

Welcome and Orientation

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2021 Advanced Topics Seminar

HIMS Monitoring – Best Practices

September 13 – 14, 2021
Westin DIA, Denver, CO

HIMS Goals

Provide a structure within which pilots afflicted by the disease of substance abuse/dependence can be identified, treated, and returned to duty - saving lives and careers



SPONSORS

Contributions directly lower Pilot costs!

- American Airlines
- NetJets / NJASAP
- UPS / IPA
- FedEx Express



Thank You! Thank You! Thank You!

Great to See Your Face, Shake Your Hand!

- First In-Person HIMS Seminar in 18 months
- Largest AT Seminar Ever! – 235 attendees 168 / 67
- Pilots
 - HIMS Volunteers - 65
 - Management Reps - 18 (2)
- Non-Pilots 119
 - AME's - 46
 - Psychiatrists - 22
 - Neuro/Psychologists - 29
 - Airline Management Reps - 14
 - Others – RN's, EAP, Vendors 9
- Speakers / Experts - 33

Response to Critiques

- Advanced Topics only
 - Attendees actively engaged in HIMS
 - Knowledgeable, Fluent, Familiar
- Revised Format
 - Much more networking,
 - Informal talks/meals with the “Experts”
 - E Message Board – Contact Attendees
- Electronic Access
- Virtual Component

Safety Info

- Exits to rear of conference room
 - Stairs at West side
 - Transportation hub platform
 - Valet parking center / parking lot
 - Upstairs – east side of foyer (to left)
 - Past restaurants to airport
- Hotel rooms
 - Downstairs to airport level
 - Out to airport concourse

SARS – CoV 2 Protocols

- ALL - Hand Sanitizing Stations – Wash hands!
 - Respiratory etiquette
 - Social Distancing
 - If sick, log in remotely
- Masks required when on venue floor
- White masks/sticker → Maintain Social Distance
- Black masks/stickers → Social Distance optional
 - Wear mask at all activities except when eating
 - Social distancing tables & food lines
- See COVID protocols in HIMS Cvent app

Networking / Learning Opportunities

- Internet Access in Conference Room
- Text Questions to Moderator During Talk
 - Many Answered live
 - Others Answered electronically
- Meals (3) with “Experts” 1.5 hours each
 - Map of assigned tables
 - 4 general areas (Pilots, AME’s, FAA, PNP’s)
 - Join any table – switch tables
- **Electronic Critiques - Please Fill Out**

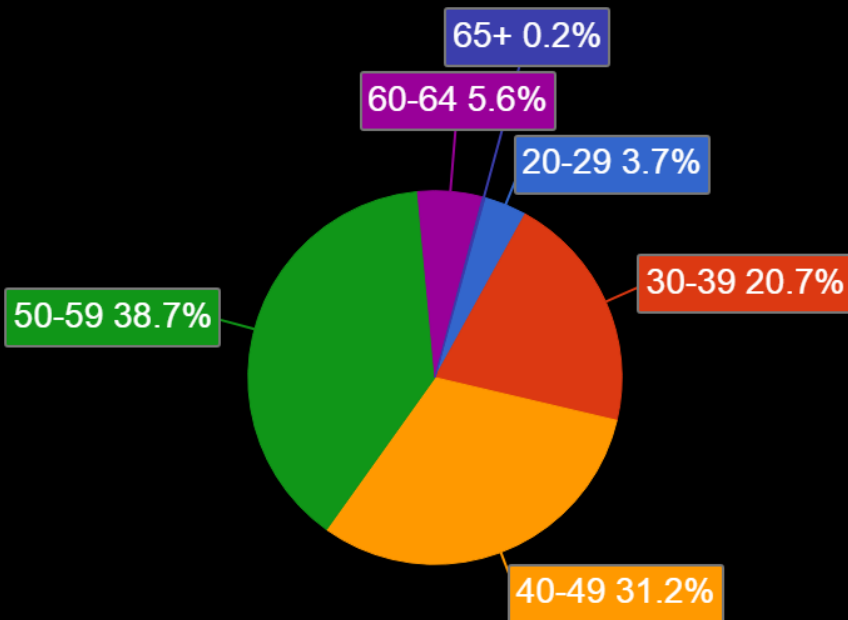
FAA Access

- Doctors
 - During talks and Q&A Sessions – Stay
 - At meals – Join a table!
 - During Breaks
 - Send appt. request via App
- Sue Glowacki – Online w/ App
 - AME & PNP lists
- DUI Reporting – Online w/ App

