



AIR LINE PILOTS ASSOCIATION, INT'L

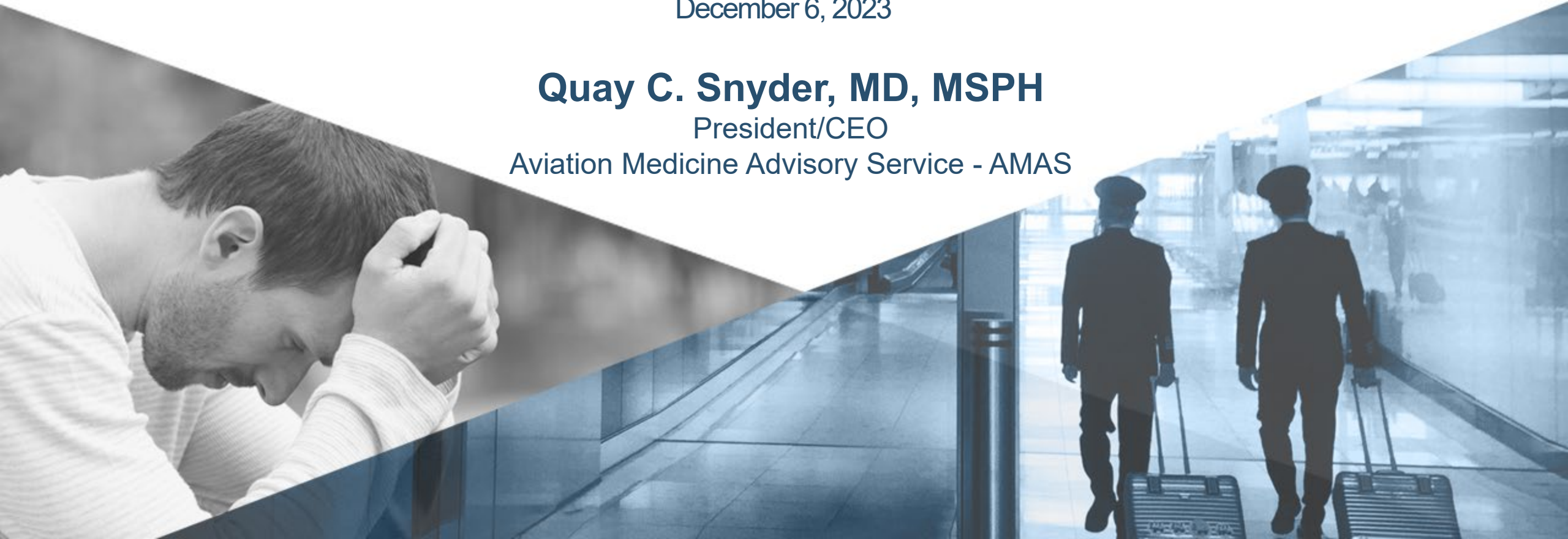
NTSB 'Navigating Mental Health in Aviation' Summit

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Mental Health Challenges – Common in all

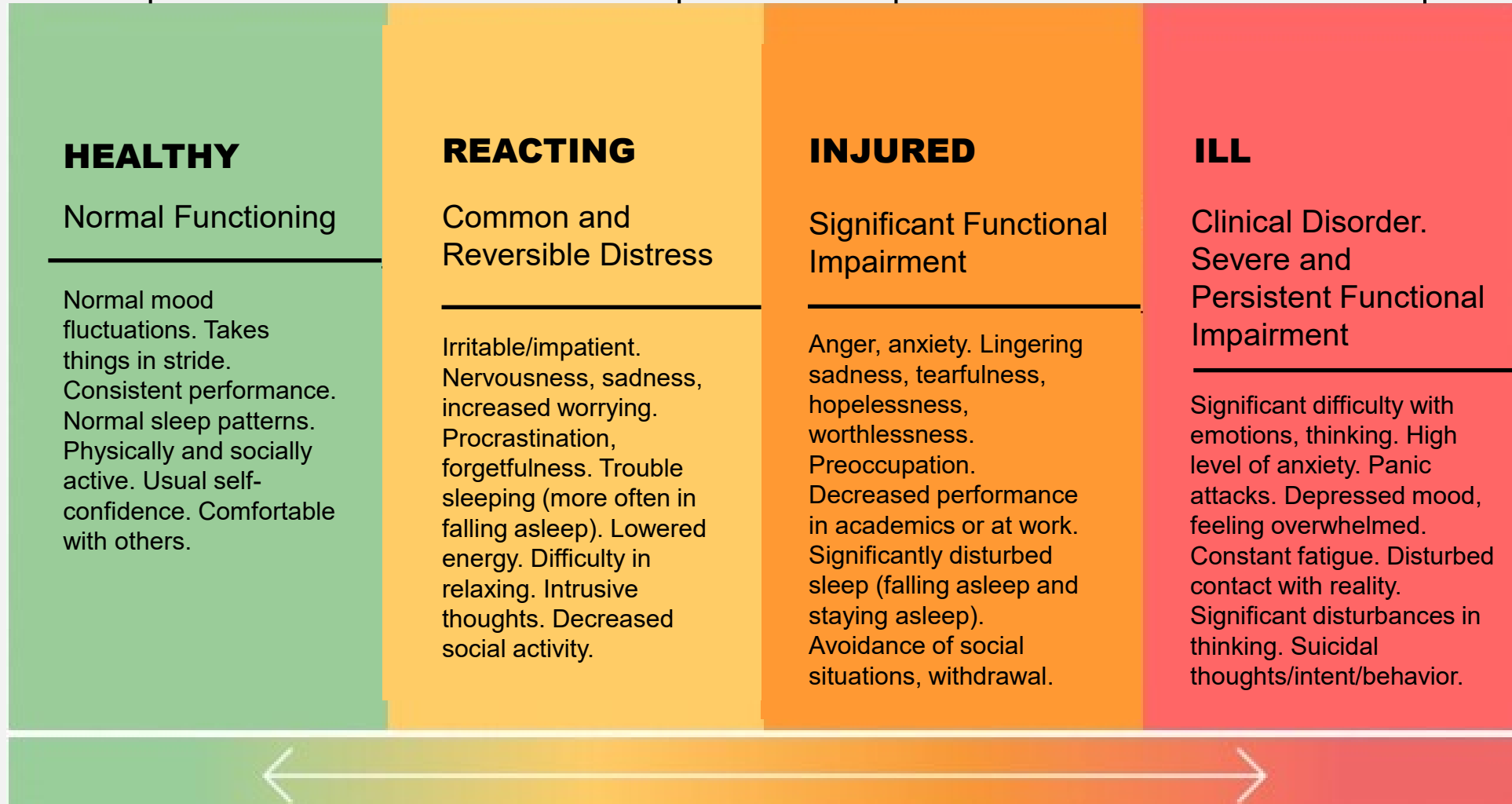
- 20% with diagnosable MH condition per year
- 50% in lifetime

