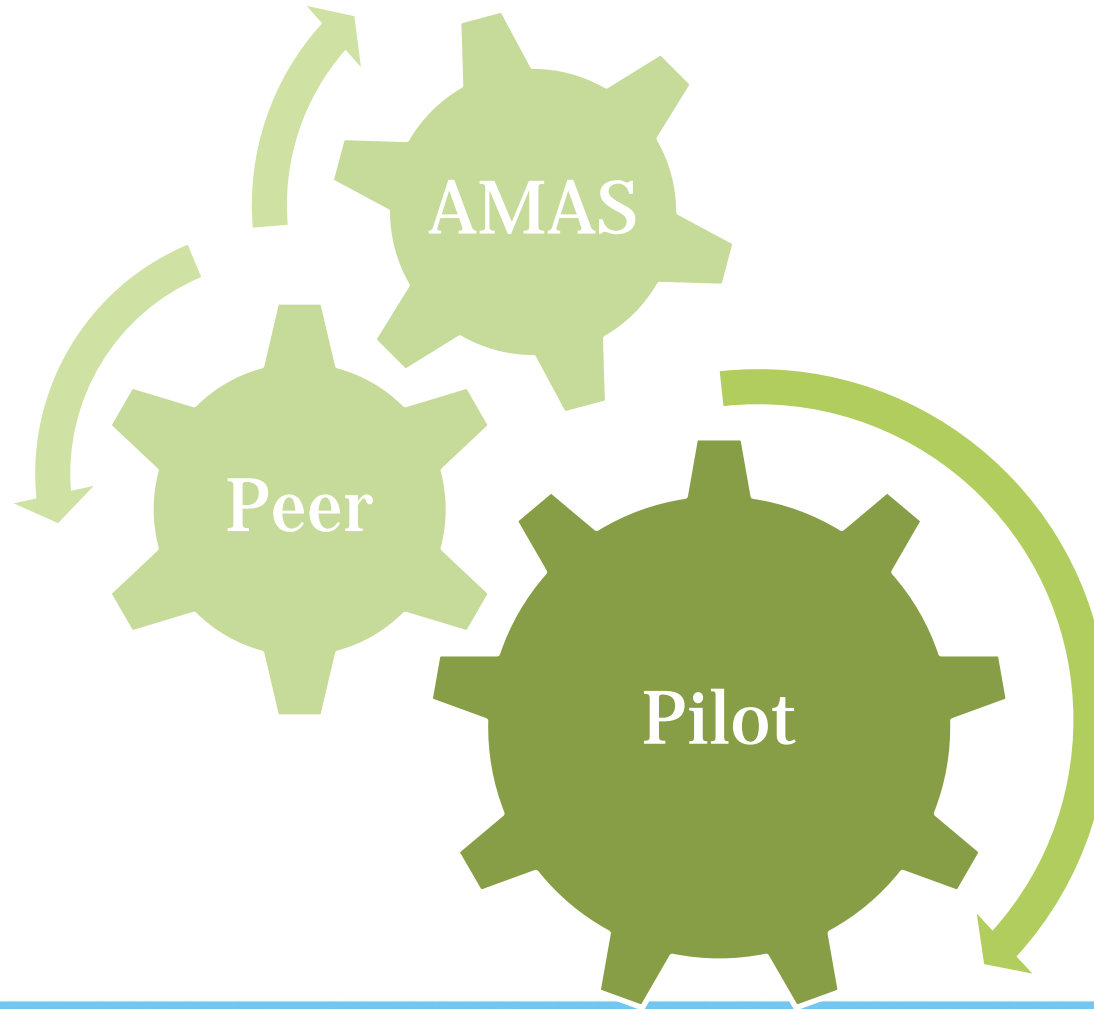


Going Forward

- Train the aeromedical group
- Publicize resources available
- Create a “plug and play” program that works for all properties
- Create a national hotline 24/7 to capture all
- Maintain relationship with ALPA and management
- Educate the pilot group and airlines



Start to Finish



Successful Aviation Pilot Support Programs

- American Project Wingman
- Canadian ALPA
- Delta PAN
- Lufthansa Stiftung Mayday Foundation
- Mayday South Africa
- Quantas PAN



MENTAL HEALTH FIRST AID™ USA | FIRST EDITION (REVISED)