Database

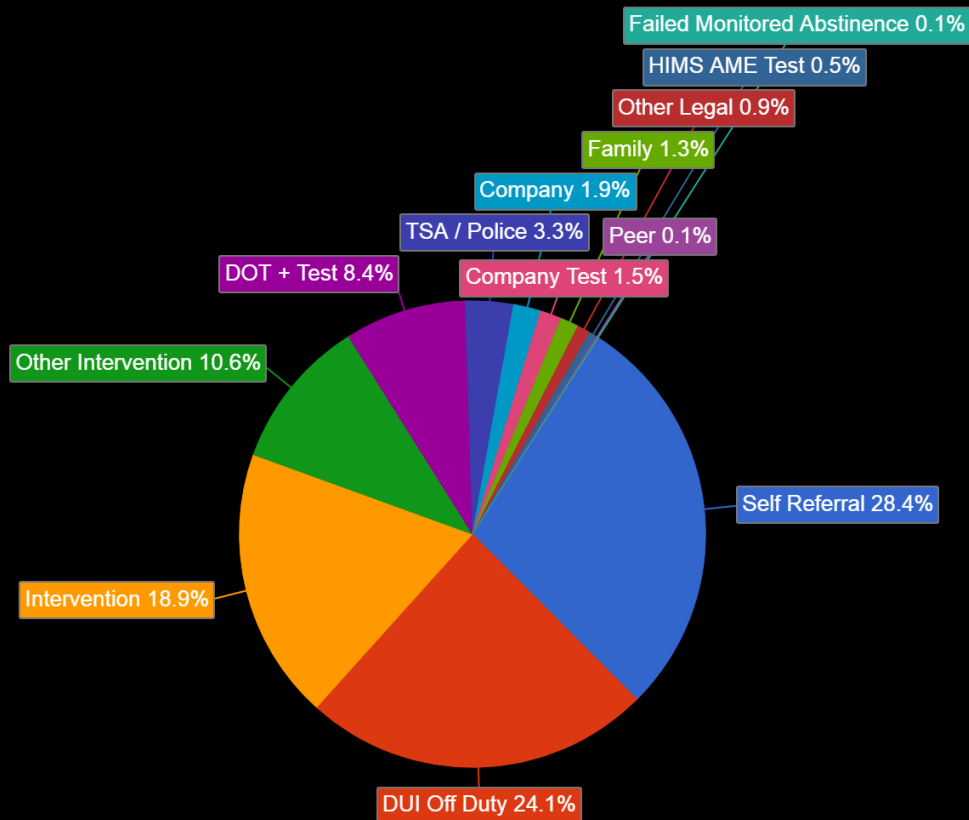
- Since April 2011 – 2 August 2021
- First Class cases only 1510 pilots/ 1291 SIA
- DEPENDENT on AME Datasheet completion
 - Electronic submission to database
 - Print paper copy for case submission
- Purpose - Improve Quality of HIMS Program
 - Identify Relapse Risk Factors → Safety
 - Synergy with Physician Health Programs
 - Research for addiction community

Age Distribution



Age	Cases	% Cohort	Relapse Rate %
20-29	47	3.7	6.4
30-39	264	20.7	7.7
40-49	393	31.2	16.5
50-59	488	38.7	16.2
60-64	70	5.6	14.3
65+	2	0.2	0.0
Total	1261		14.0

