History of HIMS

Captain Dana Archibald
HIMS Chairman ALPA National
August 2009
Human Intervention Motivation Study

- (HIMS) - A peer intervention and treatment program for commercial pilots.
- (Part 91, 135, and 121)
- Sponsored by ALPA, the FAA and the Airline industry.
Early 1970s no aviation industry-wide program to identify and assist Alcoholic pilots. (Chemical dependence “CD”)

Diagnosis lead to medical disqualification

Denial and conspiracy of silence.
In 1972 ALPA surveyed available programs.

- Dr. Richard Masters
- Captain Gil Chase (Continental Airlines)
- Captain Rod Gilstrap (United Airlines)
Determined a specialized program was needed to:

- Identify
- Intervene upon
- Evaluate
- Refer to treatment
- Rehabilitate and
- Gain FAA medical recertification
1974 HIMS Begins

- Initial government grant from National Institute for Alcohol Abuse and Alcoholism (NIAAA)
- Subsequent FAA contracts awarded to ALPA
- Currently working under HIMS V contract
Work overseen by HIMS V advisory board.

- Chaired by Captain Dana Archibald
- Program Manager Dr. Don Hudson
- Board members consist of representatives of different airlines,
- Representatives from the FAA, ALPA aeromedical, and legal departments serve as Ex-officio Board members.
Program Accomplishments

- As of June 2009
- Long term success rate of 88-90%
- Over lifetime of a professional pilots career, relapse occurs in only 10-12% of participants.
- Over 4,350 pilots successfully treated and returned to flying under close supervision.
On average 120 pilots per year are being identified, treated, and returned to work.

Over 40 airlines/corporations within North America have active programs.

Stellar example of FAA, Company and Pilot group cooperation.
Website himsprogram.com

Dana Archibald
HIMS Chairman ALPA National
Email dana.archibald@alpa.org
Phone (919)608-1735
HIMS 2009
How it Works

Dana Archibald
HIMS Chairman ALPA National
History

- 1972-1974 ALPA & FAA
- 35 years old
- As of 2007, 4,100 Pilots return to cockpit!
- Recovery rate >90%
Human Intervention & Motivation Study

- Why did they call it HIMS?
- PILOTS ARE GODS
- (we just don’t have those problems!)
Pre-Treatment

1. Self Awareness
   - (Volunteer, I need help, I have a drinking problem)

2. Intervention
   - (family/friends, Union/Company)
   - Shoe in the Ass Volunteer

3. Legal or FAA awareness
   - (Case Specific DUI/DWI)
Treatment System

- Minimum **28 Day** in-patient care/ Intensive out-patient. **Much Longer Time.**
- Followed immediately by long-term, professional aftercare. (Alcoholics Anonymous self-help expected)
- Airman to be abstinent and carefully follow the continuing care plan (FAA Medical invalid by admission of treatment)
Recertification System

- Choose Independent Medical Sponsor (IMS) - (HIMS Trained)
- Follow guidance of IMS
- In-patient records to IMS
- Continuing care reports to IMS
- Mgmt./Peer reports to IMS
- Psychiatric/psychological evals. (when IMS says)
- Send to FAA when all are supportive!
FAA Special Issuance

- FAA issues the first medical with the SI
- SI last -- 3 yr, 5 yr or retirement!!!!!!
- Airman is to remain totally abstinent and fully compliant
- Airman gets 1st class Medical every 6 months
Reporting to IMS

- Chief Pilot & Peer Pilot Rep = Monthly
- Continuing Care Professional = Quarterly
- Psychiatrist = Annually
- Other, as specified

- Drinking or Non Compliance is reportable
End of Special Issuance

- When released, pilot returns to normal FAA medical procedures.
- Airman expected to be totally abstinent.
- Any return to drinking to be reported ASAP.
Rehabilitate!!!!!

Don’t

Terminate!!!!!
Questions???

- HIMSSprogram.com
- Dana Archibald
- HIMSS Chairman ALPA National
- Phone, 919-608-1735 USA
- E-mail dana.archibald@alpa.org