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HIMS: Why, What, and When?

ALPA Pilot Assistance Forum 2015

Capt. Richard Wilkening
ALPA Int'l HIMS Chairman

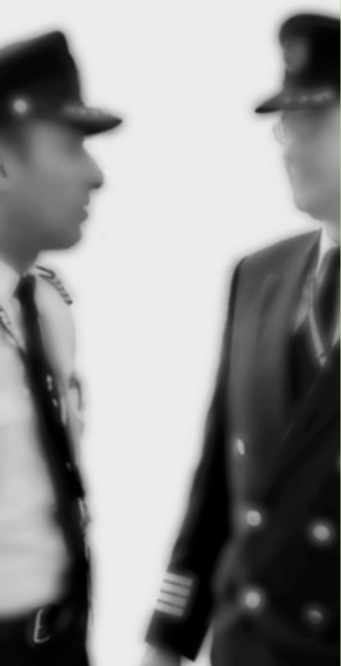




Why HIMS?

General Population

- 67% of U.S. age 12+ consume alcohol
- 8% of U.S. age 12+ use illegal drugs
- 20% of U.S. age 12+ use RX non medically
- 10% of population is Chemically Dependent





Why HIMS?

Pilots

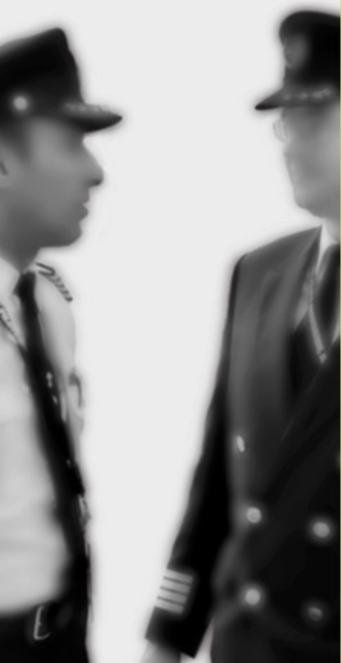
- Rate of Alcoholism probably the same
- Rate of illicit drug use lower
- 5% of all Pilots have 1 DUI
- .5% have 2 or more DUIs





Why HIMS?

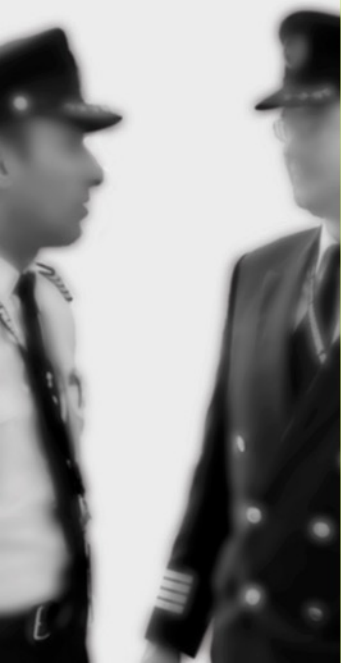
- Prior to HIMS, 99% of pilots diagnosed as Alcoholic were permanently medically disqualified.
- 1972 ALPA Board of Directors
- 1974- “Human Intervention and Motivation Study”





What *was* HIMS?

- Return pilots to the flight deck.
- Facilitate and Monitor their progress until released from HIMS Program.





What is HIMS Today?

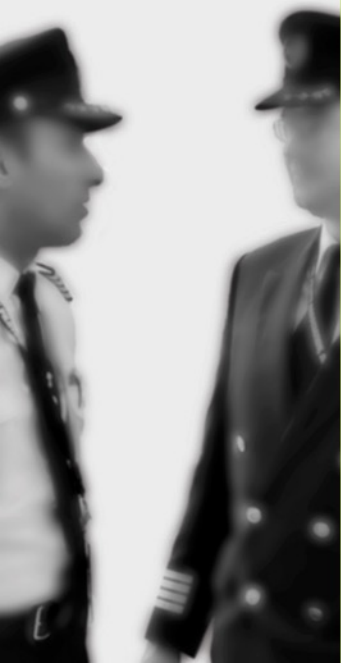
Identify potential HIMS Pilots and decide if any further action is warranted.





Evaluations

- If it is, attempt to get them an evaluation voluntarily
- If they won't voluntarily agree to an evaluation, decide what now?
- We reach the “moderate” to “severe” cases





Evaluations

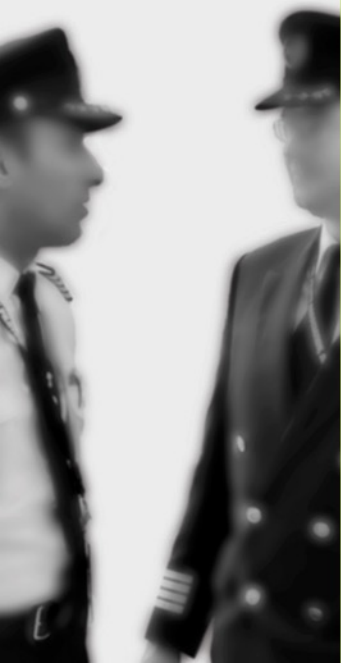


Management or FAA may direct pilot to get an evaluation



HIMS Today

- Get them into Rehab, and in contact with a HIMS AME
- Help them gain legal/ union representation if needed
- Facilitate return of pilots to flight status as soon as clinically indicated
- Support their continuing recovery

