

# EAP NEWSLETTER

AFA-CWA, MASTER EXECUTIVE COUNCIL

August 22, 2022 - FADAP Conference



## Flight Attendant Drug & Alcohol Program (FADAP)

The Flight Attendant Drug and Alcohol Program (FADAP) is a substance-abuse prevention program, created and promoted for and by the flight attendant profession and funded by the Federal Aviation Administration (FAA).

FADAP's mission is to support a culture of safety which will be able to assist flight attendants in meeting their personal and professional goals through substance-abuse awareness, combined with self and peer referrals for assistance, and the implementation of a flight-attendant-specific recovery support system.



EAP Team, front row: Milo Penarubia (LAX EAP Co-Chair), Beverly Mendoza-Rezzarra (LAX), Valerie Brashears (HNL), Tracy Thompson (LAX), Heather Healy (INTL Director), Debora McCormick (INTL Liaison), Kawehi Apo (MEC EAP Chair) and Edward Barcelona (HNL).  
Back Row: Kahea Ching (HNL EAP Chair) and Andrew Ferreira (HNL).

### FADAP website

#### Phone Numbers

855-33-FADAP

Direct Line:

202-355-6337 or

855-333-2327

### FLIGHT ATTENDANT WELLNESS APP, CWA

#### DOWNLOAD ON:



## ALCOHOL INFORMATION

This section of the website is designed to empower you with facts, screening tools, answers, and resources concerning alcohol use, abuse, and addiction. Periodic self-evaluation of your use of alcohol and drugs (including prescription medications) across your lifespan is a proactive health and safety activity for flight attendants.

## DRUG INFORMATION

While each drug used produces different physical effects, abused substances share one thing in common: they hijack the brain's normal "reward" pathways and alter the areas of the brain responsible for self-control, judgment, emotional regulation, motivation, memory, and learning.

Whether you're addicted to alcohol, sleep medication, amphetamines, or pain medication, the effect on the brain is the same: an uncontrollable craving to use the substance is more important than anything else, including family, friends, career, and even your own health and happiness.

## HAWAIIAN AFA EAP

The AFA-CWA Employee Assistance Program (EAP) is a resource for resolving problems through an international network of over 200 professionally-trained, peer support volunteer Flight Attendants overseen by mental health professionals. AFA EAP assists members in accessing appropriate medical help around mental health issues involving family crises, work-related trauma and chemical imbalance, as well as conflict resolution services and response to critical incidents.



## From Our FADAP Participants:

### **Milo, LAX Chair**

Each year gets better! Lots of exciting things are in the works thanks to the folks we've partnered up with from this FADAP conference. We have resources with sites ready to be toured to set our flight crew up for the best care should they need it in the future.

### **Valerie, HNL**

To hear testimonials about personal experiences and recovery will have a lasting impression on me. I am really happy that people are here and were saved from their recovery process.

### **Tracy, LAX**

Takeaway: To be more patient with the length of time it takes for some to reach a level in recovery that is sustainable and to educate and support the flight attendants going through the process.

Continued:

### Andrew, LEC/MEC

The FADAP topics were very interesting and I learned a lot about people. Everybody has a story and we really do not know if they have had hardship or trauma growing up. These types of life events affect them on a routine basis. It is important to listen when people want to share their story because sometimes, that is all they are asking.

### Beverly, LAX

I look forward to networking with other EAP Representatives from various Airlines and have learned so much from their personal experiences and insights. I hope to continue to help other Flight Attendants in need by using the tools learned at FADAP.

### Edward, HNL

What I appreciated most about the conference was the panel of recovering flight attendants. It took a lot of courage to tell their very personal testimonies, and it reminded me that every one of us has our own story and healing journey.

### Kahea, HNL Chair

FADAP is an important program that recognizes recovery is a journey. The success of this program comes from education, support and collaboration between the EAP peers, recovery center staff, and more significantly, the individual who steps forward to find a path to self-care.

### Kawehi, MEC Chair

Training is so important because it allows our team to not only learn the skills needed to do this work, but it fills our emotional tool boxes and gas tanks so we can be there for our flight attendant family. I was grateful to spend time with our peer reps from both Honolulu and Los Angeles so we could work together on our vision to empower our members.

## WINGS OF SOBRIETY

**Conference Call Number: 1.855.544.2320**

“Wings of Sobriety” meetings launched a telephonic meeting format. These meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders.

Meeting times are scheduled on Wednesday at 3:00 pm EST and Sunday at 5:00 pm EST. Each meeting will last between forty-five (45) minutes to one (1) hour.



**Recovery is not a hard landing, it's a journey.**



**AFA-CWA Participants at FADAP 2022, Baltimore, MD**