



72nd annual

INTERNATIONAL AIR SAFETY SUMMIT

IASS 2019



Protecting Aviation Employee Health

First Officer Ellen Brinks

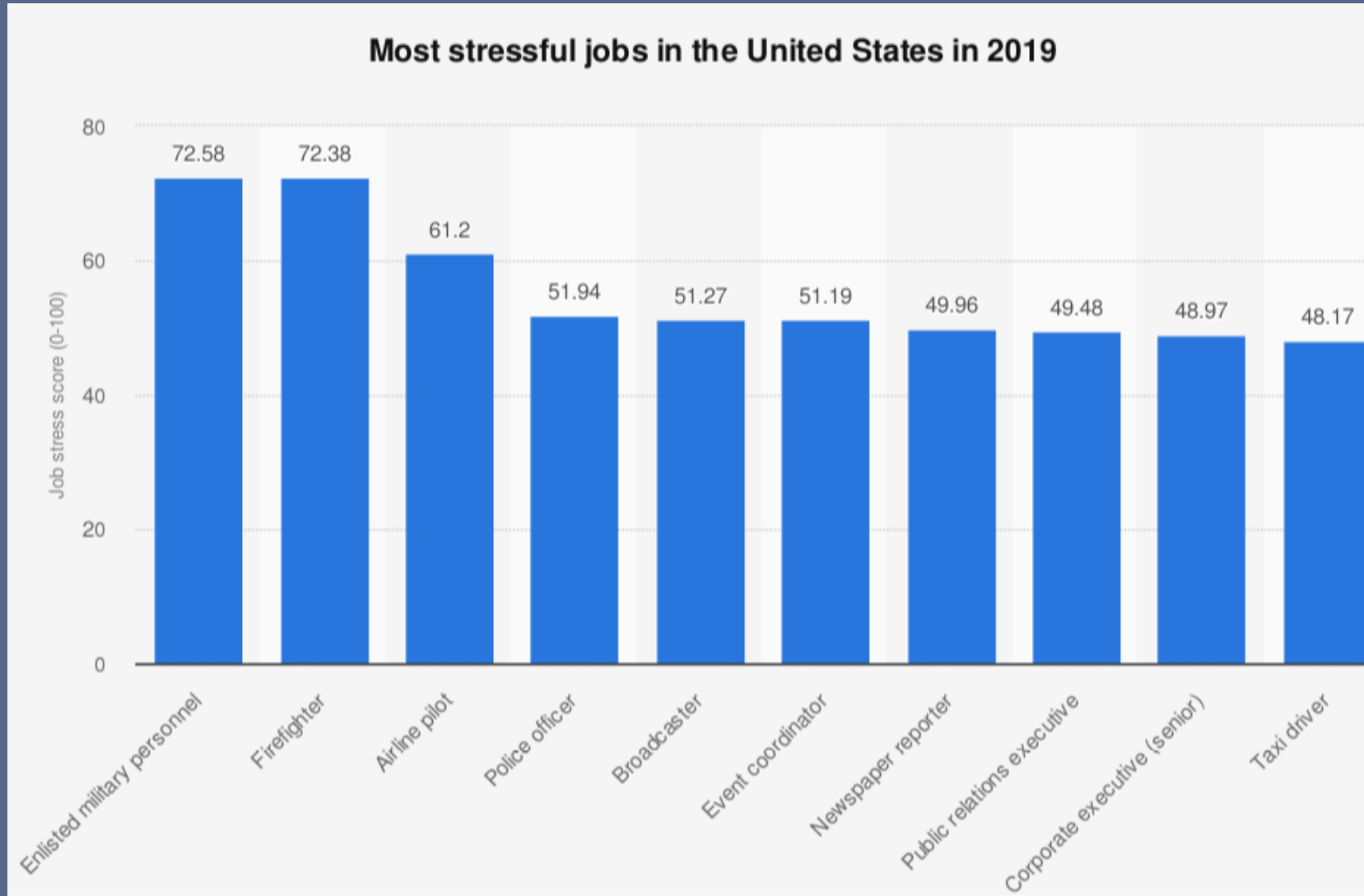
- ALPA National Aeromedical Group Chair
- Pilot Peer Support Administrator

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ALPA's Pilot Assistance Programs

- Aeromedical services
- Alcohol/substance abuse recovery
- Professional standards
- Critical Incident Response

