AVIATORS TREATMENT PROGRAM
Professional Aviator Treatment Program

Behavioral Health of the Palm Beaches recognizes the unique addiction and mental health issues faced by pilots and other aviation professionals, and has developed a specialized program to treat their behavioral disorders. The Aviators Treatment Program assists aviators in returning to work.

The Aviation Medical Team is headed by a certified addiction medicine specialist who is trained to diagnose and recommend a wide compendium of addiction treatment services that the HIMS (Human Interventional Motivation Study) program prefers (www.HIMSProgram.com). Our facility is familiar with the most stringent of FAA pharmaceutical treatment protocols, and will research any questions with regard to special issuances to provide our patients with answers.
The Program

The Professional Aviator Treatment Program was developed with the assistance of our Aviation Medicine Consultant, Dr. Joseph R. Tordella, HIMS AME. It consists of three phases: medical detoxification, rehabilitation and extended care. All treatment is administered in a time frame that meets FAA medical standards.

After a complete professional physical and psychological evaluation, aviators are provided with their own primary therapist, as well as a customized treatment plan, which includes the following services:

- Trauma treatment, including Eye Movement Desensitization and Reprocessing (EMDR) and one-on-one counseling
- Treatment for chronic anxiety, pain and depression, including acupuncture, cognitive behavioral therapy and EMDR
- Grief/Loss counseling, guiding patients through the grieving process: denial, anger, bargaining, depression and acceptance
- Anger management techniques
- Regular contact with referral sources, including EAP
- Completion of necessary aviation documentation and paperwork
Program Completion

Upon completion of the prescribed treatment plan, the recovering aviation professional is discharged into an aftercare program to continue their therapy in an outpatient setting. The client will be directed to continue therapy per HIMS program preferences.
Aftercare

When at all possible, the recovering aviator will be referred to HIMS-trained mental health professionals in their geographical area. We will also assist in referral to required group counseling, locating the closest Birds of a Feather group (a specialized Alcoholics Anonymous group for pilots) and providing all aviators with an individual checklist for use by all service providers. The program is designed to avoid delays of a FAA Special Issuance by emphasizing thoroughness of the recommended steps.
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This program is not endorsed by the FAA