A Structured Program for Pilots and Traffic Controllers with Mental Issues.

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A STRUCTURED PROGRAM FOR PILOTS AND AIR TRAFFIC CONTROLLERS WITH MENTAL ISSUES BASED ON HIMS

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Pilots and controllers are avoiding appropriate mental care that would have to be reported to the **FAA**, or are omitting required notification of mental care they have received. Either action is detrimental to air safety and personal health.

I propose a structured aviation program to handle mental issues similar to the **HIMS** Program for pilots with alcohol and / or drug abuse and dependence. The HIMS Program is extremely successful with about 85 percent of pilots who participate recovering and returning to the cockpit. That carrot encourages pilots to comply with HIMS requirements and to recover. The same should apply to mental diagnoses.

The parallel program I title "**Aviation Mental Health**"(**AMP**) begins with specifically trained AMEs. HIMS AMEs currently handle pilots requiring one of five antidepressant medications, and assist pilots to navigate certification if they have a mental condition like ADHD. Their role should be expanded to cover all mental conditions.

Group meetings (with other pilots and **ATCs** who have mental conditions), sponsors (very important), airline and regional **ATC** committees, and random testing (to confirm prescribed medicine compliance) all need to be constructed.

Parallel to Alcoholics Anonymous 12 steps, pilots must honestly acknowledge they have a mental condition, and it must be recognized by their friends and family who then provide support. Pilots and controllers must believe their condition can be ameliorated, but requires them to personally address their issues, as well as obtain required medical care. They must recognize the effect their condition has upon others, provide apologies and then assist others with mental conditions.