Work Can Be Stressful



ALPA Pilot Peer Support Program Development

- 2015 Pilot Fitness Aviation Rulemaking Committee
 - Comfortable environment for pilots to disclose fitness concerns
 - Success through collaboration
 - Senior management
 - ALPA
 - Pilot peer volunteers
- Based on best practice internationally
- Vetted by mental health professionals



Pilot Peer Support



PEER SUPPORT STRUCTURE



ALPA PPS Course

unit 1

Building Core Competencies for Peer Support
The ALPA PPS Structure
Listening Skills

unit 2

Building Background Knowledge
Grief
Stress
ALPA Plan
Mental Health
Pilot Certification

unit 3

Support and Planning
ALPA Air Safety Organization

unit 4

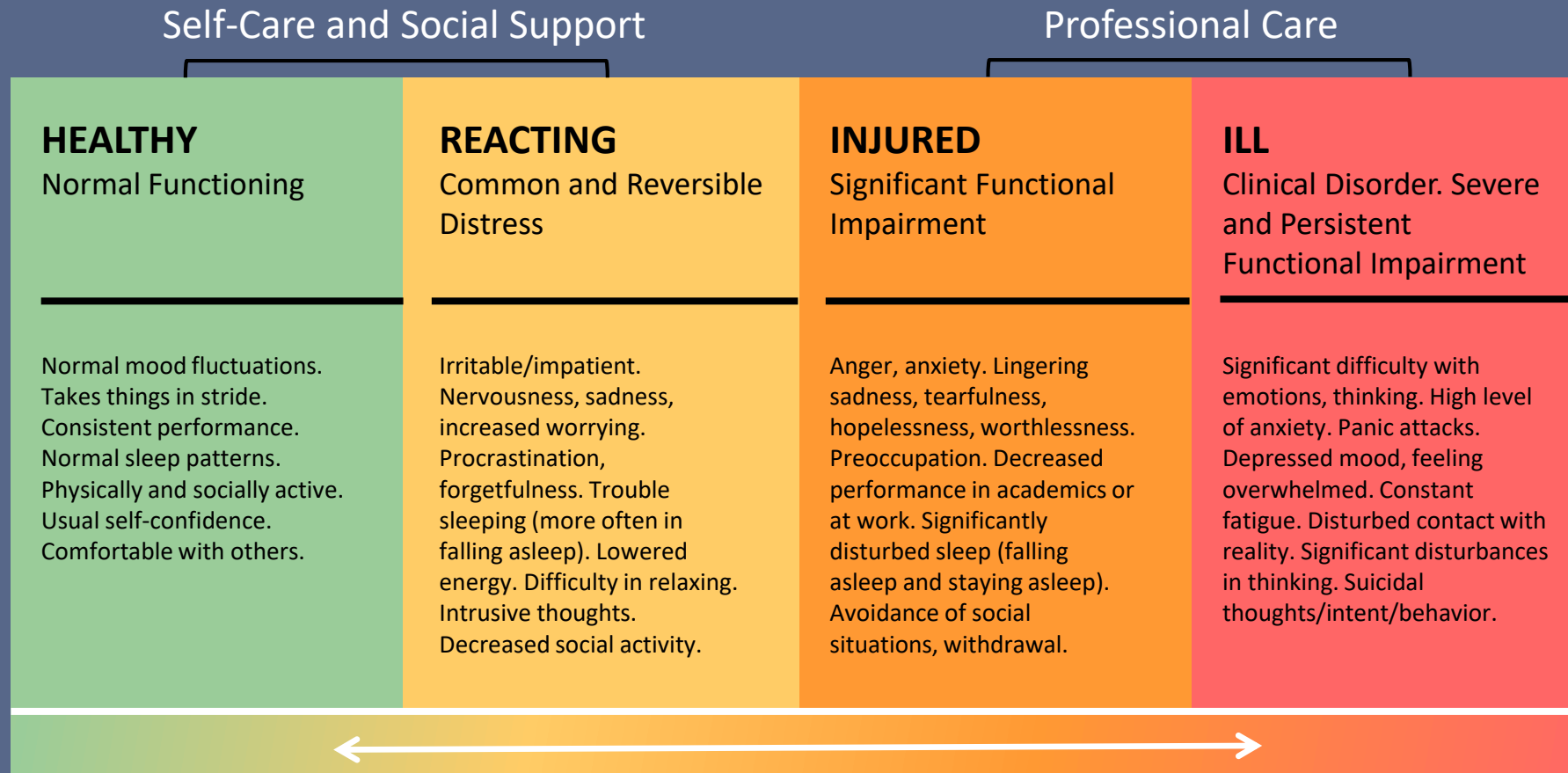
Ethical Practices
Self Care and Protection for the Peer Volunteer
Exam



