AIRCREW MENTAL HEALTH

GOING BEYOND COMPLIANCE

ROYAL AERONAUTICAL SOCIETY

Sponsors

SYMBIOTICS

CAP Centre for Aviation Psychology

LONDON / 24 MAY 2018

09:30 **Registration & Refreshments**

10:00 **CONFERENCE CHAIRMAN'S WELCOME**
Marc Atherton MRAeS, Chartered Psychologist, Allaxa and Conference Chairman

10:15 **KEYNOTE**
The 2015 Germanwings pilot suicide-murder crash has lead to several regulatory initiatives designed to highlight the importance of good mental well-being and mental health among pilots, with a view to improving flight safety. This presentation provides an overview of planned legislation in Europe, particularly highlighting pilot peer support, pilot psychological assessments, drugs and alcohol testing and the role of AME's in mental health assessments. Emphasis is given to specific mental well-being activities that delegates can develop in their workplace.
Speaker: *Prof Robert Bor HonFRAeS, Consultant Clinical Psychologist*

SESSION 1: LATEST EXAMPLES AND GLOBAL ACTIVITY
Session Chairman: *Aedrian Bekker, Director, Organisation Solutions and Business Development, Centre for Aviation Psychology*

10:35 **PEER REVIEW AT BRITISH AIRWAYS**
Andrew Forbes will explain the operation of Speedbirdpan in British Airways and will describe the mechanism through which a pilot seeks help and the confidentiality that they are afforded. By exploring the types of cases that arise, he will illuminate the complexities of emotion involved when helping pilots with mental health issues. Speaking with an unknown fellow pilot over the phone sometimes separated by thousands of miles presents not just technological problems but also removes most non-verbal communication. The Peer Support Advisor's responsibility to listen, sign-post and threat-assess require specific training and competencies in this context. Andrew will explain his reasons for volunteering with Speedbirdpan and the evolving nature of his experiences in the role. He will balance the chalenges and rewards of the position while emphasing the critical importance of this non-emergency service.
Speaker: *Andrew Forbes, Senior First Officer, British Airways*

11:05 **PROJECT WINGMAN - A PILOT ASSIST PROGRAMME OF AMERICAN AIRLINES AND THE ALLIED PILOTS ASSOCIATION**
This lecture includes the history, start up and administration of Project Wingman in 2011. In addition, the lecture will include statistics, examples, and development of pilot assist programs within the US.**Speaker:** *Capt Charlie Curreri, Senior Manager Project Wingman, Licensed Professional Mental Health Clinician*

11:25

Networking Break
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11:55 **WORKING IN UNISON. PEER SUPPORT, UNION AND EMPLOYER CARING FOR PILOTS**
This presentation will describe the evolution of the pilot 'wellbeing' structure' that has developed over the last 25 years between AIPA, PAN and Qantas.
Speaker: *Capt Hugh Windsor (Ret), Welfare Liaison Officer, Australian and International Pilots Association*

12:15 **CHALLENGES FOR IMPLEMENTING PEER SUPPORT - MAKING IT WORK**
The challenges faced in implementing a peer support programme in light of the forthcoming EASA regulatory requirements.
Speaker: *Capt Dave Fielding, British Airline Pilots Association*

12:35 **PANEL DISCUSSION**

13:05 **Networking Lunch**

SESSION 2: BEYOND THE PILOT

14:05 **MENTAL HEALTH AWARENESS IN HELICOPTER OPERATIONS**
This paper decribes a mental health and wellbing awareness programme delivered to all staff - pilots, engineer and support staff - at a North Sea O&G offshore helicopter operator. It will cover the rationale, loigistics and *content, as well as exploring links to pilot support programmes and CRM.*
Speaker: *Paul Dickens, Consultant Aviation Psychologist and Managing Partner, Core Aviation Psychology*

14:25 **MONITORING MENTAL HEALTH**
Aircrew perform a role that demands maintenance of operational effectiveness in a situation of steady routine that always carries the potential of high-pressure immediate incidents. A number of established assessment systems predict the capability and capacity of individuals to carry out this task, through assessing the personality traits that are recognised as predictive of the required behaviours, but mental health is a state that can fluctuate on a daily or even hour-by-hour basis.

Proposals to address mental health risk by assessing psychological traits at key career points will not achieve the objective of identifying crew who are at risk of breakdown episodes at a particular time. Also what about the cabin attendants, engineers, baggage handlers? Their actions also carry a potential risk for the aircraft.

We will consider how mental health can be effectively and economically measured to best support them with the pressure they will encounter.
Speaker: *Karen Moore, Principal Occupational Psychologist, Symbiotics Ltd*

14:55 **Networking Break**
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15:25   **LEGAL AND OTHER IMPLICATIONS: WHERE ARE WE NOW?**
This presentation will look at the practical and legal implications of this subject.
Speaker: *Gerard Forlin QC, Cornerstone Barristers*

15:55   **MENTAL HEALTH AND WELLBEING: TECHNOLOGY MEDIATED POSSIBILITIES**
Mental health and wellbeing issues pose unique challenges to the civil aerospace sector currently and in the near future due to the nature of the industry and the role demands on aircrew. Developments in mobile and cognitive technologies offer the potential to create solutions that can address these challenges. Awareness of the capabilities should begin a discussion as to whether these are worth pursuing and if so in what format. The use of technology mediated mental health and wellbeing could mirror that of 'FitBit' type physical health solutions – the presentation will outline some of the capabilities and issues in this area to place them into the space for discussion as the sectors response to the challenge evolves.
Speaker: *Marc Atherton MRAeS, Chartered Psychologist, Allaxa and Conference Chairman*

16:25   **Q&A DISCUSSION**

16:55   **CHAIRMAN CLOSING REMARKS**
Marc Atherton MRAeS, Chartered Psychologist, Allaxa and Conference Chairman