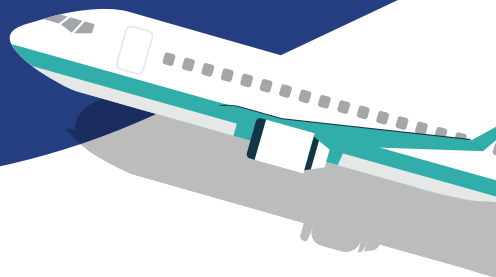


Welcome

IPPAC 2023 Workshop and
Conference Agendas



INTERNATIONAL PILOT PEER ASSIST COALITION
 **IPPAC**

ODILIA CLARK
PROTECTING LICENCES, LIVELIHOODS & LIVES

Centre for Aviation Psychology ✈️

We are delighted to say that IPPAC 2023 is developing into a brilliant and highly-focused conference. Most of the world's experts in Peer Support are gathered in one outstanding location, across the river from EASA, to discuss the very latest hot topics in the field. These are likely to shape future policies and direction. So if you have any interest in Peer Support Programmes, you need to be in Cologne. The exciting three days look like this:

Monday 6th November - Workshop Day

This is the inaugural IPPAC Workshop Day. It has been added to the 2023 conference due to demand from previous conferences to do a 'deep dive' into certain key topics in the Peer Support world that never get chance to be fully discussed. Accordingly, we have three rooms booked and will run two sessions per room: a morning and an afternoon session. Each of the six workshops will be for 3 hours, with a 30 min break, which will allow for a full 2.5 hours of interactive discussion on each topic. Delegates will be able to choose which workshops to attend, and even switch at the breaks if desired.

Facilitators have been chosen who are experts in their particular field, and they will take the output from each workshop and weave them into their presentations to the main conference. This will mean some late-night reworking on their part but they say they are up for the challenge! It is possible to sign up for just the workshop day, but naturally we hope that you will stay to listen to the fascinating presentations planned for the 2 days of the main IPPAC conference.

Timings

0800-0845	Coffee & registration
0845-0900	Welcome and outline of day
0900-1015	Topics 1-3, Session 1
0915-0945	Break
0945-1200	Topics 1-3, Session 2
1200-1300	Lunch
1300-1415	Topics 4-6, Session 1
1415-1445	Break
1445-1600	Topics 4-6, Session 2
1600-1615	Break
1615-1700	Plenary / Washup

Workshop Topics

1. Regulators: Identifying, encouraging and auditing best practice
2. NextGen PSPs: challenges for ATOs and new pilots
3. Enhancing your peer support programme: tips and tools from the field of aviation psychology and applied human factors.
4. Data handling and Research: Ethical implications and best practice
5. Peers: Recruitment, Training and Retention
6. Establishing a proactive evidenced based system of Continuous Resilience Development (CRD)

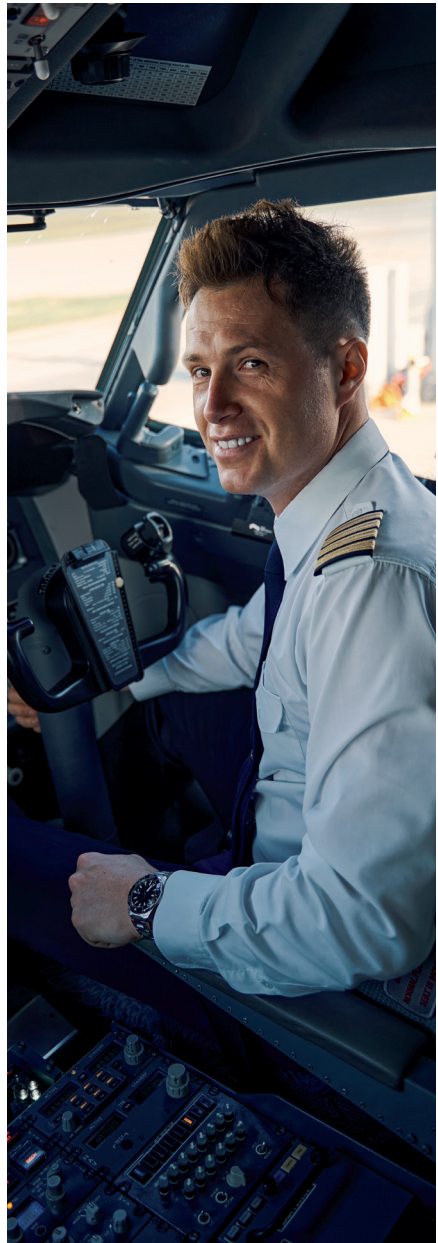
Full details of the workshops can be found in the coming pages. For speaker biographies, please see our website www.pilotpeerassist.com