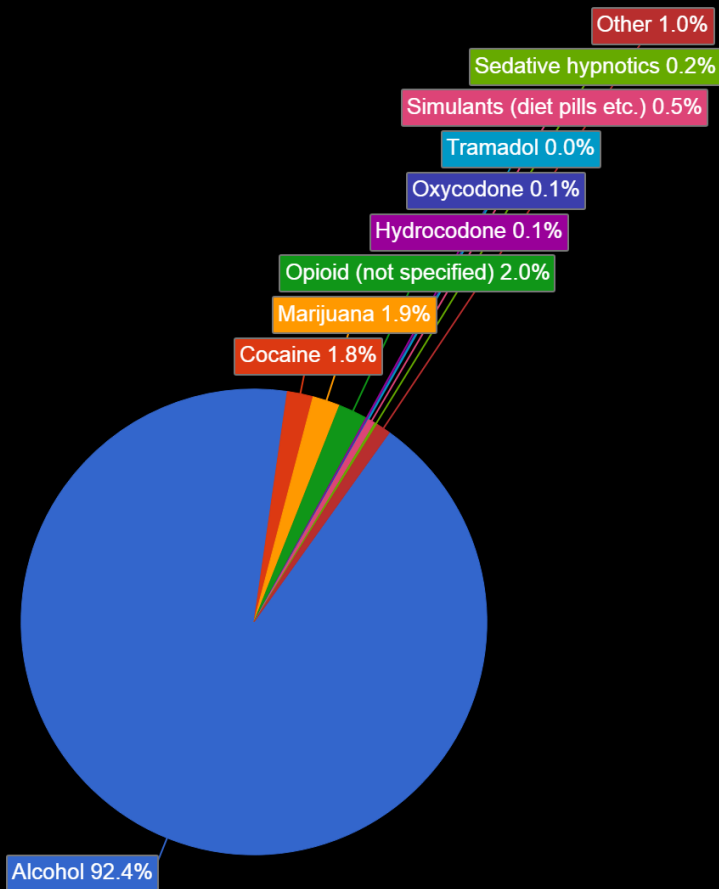
How Entered Program



Discovery		%
Self-referral	496	28.4
DUI Off Duty	421	24.1
Intervention	329	18.9
Other Intervention	184	10.6
DOT + Test	147	8.4
TSA / Police	58	3.3
Company	26	1.5
HIMS AME	9	0.5
Family	22	1.3