MENTAL HEALTH FIRST AID USA

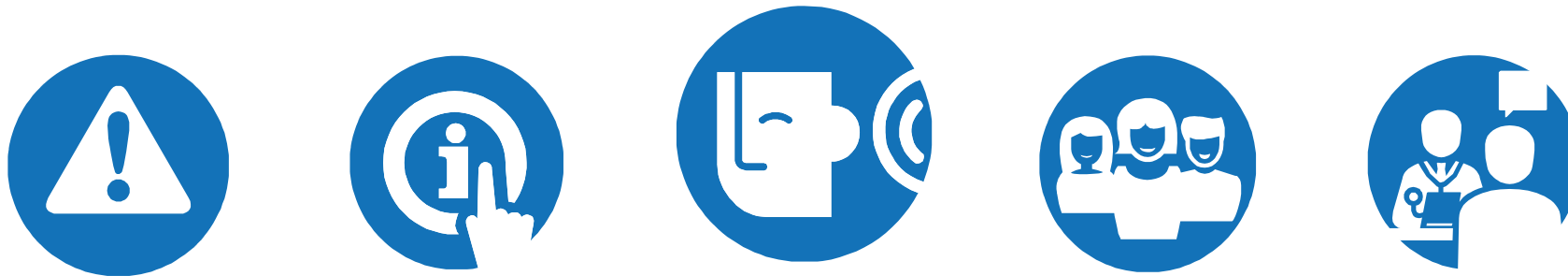
FIRST EDITION (REVISED) | ADULT



**MENTAL
HEALTH
FIRST AID®**



Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.





Why Mental Health First Aid?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

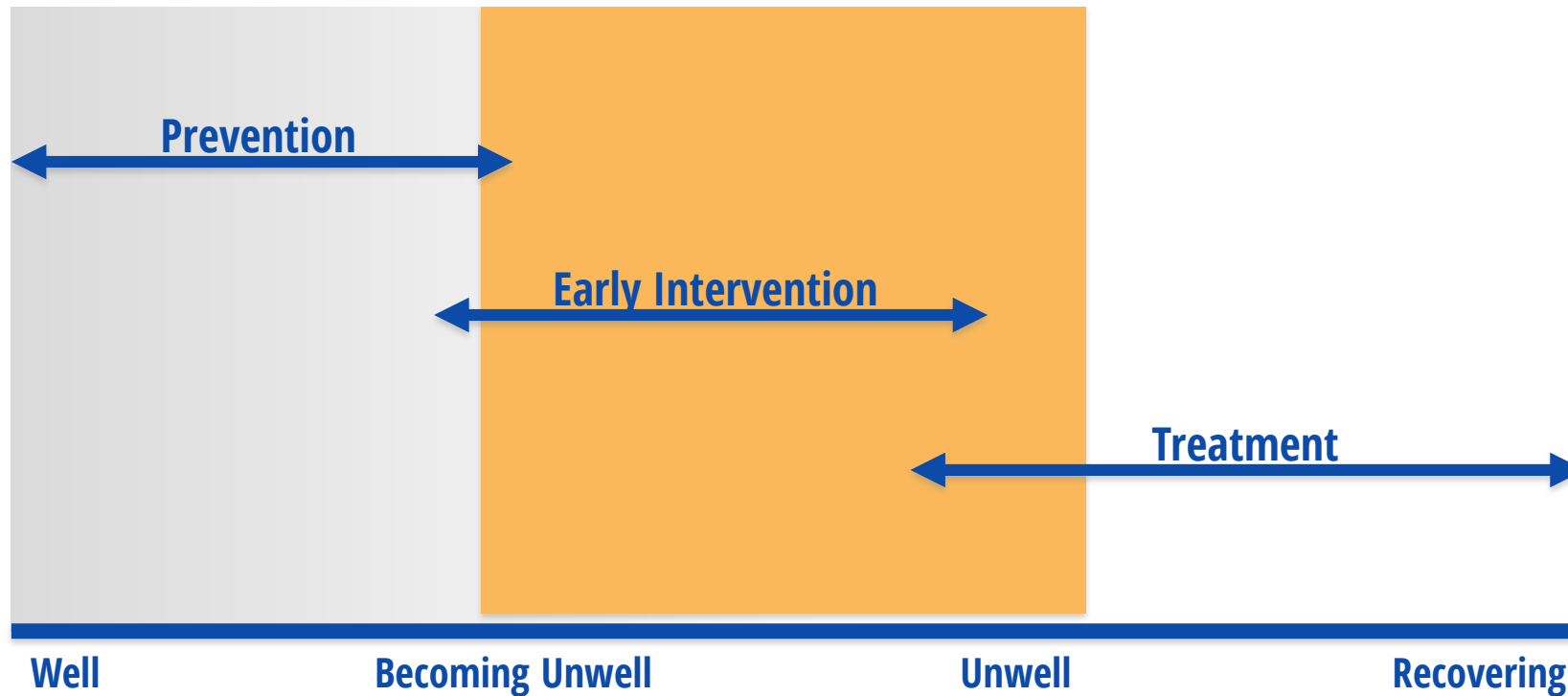
Individuals with mental health
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You
might **SAVE A LIFE.**