Tuesday 7th November - News from the Workshops

MC – Capt Dave Fielding (IPPAC)

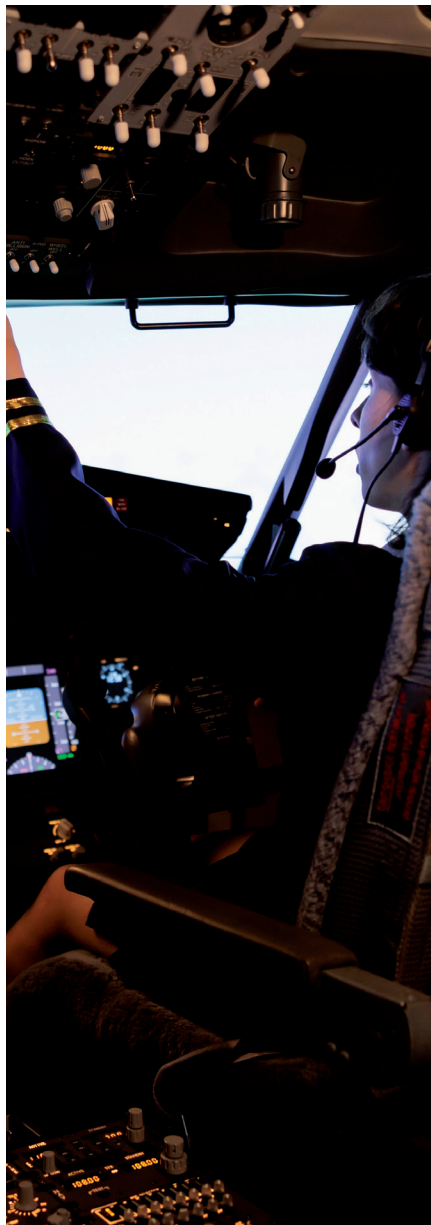
- 0800-0830 **Registration & Coffee**
- 0830-0845 **Welcome**
Capt Charlie Curreri (Chair, IPPAC)
- 0845-0930 **EASA conference welcome / survey results**
Jesper Rasmussen (Flight Safety Director, EASA)
Dr André Droog (Psychologist (aviation) / EASA Expert)
- 0930-1030 **Regulator Presentation**
Dr Kate Manderson (Principal Medical Officer CASA, Australia)
- 1030-1045 **Break**
- 1045-1130 **NextGen Peer Support**
Dr Beth Bjerke (University of North Dakota)
- 1130-1230 **Evolving Research Related to Airline Pilot Mental Health**
Dr Billy Hoffman (UND & Columbia)
Peter Whitten (Odilia Clark)
- 1230-1315 **Lunch**
- 1315-1415 **Challenges and Opportunities in Peer Support - an Industry Perspective**
Claire Beharrell (Odilia Clark)
Aedrian Bekker (CAP)
- 1415-1500 **The role of the MHP in Peer Support**
Dr Gunnar Steinhardt
Dr Jenny Eaglestone
Dr Michaela Schwarz (EAAP)
- 1500-1515 **Break**
- 1515-1600 **Resilience & Wellbeing**
SFO Stu Beech/ Nick Goodwyn (Resilient Pilot)
- 1600-1830 **Personal Admin**
- 1830-1900 **Drinks Reception**
- 1900- **Gala Dinner**
Guest Speaker:
Gerard Forlin KC
(Cornerstone Barristers, London)



Wednesday 8th November - News from the World

MC – Pete Whitten (IPPAC)

