

# Aviation Rulemaking Committee '24

- **Charter: Provide recommendations that break down the barriers that prevent pilots and air traffic controllers from reporting and seeking care for mental health issues.**



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- **Make all conditions treated only with “talk therapy” not reportable**
- **Establish period of non-enforcement**
- **Minimize use of neurocognitive testing**
- **Evaluate use of ADHD meds**
- **Justify certification decisions to stakeholders**
- **Employ SMS principles in certification**
- **Consider society’s safety expectations**



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- **Publish practical guidance for applicants**
- **Improve AME training and oversight**
- **Incorporate mental health awareness training into job training and testing events**
- **Encourage use of dual pilot restrictions**



# FAA 2024 ARC Recommendations

Number	Recommendation
REC1	The FAA should change its policy and medical application instructions to allow pilots/controllers to participate in psychotherapy (talk therapy) without requiring disclosure during aeromedical screening.
REC2	The FAA should develop a non-punitive pathway for reporting previously undisclosed mental health conditions, treatments, or medications.
REC3	Aviation stakeholders should develop, implement, and participate in effective Peer Support Programs (PSP) or enhance other existing programs.
REC4	The FAA should allow pilots/controllers working with a Peer Support Program to receive mental health professional care with less restrictive reporting and grounding requirements.
REC5	The FAA should minimize the requirement for neurocognitive testing for pilots/controllers.
REC6	The FAA should revise the requirements for pilots/controllers on approved monotherapy antidepressants for the treatment of uncomplicated depression or uncomplicated anxiety.
REC7	The FAA should evaluate the feasibility of permitting pilots/controllers with an ADHD diagnosis to use appropriate and acceptable medications while on duty.
REC8	The FAA should reevaluate its decision grid on PTSD to liberalize the criteria for issuing a medical certificate/clearance.



# FAA 2024 ARC Recommendations

REC9	The FAA should ensure medical certification/clearance decisions are proportional to the aviation safety risks, and the supporting justification communicated to aviation stakeholders.
REC10	Mental health screening functions should be performance based upon and managed within an SMS framework.
REC11	The FAA should establish a recurrent evaluation process to assess whether its policies, aeromedical screening protocols, and mental health risk controls are evidence-based and consistent with SMS principles.
REC12	The degree of regulation and oversight related to pilot and controller mental health should mirror the demand for safety assurance framed within the safety continuum.
REC13	The FAA should publish practical medical certification/clearance guidance for applicants.
REC14	The FAA should modernize its information management systems.
REC15	The FAA should ensure that information and documentation made available to aviation stakeholders is correct and consistent.
REC16	The FAA should develop a templated electronic submission platform to reduce errors and omissions in information submitted to the FAA by AMEs.



# FAA 2024 ARC Recommendations

REC17	The FAA should work collaboratively with aviation stakeholders to raise awareness of mental health.
REC18	The FAA should partner with aviation stakeholders to hold an annual summit on mental health.
REC19	The FAA should improve mental health training, quality assurance, and oversight of AMEs to improve mental health literacy.
REC20	The FAA should collaborate with aviation stakeholders and medical professionals to develop training courses on Aviation Mental Health.
REC21	The FAA should partner with aviation stakeholders to incorporate mental health literacy and awareness training in initial/recurrent training and/or checking/testing events.
REC22	The FAA should clarify whether it is empowered to issue medical certificates/clearances with operational limitations.
REC23	Non-governmental aviation stakeholders and mental health advocacy organizations should petition Congress to expand the Mental Health Parity Act to include affordable access to disability insurance benefits for mental health diagnoses.
REC24	Aviation stakeholders should consider providing mental health disability insurance programs for their employees.