Where Mental Health First Aid Can Help



 Where Mental Health First Aid can help on the spectrum of mental health interventions



Mental Health First Aiders Are...

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents, friends and siblings. They're even First Ladies...

It really gives you the skills
you need to identify—and
ultimately help—someone in
need.

First Lady
Michelle Obama
trained



Why Should I Train My Employees?

- 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
- 10.8 million full time workers have a substance use disorder
- The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses



Government Support

Mental Health First Aid Act of 2015

- ✚ The Mental Health First Aid Act of 2015 (S. 711/H.R. 1877) would authorize \$20 million for Mental Health First Aid.
 - > Has 49 bipartisan cosponsors
- ✚ Offered to emergency services personnel, police officers, teachers/school administrators, primary care professionals, students, and others
- ✚ Introduced in the Senate by Senators Kelly Ayotte (R-NH) and Richard Blumenthal (D-CT) and in the House by Congresswomen Lynn Jenkins (R-KS) and Doris Matsui (D-CA)
- ✚ \$15 million annually in Mental Health First Aid appropriations





Adult Curriculum Overview



- What is Mental Health First Aid?
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression and Anxiety
- Mental Health First Aid Action Plan for Depression and Anxiety
 - *Suicidal Behavior - Depressive Symptoms*
 - *Non-Suicidal Self-Injury*
 - *Panic Attacks*
 - *Traumatic Events*
 - *Anxiety Symptoms*
- Understanding Psychosis
- Mental Health First Aid Action Plan
 - *Acute Psychosis - Disruptive or Aggressive Behavior*
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
 - *Overdose - Withdrawal*
 - *Substance Use Disorders*
- Using your Mental Health First Aid Training



Evidence

Mental Health First Aid....



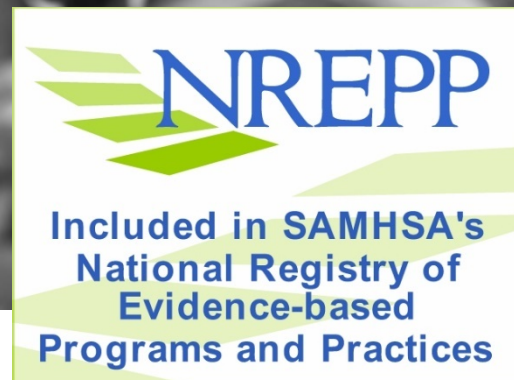
...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Research & Evidence Based

- Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:
- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.



The Action Plan

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies



ALPA Supplemental Training

- Legal
- Listening skills enhanced
- Grief
- Benefits, STD, LTD, Charity, State benefits
- Organization
- Stress
- Referrals to AMAS



Class Schedule



How it Works

- Pilot calls designated phone number per property
- Calls national toll free number
- Contact is made with trained volunteer
- Triage assessment is completed



Areas of Implementation

- Peer to peer contact
- Referral to Pilot Mental Health from management
- Referral from training department
- EAP
- Family



Assessment

- Safety of self and others
- Facilitate communication
- Ease stress as appropriate
- In most cases have pilot follow up at set intervals as needed



Easing stress

Money
Career
FAA Medical



Major Roadblock to Pilot Seeking Help



www.clipartof.com · 91920



National Benefit Database

- List of all ALPA carriers
- Complete list of carrier benefits
- State specific benefits



ALPA Aeromedical Advisor, Dr. Quay Snyder

- ALPA Aeromedical Office
- Serving ALPA since 1969
- 1-888-359-2572, option 3