- 0900-0945 **Peer Support training – lessons from the manual update**
FO Sonny Roff (ALPA-I)
- 0945-1015 **Peer Support for Mechanics**
Annie Indzeoski (Westjet)
Ken Morse (American Airlines)
- 1015-1045 **Peer Support in Air Traffic Control**
Jaco van der Westhuizen (IFATCA)
- 1045-1100 **Break**
- 1100-1145 **Adapting Peer Support to our culture in Japan**
Capt Max Matsumoto
Dr Nakahama (NCA)
- 1145-1230 **Peer support in India**
Dr Punita Masrani
- 1230-1315 **Lunch**
- 1315-1430 **Panel – escalation & boundaries within a PSP**
Mod. Dr Quay Sneider
Panellists:
Capt Dr Antii Tuori (IFALPA)
Prof Rob Bor (CAP)
Dr Gerhard Fahrenbruch
(Stiftung Mayday)
- 1430-1500 **Peer Support in Colombia**
Capt Daniel Tuijillo (Avianca)
- 1500-1515 **Break**
- 1515-1600 **PPSP AntiSkid: Treatment and control system for commercial airline pilots with mental disorders**
Dr Gerhard Bühringer (Anti-Skid)
- 1600-1630 **Future of IPPAC**
Capt Dave Fielding
- 1630-1645 **Closing remarks**
Capt Charlie Curreri



Workshop Day

The six workshops are:

1. Regulators: Identifying, encouraging and auditing best practice

Moderator: Dr Cristian Panait (Medical Expert, EASA)

Participants: Dr Kate Manderson (Principal Medical Officer, CASA, Australia)

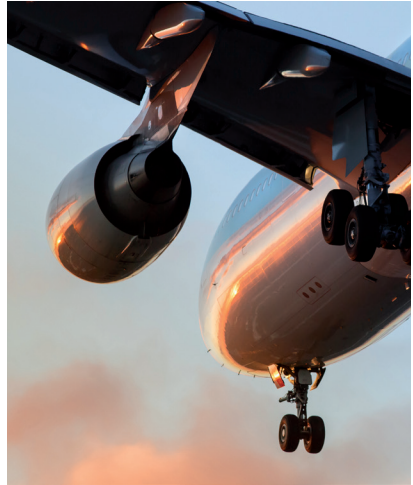
Dr Susan Northrop (Federal Air Surgeon, FAA, US)

Dr Punita Musrani (AME, India)

Dr Tim Sprott (NZ CAA)

Capt Dr Antii Tuori (IFALPA)

Different Regulatory bodies around the world approach the various issues surrounding pilot mental health in different ways. For example, EASA and the DGCA (India) mandate access to Support Programs for pilots, but other Regulatory bodies do not. How do Regulators view the rapidly evolving world of Pilot Peer Support, and what are future avenues they may take? This workshop gathers top Regulators from around the world to discuss these topics. It will be a rare opportunity for operators in particular to quiz Regulators on what PSP requirements are likely to be going forwards.



2. NextGen PSPs: challenges for ATOs and new pilots

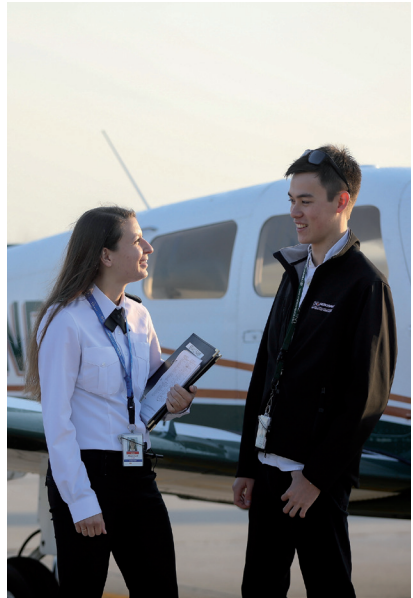
Moderator: Dr Beth Bjerke (University of North Dakota)

Participants: Dr Kaylee Trotter (Psychologist, UND)

Mark Volk Porter (Student Uplift Leader)

Carson Calhoun (Student Uplift Leader)