Failed Monitored Abstinence* = 1

Drug Of Choice

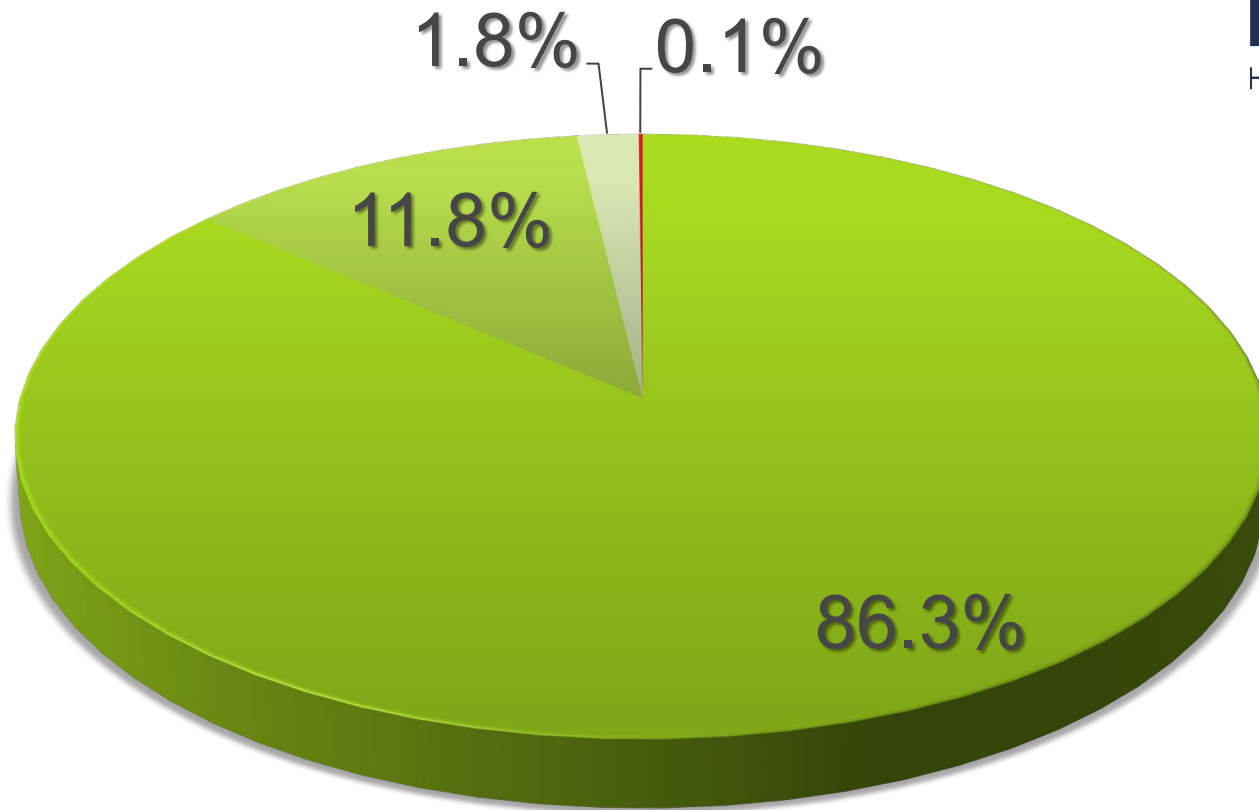


DOC	Cases	%	Relapse Rate
Alcohol	1166	92.5	13.7
Cannabis	24	1.9	8.3
Cocaine	23	1.8	17.4
Opioid (non-spec)	25	2.0	40.0
Opioid (semi-syn)	2	0.2	0.0
Stimulants	6	0.5	0.0
Other	15	1.2	0.7

Overall Relapse Rate = 14.0%



Relapse Rates



■ None

■ One

■ Two

■ Three

Medical Certification of Airmen

Special Issuances-Substance Dependence

(CY 2020 as of 12/13/20)

	Class 1	Class 2	Class 3	Total
Alcohol Abuse	496	111	113	720
Alcohol Dependence	872	63	64	999
Drug Abuse	349	57	68	474
Drug Dependence	94	9	21	124
	1811	240	266	2317

Dining Options

- All meals provided on-site for attendees
- Other Options
 - Hotel Restaurants
 - Airport Eateries – Before TSA
 - Airport Restaurants – Inside TSA – Pilots Only
- Downtown Denver
 - Light rail from Transport platform
 - A Line – 37 min, every 15 min 1930, then 30 min
 - Cab \$70-120 each way, Uber / Lyft ~ \$40-\$50

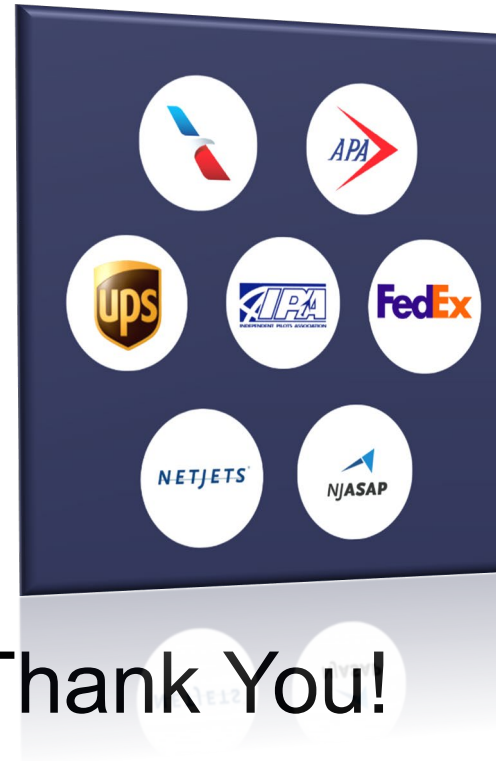
www.HIMSPprogram.com

- About
- The Disease Model
- Program – History & Principles
- Resources – documents, links, podcasts, videos
- Seminar – current & past seminars - copyright
- DUI Info – FAA reporting, checklists, policies & docs
- Get Help Now → HIMS Chairs Listing
 - Family Support, HIMS AME list, Contact List, Help

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Thank You! Thank You! Thank You!

Learn → Apply → Share



HIMS

HUMAN INTERVENTION AND MOTIVATION STUDY