

GOODSKY

Feel Better. Perform Better. Fly Better.

Holistic Mental and Physical Health
Practitioner Options as part of a Pilot Peer
Support System goodsky.com.au

“For far too long we have been operating under a collective delusion that burning out is the necessary price for achieving success.

This couldn't be less true. All the latest science is conclusive that, in fact, not only is there no trade-off between living a well-rounded life and high performance, but performance is actually improved when we prioritise our health and well-being. It's time to move from knowing what to do to actually doing it.”

- Arianna Huffington.”

Good morning my name is Greg Doney and I am from the Goodsky program in Marcoola on the Sunshine Coast in south-east Queensland right next to the Sunshine Coast airport. It's a beautiful spot full of tourists parts of the year



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But we picked Marcoola as it is also where flight schools accommodate their interstate and overseas students and so pilots are used to staying here. There is also some solid health infrastructure as well including new hospitals and allied health practitioners in the area as I have been using these networks for years.



Direct access to the
beautiful ocean beach,
ocean fishing & swimming

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The sunshine coast is also a preferred place to live for hundreds of domestic and long-haul pilots due to the lifestyle and access to the airport and so a great spot for a human factors or pilot peer support program to exist.

Goodsky, in a nutshell, is a Holistic integrated Mental and Physical Health Practitioner options program that can not only function on its own but also complement an existing pilot peer support system.

We have a range of programs, which I will go over a little later. At Goodsky we wish to make the human factor in the equation stronger, more resilient, recover quicker deal with stress effectively and have a good self-care plan in place for themselves and their families.

Skill sets on the team We have access to DAME doctors as well as non-DAME doctors due to pilots privacy concerns. We use them for medical checks, pathology, medication review and to deal with CASA if needed and refer to specialists depending on need.

We do use psychologists including PTSD specialists and addiction specialists, to deal with trauma and stress and self-medication and family dynamics using techniques such as:
motivational interviewing,
CBT,
Psychodynamics
as well as EMDR,
brain spotting and somatic experiencing for trauma

We are always looking for more psych support and assistance.

We use exercise physiologists to monitor movement and exercise to develop practical plans around this. We also use yoga for flexibility and to calm the mind and personal trainers and massage therapists depending on the program.

We use nutritionists and dieticians to monitor nutrition and blood sugar, weight and inflammation and use food as medicine to deal with digestive issues causing mental symptoms.

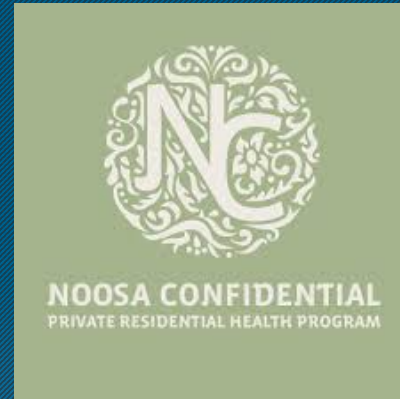
We have musculoskeletal specialists to look at posture and pain issues as well as flexibility, which we think is crucial for people sitting for long periods of time. That combination of exercise physiology and osteopathy gets really good results and working on flexibility and strength around injury also gets good results

We are also looking to add connections to specialists in the fields of cardiology and brain health and chronic disease such as diabetes. WE are are looking for more input about what should be in a program like ours and more involvement from the industry as a whole. We do want Goodsky to be a program built by pilots for pilots that can also assist flight crew and air traffic controllers.

I'm not used to aviation, but having looked at it for the last six months my hope is for Goodsky to be neutral, to be Switzerland so to speak. To provide assistance to pilots and flight crew no matter which airline they fly with and to do so while protecting their privacy so that they will actually use the program .Having said that We do want to be able to use non-identifying data if possible to show improvement which is a whole new conversation.

We are trying to recommend the use of wearable's like fit bits to measure sleep data as we think with any self care plan measuring and the re evaluating is incredibly useful.

Private Rehabilitation



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I have spent the last ten years in the private drug and alcohol rehab industry in Australia building private expensive tailored programs and have dealt with addiction, PTSD and trauma, depression, suicide, eating disorders anxiety as well as chronic diseases such as diabetes, obesity, heart health, brain health, allergies, digestive issues, insomnia, neurological conditions such as Parkinson's and MS and cancer recovery.

A private rehab program in Australia can be very expensive and so we have built Goodsky to be the opposite of that.

Goodsky started mid this year once I was approached by HIMS (Human intervention motivation study) as they were looking for information about the types of rehab in Australia and the program is a response to the fact that there is no dedicated AOD rehabilitation program or mental health program for pilots in the southern hemisphere.

There are addiction programs in the USA but nothing here that is specific for pilots or aircrew. Inserted: ach of the general public. HIMS is looking at addiction, but Goodsky is looking at all health related issues addiction included.

Goodsky is a response to that need and has many of the lessons about how to achieve positive health outcomes for attendees coming out of the private rehab industry. Especially around prevention, education and application of what works using an integrated functional medicine approach which looks for the cause rather than treating symptomatically. Functional medicine or integrated medicine is becoming more popular worldwide as it looks for cause and treats it rather than a symptomatic approach.

We are going further than just building another drug and alcohol program. We have the staff and resources to appropriately address addiction as well as trauma and PTSD as well as mental health issues like depression and anxiety and physical problems like chronic pain long term, but we wish to go further. To have the ability to assist a pilot to plug into a flexible program and a team that could help them with anything they are presenting with to educate and work on prevention and education just as much as treatment.

This approach is cheaper and more efficient if you can get these issues early only because you're not dealing with detox or crisis.

