## 10th Annual FADAP Conference

This Year’s Conference Will Have a Specialized Focus on the Challenges of COVID-19 on Flight Attendant Recovery and Strategies to Address Them

**Tuesday, August 18, 2020**

<table>
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<th>Time</th>
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| 10:00 am - 10:45 am | Meditation and Stretching  
                      | McArthur Stidom                                                      |
| 10:45 am - 11:15 am | Break                                                                |
| 11:15 am - 12:15 pm | Welcome, History and Overview of the Flight Attendant Drug and Alcohol Program  
                      | Heather Healy, LCSW-C, CEAP, FADAP Manager  
                      | Nicholas Lomangino, MD, FAA  
                      | Deborah McCormick, LCDP, CEAP, FADAP Coordinator                     |
| 12:15 pm - 1:15 pm | “Where We Are and Where We Are Going in SA Treatment”  
                      | Innovations in Substance Abuse Treatment  
                      | Dr. Beau Nelson, DBH, LCSW                                           |
| 1:15 pm - 1:30 pm | Break                                                                |
| 1:30 pm - 2:30 pm | “My Flight into Recovery”  
                      | Panel of Recovering Flight Attendants                                |
| 2:30 pm - 2:45 pm | Break                                                                |
| 2:45 pm - 3:45 pm | “The Healing Power of Self-Compassion”  
                      | Kathleen Murphy, MA, LPC                                              |
| 3:45 pm - 4:00 pm | Break                                                                |
| 4:00 pm - 5:00 pm | “The Role of Nutrition and Wellness in Recovery”  
                      | Lantie Jorandby, MD  
                      | Daniel Crites                                                       |
| 5:00 pm - 5:15 pm | Closing Comments  
                      | Heather Healy, LCSW-C, CEAP, FADAP Manager  
<pre><code>                  | Deborah McCormick, LCDP, CEAP, FADAP Coordinator                     |
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<p>| 7:00 pm - 8:00 pm | Open AA Virtual Meeting                                              |
|                 | Open Al-Anon Virtual Meeting                                         |</p>
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| 11:00 am – 11:15 am | Welcome                                                              | Heather Healy, LCSW-C, CEAP, FADAP Manager  
Deborah McCormick, LCDP, CEAP, FADAP Coordinator |
| 11:15 am – 12:15 pm | “Anxiety, Sleeplessness and Weight Loss”                             | Mario San Bartolome, MD                                                   |
| 12:15 pm – 12:30 pm | Break                                                                |                                                                            |
| 12:30 pm – 1:30 pm | “Partnerships to Advance the Flight Attendant Well-Being”            | American Airlines, Delta Airlines, SkyWest                               |
| 1:30 pm – 1:45 pm | Break                                                                |                                                                            |
| 1:45 pm – 2:45 pm | “Chem/Sex Addiction”                                                 | Kamrin Carver, LMFT, CSAT                                                 |
| 2:45 pm – 3:00 pm | Break                                                                |                                                                            |
| 3:00 pm – 4:00 pm | “Family Culture in Treatment Environment”                            | Kyle Kone, LMFT                                                           |
| 4:00 pm – 5:00 pm | “Distorted Perceptions: Stigma as a Barrier to Recovery”             | Jennifer Brown                                                            |
| 5:00 pm – 5:15 pm | Closing Comments                                                     | Heather Healy, LCSW-C, CEAP, FADAP Manager  
Deborah McCormick, LCDP, CEAP, FADAP Coordinator |
| 7:00 pm – 8:00 pm | Open AA Virtual Meeting                                              |                                                                            |
| 7:00 pm – 8:00 pm | Open Al-Anon Virtual meeting                                         |                                                                            |