

Drug and Alcohol Monitoring/HIMS FAQs

(Updated 08/26/2026)

1. What is a HIMS AME or HIMS-Trained AME?

- An AME who has successfully completed and passed additional training in evaluating airmen for substance- or alcohol-related conditions or other conditions (such as the antidepressant program).
- HIMS AMEs can provide monitoring when required by the FAA for medical certification purposes. A HIMS AME can monitor airmen who:
 - Work for a HIMS industry airline
 - Do not work for a HIMS industry airline but are in an FAA-monitoring program.

2. Where do I find a HIMS AME?

You can find an HIMS AME using the FAA [AME Locator](#).

3. What is a HIMS psychiatrist?

A psychiatrist who has successfully completed additional training in evaluating airmen for substance- or alcohol-related conditions or other conditions.

4. How do I find a HIMS psychiatrist?

Consult with a HIMS AME.

5. Is the HIMS program the same as a HIMS AME?

No. The HIMS program is an industry program. The airmen in this program are followed for FAA purposes by a HIMS AME. For more information, see the [HIMS program](#) website.

6. Do all commercial pilots use the HIMS Program?

No. The HIMS program is not used by all airlines. The list of current carriers with a HIMS program can be found on the [HIMS program](#) website.

7. What if the airman flies recreationally or for an airline that does not have a HIMS program but they require monitoring for their FAA medical certificate?

Airmen who do not work for a carrier with a HIMS program can still be monitored by a HIMS-trained AME to fulfill the requirements of their medical certificate as outlined by the FAA.

8. Can the HIMS AME make the determination to move a pilot in the Step Down Program from Initial Phase-1 to Early Phase-2?

No. That determination must be made by the FAA Office of Aerospace Medicine.

9. Can the HIMS AME make the determination to move a pilot in the Step Down Program from Early Phase-2 to Advanced Phase-3 or from Advanced Phase-3 to Maintenance Phase-4?

Yes, unless the Authorization Letter explicitly advises that the HIMS AME cannot initiate the step down.

10. How does the HIMS AME make the determination to move a pilot in the Step Down Program from Early Phase-2 to Advanced Phase-3 or from Advanced Phase-3 to Maintenance Phase-4?

The HIMS AME reviews all documentation and interviews the pilot to determine if the pilot has demonstrated complete compliance with the current monitoring requirements, the interview unequivocally demonstrates the pilot is sober from all substances of concern, is in good recovery, and the HIMS AME has no concerns.

11. What is Time-in-Phase, how is it calculated, and what causes it to reset?

Time-in-Phase is the **minimum** amount of time required for each specific Phase in which the pilot has an uncomplicated progression of recovery. The start date is calculated from the date the initial Special Issuance is authorized. However, if the pilot relapses or there is a withdrawal of authorization at **ANY TIME**, the Time-in-Phase start date is re-set to the date any **NEW** Special Issuance authorization is granted.