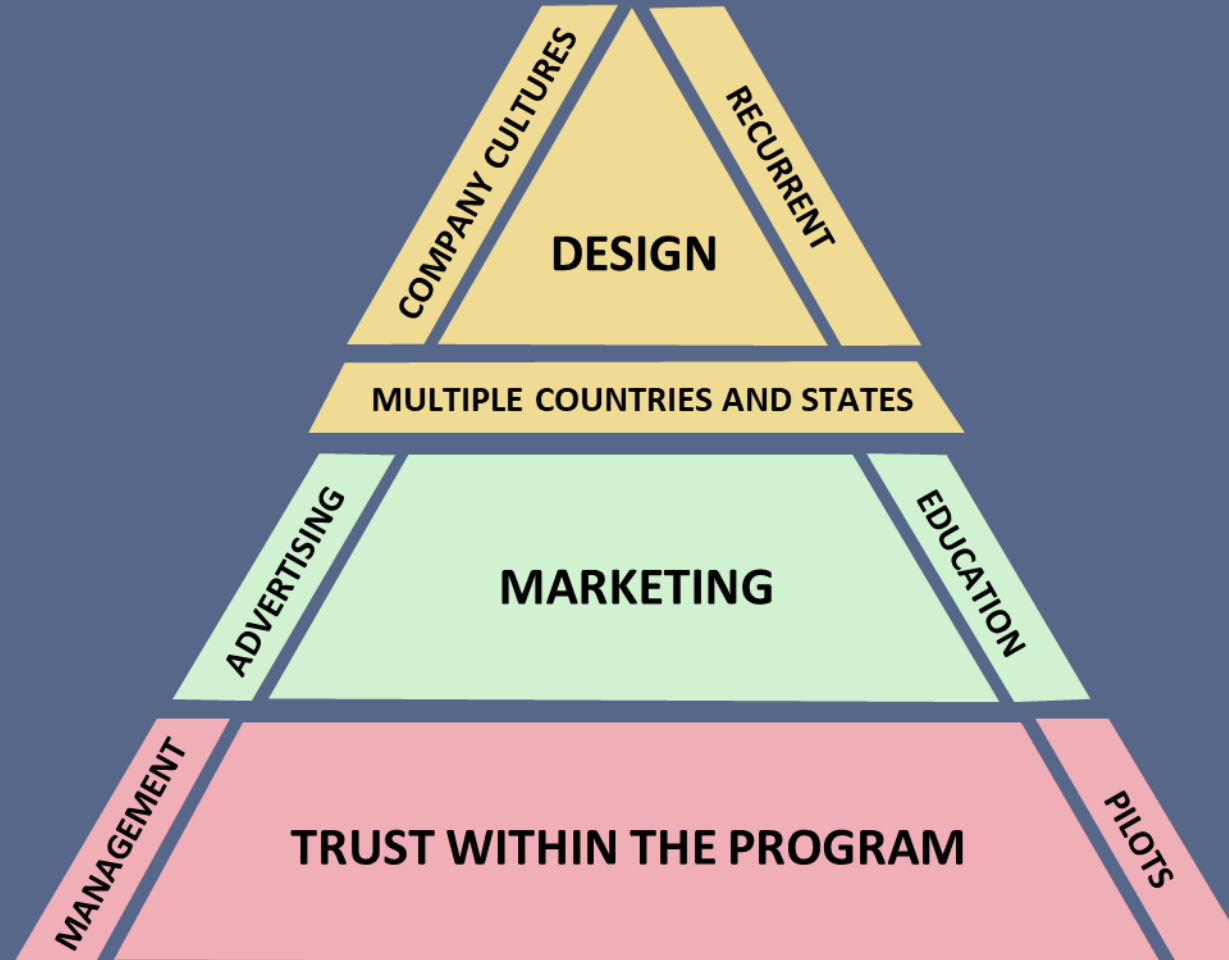
The ALPA Plan

- A: Assess for needs and safety
- L: Listen nonjudgmentally
- P: Provide hope and encouragement
- A: Access appropriate resources