This workshop will examine how accepted Peer Support Program principles need to be adapted to service the next generation of airline pilots. Traditional PSPs have used telephones as a point of contact with the program, and latterly the internet and apps have been increasingly used as an access mechanism. Younger pilots, however, have a very different relationship with technology and a different approach to mental health issues. Existing PSPs must reflect these differing needs going forwards. The workshop will be hosted by the University of North Dakota, the largest flight school in the US, which has pioneered a Peer Support Program for their students and instructors. They will facilitate the discussions based on their experiences. The workshop will be of particular interest to all leaders of current PSPs who have an eye on the new wave of pilots joining the industry and what they will need to do to support these pilots, and also to FTOs anywhere in the world who are thinking about introducing a PSP into their flight schools.



This Workshop is sponsored and brought to you by the European Association for Aviation Psychology

3. Enhancing your peer support programme: tips and tools from the field of aviation psychology and applied human factors.

Moderators: Dr Gunnar Steinhardt, Dr Jenny Eaglestone and Dr Michaela Schwarz

The workshop will be divided into 2 parts:

Part 1 will be dedicated to sharing insights on the role that an aviation psychologist / HF specialist can play in peer support programmes, tools for assessing the competencies needed to realise these programmes and tips on selection of Peers and involved mental health specialists.

Part 2 will be a session based on active participant involvement and experience. In this part we will look at who should be part of a peer support programme, what training is needed and how to ensure psychological safety within the system.

At the end of the workshop participants will take away key success factors & knowledge on how to develop, implement and evaluate a successful peer support programme.



4. Data handling and Research: Ethical implications and best practice

Moderators: Peter Whitten (OdiliaClark)
Participants: Dr William Hoffman, MD (University of North Dakota); Fellow, Department of Neurology, Columbia University Medical Center)
Dr Diederik de Rooy (Transparant Leiden)

As PSPs evolve both in numbers across the world and also in complexity of cases handled, what are the ethics involved in gathering – or not gathering – data? What does “anonymised and aggregated” actually mean, and where do the boundaries lie between protecting confidentiality and providing detailed evidence as to the effectiveness of the programs? Are there minimum levels of data that need to be captured for compliance purposes? And what are the issues of making PSP data the subject of academic research? In what promises to be a fascinating workshop, a leading academic researcher in the field will facilitate the debate alongside a leading research ethics expert and a major provider of Peer Support Programs in Europe who has access to significant amounts of Peer Support data.



5. Peers: Recruitment, Training and Retention

Moderators: Prof Rob Bor (CAP) and SFO Andrew Forbes (British Airways)

Pilot peer support is developing in many different airlines and across regions, albeit with some specific nuances in the training of peers and delivery of services. This workshop - aimed primarily at peers - will address a wide range of themes and issues. There will be reflection, sharing and facilitated discussion of varied topics including

- (a) Peer
 - recruitment and selection
 - training
 - support and supervision
 - case allocation
- (b) Avoiding compassion fatigue and burnout
- (c) Role of the mental health professional
- (d) Handling of safety-related cases
- (e) Intervention: Reaching out to Pilots in need of help

Delegates will be encouraged to share their experience of these topics and others with a view to enhancing good practice. The workshop will be facilitated by an experienced pilot peer and mental health professional.



6. Establishing a proactive evidenced based system of Continuous Resilience Development (CRD)

Moderators: SFO Stuart Beech (Resilient Pilot) and Nick Goodwyn (OdiliaClark)

Participants: Reynee O'Shaughnessey (Piloting2Wellbeing)

Archbishop Desmond Tutu once said: "there comes a time when we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in."

This workshop examines the subject of Resilience Development and its relationship with Peer Support. The facilitators will present the output of government funded research into Resilience Development for pilots, which had its origins in the Covid pandemic, and demonstrate the practical techniques developed from this work. The workshop will seek to introduce a self-assessment methodology as a tool to prioritise both human and professional behaviours for development. It will highlight the challenges and benefits of introducing a resilience development and wellbeing program into an airline, and explore different options that are available. The irony being, of course, that the more resilient pilots are, the less likely they are to need Peer Support Programs. Discuss...



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