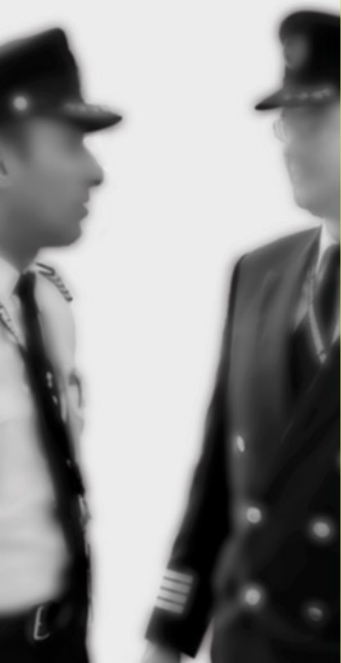




HIMS Today

In a nutshell:

- Get addicted pilots clean and sober
- Help them learn to work a program of recovery
- Help them to work a program while flying
- Prepare them to work a program with no one monitoring





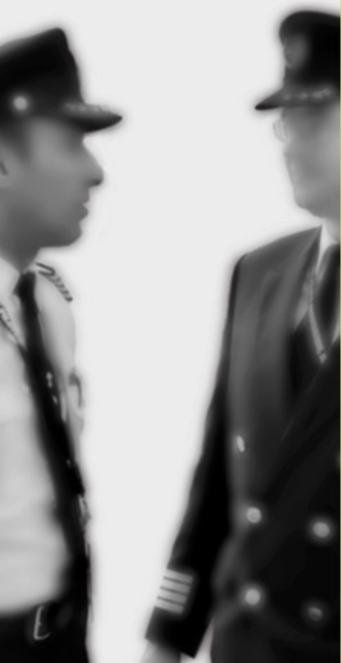
But wait! There's more!





What is HIMS Today?

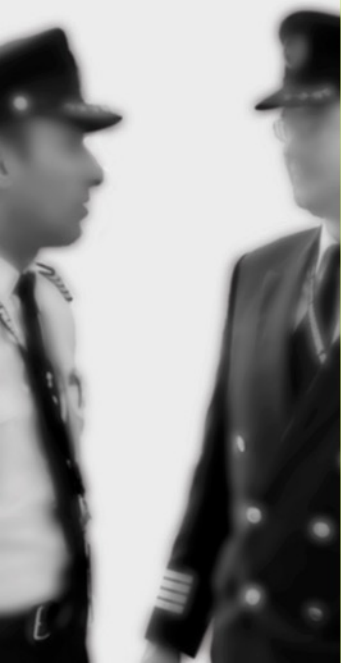
- Educate managers, Union Status Reps, and employees about Chemical Dependency Disease
 - » This is a chronic, fatal disease
 - » Alcoholics and Addicts are not “normal”





What is HIMS Today?

- We are part of the compliance process as well as support process
- We have a long term relationship with the HIMS Pilot- typically 3- 5 years
- www.himsprogram.com





When to call HIMS

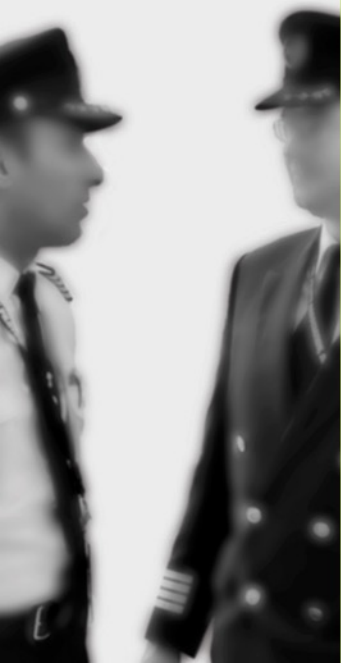
- Excessive Drinking at work or at home
- Obvious signs of excessive drinking
- Pro Stans issue that involves alcohol
- If YOU think that you might have a problem
- DUIs





Success!

Years	Pilots returned to flight status
1974- 1980	305
1981-1990	900
1991-2000	1500
2001-2010	1700
To Date:	5000+

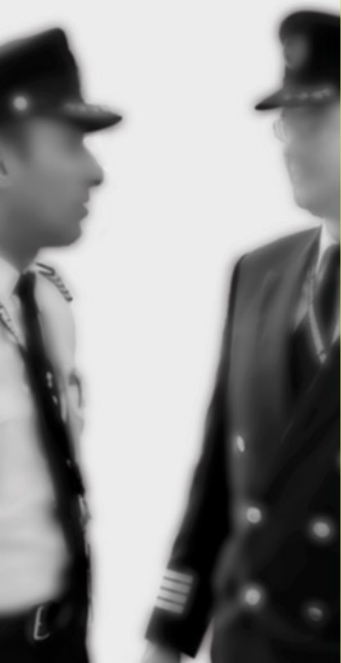




Success!

HIMS Program

- One Time Relapse Rate: 15- 20%
- Long Term Success Rate: 85%





HIMS Staff

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Questions?

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