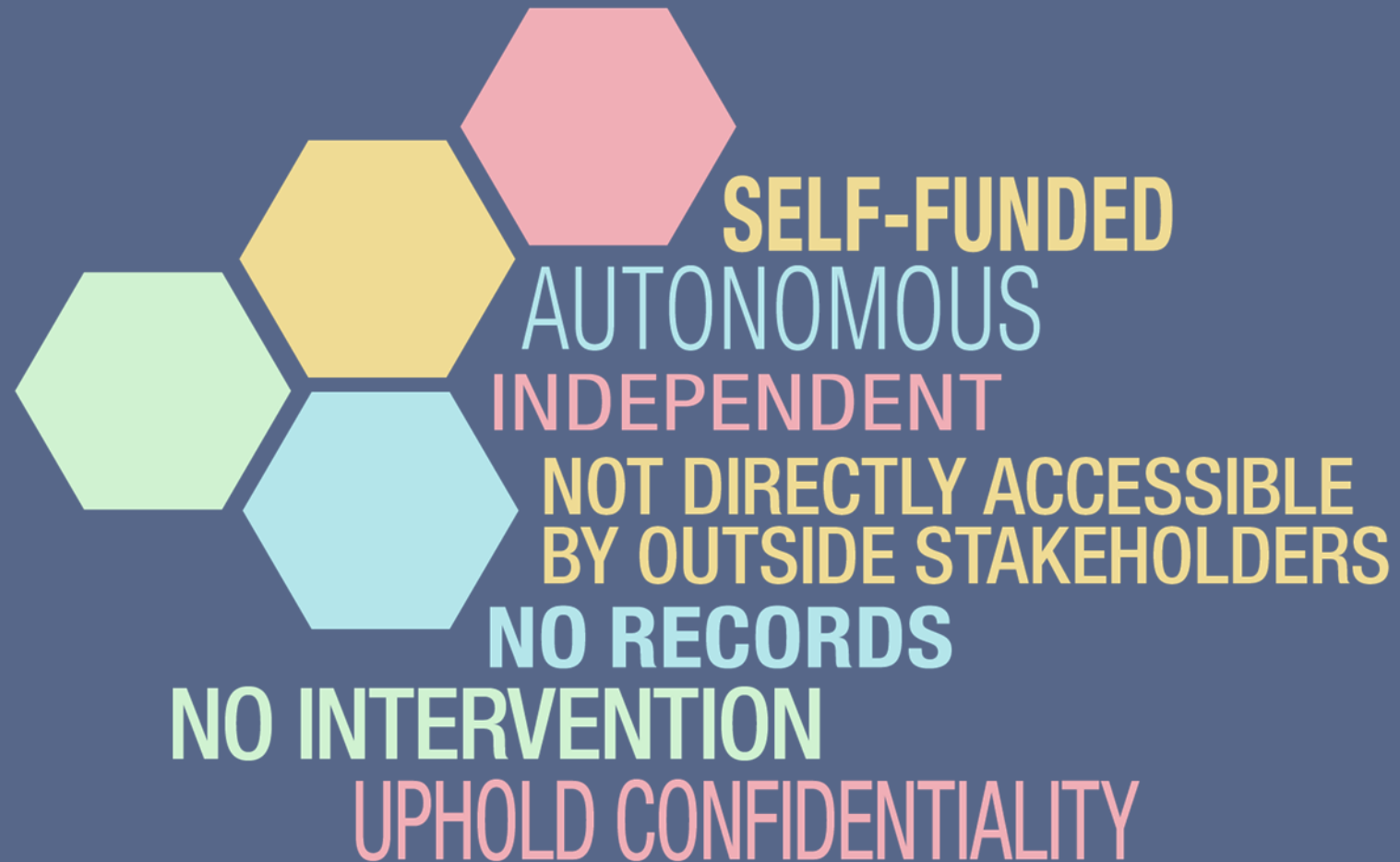
The Mental Health Continuum



Pilot Peer Support Challenges



How ALPA's Peer Support is Unique



NEXT STEPS

What should FSF do to increase aviation employees' knowledge of and access to mental health resources?

1. Develop an AeroSafety World article or website media to highlight the usefulness of mental health resources.
 - Compile a useful compendium of these resources and provide in the article and/or on the website.
2. Request that ICAO convene an employee mental health workshop for member States.
3. Nothing. The industry does not have an employee mental health problem.