Pilots are not exempt

THE MENTAL HEALTH CONTINUUM

Self-Care and Social Support

Professional Care



Barriers to pilots seeking healthcare

- Fear of loss of medical certification
- Uncertainties in FAA certification process
- Lack of access to aviation savvy MH care
- Stigma, urban legend and personalities
- Aviation mentors culture of non-disclosure

Current Situation



- Pilot healthcare avoidance → Least safe as disease goes untreated
- Non-reporting - using off-the-radar sources → Recognizing need, attempting to get help. Maybe Safer?
- Costs, Scheduling, Lack of Aviation Savvy MHP's → Difficulty in accessing care
- Reporting challenges when obtaining help → Adds to frustration – reinforces status quo. Value of PPS's. Union Resources.

FAA Initiatives



- Dr. Northrup and AAM Staff have been making significant public outreach efforts with positive response from aviation community
- Both short-term and long-term FAA improvements on horizon
- Gaps persist – Need more to change the status quo
- Opportunities exist – Industry-wide & Public Awareness
 - ALPA willing to help. Other unions on-board
 - Pilot organizations
 - Aerospace medical associations
 - Regulatory initiatives - Internationally

Initiatives



ALPA and Pilot Union Initiatives – Proven Success – PPSP’s

- Following 2015 Pilot Fitness ARC recommendations
 - ARC Recommendation # 3
“Air carriers should develop effective pilot assistance programs.”
- Modelled after other successful PPS programs
- Available for most Part 121 Pilots in the US, mainly through unions
- Resolves 80 – 90% of contacts without escalation
- NBAA working on similar program modeled after ALPA PPS

Global & Industry Initiatives



- ALPA – Trained PPS Volunteers, Vetted Syllabus – Global Access
 - SOAR, PATH, PAN, Project Lift (SWAPA), Project Wingman (APA) for individual pilot groups
- IPPAC / IPAAC
- AsMA MHWG + subgroups
- ICAO MHWG
- EASA ME SAFE
- CASA / NZ CAA
- UAA MH Initiative
- Airline Involvement – Minimal to Date

Co-operative Approach to Safety



- FAA / Regulators
 - Airlines
 - Pilot unions / groups
 - Mental health professional organizations
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- Co-operative approach on past problems have been a winning recipe

FAA – Needed Improvements



- Clarify 8500-8 to allow wider reporting exemptions for MH visits
- Offer amnesty program
- Shorten observation periods on meds and changing meds before SSRI petition
- Consider expanding allowed medication list – already being done
- Reduce MH certification decision processing time
- Aggressive AME education effort through media, AMCS, feedback

Conclusions



- Mental wellness constantly moves on a spectrum for well → disease
- Less than well compromises aviation safety – treatment improves both
- Barriers exist to seeking / reporting care → compromises safety
- PPSP's proven success with PPS, HIMS, and CIRP → improves safety
- All involved want safer ops and improved mental wellness
- Positive safety culture w.r.t. mental wellness improves safety
- ALPA willing to continue to support FAA efforts in MH/Safety arena



QUESTIONS?