The problem we have seen time and again is not necessarily a lack of knowledge; we live in an age where knowledge about health is as far away as your phone. The problem is in getting relevant health information for the person from a qualified practitioner (not google) and putting that information into a very practical plan for a person to follow and then the regular application and reinforcement of that program followed by measurement and evaluation and a team that supports each other and communicates.

This is where real and measurable long term change happens and where mindset change around health can be useful.

We wish to assist pilots and also their families to really have a good look at their personal self-care routines as early in their career as possible and upgrade them across the board, to equip them with skills provided by great professionals with input from experienced pilots to deal with the lifestyle that aviation brings so that human factors can always be improving the human component.

The reason I bring families into the conversation is that in so many instances of fatigue and stress there can be a family component. Whether it is young children or stress within a relationship or poor eating and exercise habits as a family, you can get better health outcomes if applied to a family unit rather than just the individual.

Goodsky at its heart is a human factors improvement program to assist pilots and flight crew to correctly assess and treat health issues. Whether it be heart or brain health, fatigue or self-medication issues, diabetes, depression or anxiety or pain our team will assist a pilot to initially assess their situation and then provide treatment options with the intention of getting them back to health if possible and to show them how to continue with a great level of self-care to stay well and continue to improve. This program is just as relevant to aircrew and air traffic controllers as well and will evolve over time to the needs of the aviation industry.

We cannot do this on our own, however. We do need the support and cooperation of the industry firstly to be aware that a pathway such as ours exists in the southern hemisphere and to assist pilots to ask for the help they need to be referred to the program to choose the kind of support they need especially before it hits crisis point where their medical clearance is in jeopardy. We also need input from experienced pilots and their families about successful self care programs as I can guarantee long term pilots all have one and we want to know about them please.

Feel Better. Perform Better. Fly Better



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We want pilots that are happy and healthy and know how to keep themselves in peak condition so that they can fly for many years to come. The immerging science is telling us that performance is improved when we prioritise our health and well-being especially when it is acted upon early in life and turned into our lifestyle.

We are dedicated to showing pilots how to do this across the board mentally and physically. If a wellness program sounds like pie in the sky, American airlines has had one for all 160,000 of its staff including pilots and aircrew since 2008 with great results. Corporations are taking up wellness programs including psych as it gets them happier staff and better productivity.

Protect the pilot, protect the industry.



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Any industry is only as strong as the people in it. Showing pilots and crew how to improve performance through monitored self-care helps the individual but also makes the industry stronger and safer. This is the win-win we want to be a part of.

The aviation industry is projected to double in the next twenty years, and pilots and crew need to adapt to the new challenges that technology and expansion bring.

Access human potential to match technology.

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We know that with training, education and planning we can be better than we once were. A good combination of experience and know-how is something we should keep in the pilot population for as long as we can. To do this, we must preserve health for as long as we can.

Technology is outpacing human endurance, and so it is more important than ever to start to talk about how to preserve the human part of the equation for the whole of the industry.

Start the conversation.



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The airline industry needs to protect the bottom line, to stay in profit and stay in the sky safely, we get that. Pilots wish to get on with their job, be able to be promoted and stay in the sky safely without rocking the sky boat we get that too. But what if we as an interested third party can start a conversation around better outcomes for pilots and industry at the same time. That's got to be good for everybody! Pilots, industry and public safety. We think this is possible if we can get input from pilots and industry.

What we have is an integrated team of differing skill sets that will work together to get better result long term and if you make sure that your team covers as many components of health then you get a cumulative effect, an overlapping of treatment so to say.

Let me give you an example.

If you had a doctor to run pathology and supervise medication a psychologist to assist you to deal with the stress of your life or trauma if it is present, an exercise physiologist to teach you how to exercise out of pain and injury, a nutritionist to monitor your diet, a musculoskeletal specialist to evaluate posture. And all of these people communicated with each other if needed on your behalf and supported you and each other.

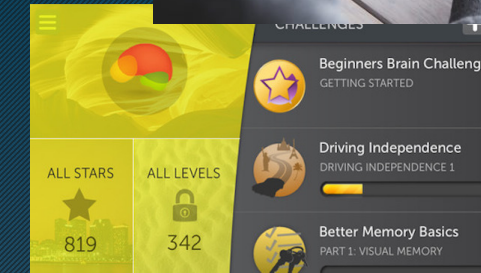
This gives coverage in all aspects of mind and body as well as supporting the application of new health knowledge where a lot of interventions fall. People know what to do they just do not do it unless they are held accountable.

Goodsky at its heart is a pilot peer support program specifically to increase health and wellness pre and post illness or injury on multiple fronts simultaneously. When I say multiple fronts I mean we look at what a person eats and drinks, how they move and how they think and assist them to make upgrades in all of these areas. We have full residential and non-residential programs available as well as a free educational program for student pilots focusing on fatigue.

We assist pilots to either improve wellness or recover their health with the assistance of a treatment team that works together and assists them to get back to work if possible. We can also continue to provide support and assistance remotely long after an assessment or treatment program has finished which is crucial especially around self medication or mental health issues.

We built the program to provide support and structure for pilots that are dealing with health issues or wish to better prepare for the pilot lifestyle.

Online fatigue education course for students



Sleep cycle and quality
Hydration
Exercise,
Nutrition,
Stress management ,
Alcohol and stimulants

The online fatigue education course for students, this is totally free and teaches what experienced pilots already know to deal with a modern lifestyle and pressures of the aviation industry.

This course covers subjects such as
sleep cycle and quality,
hydration,
exercise,
nutrition,
stress management,
alcohol and stimulants

And gives basic practical strategies around them all. We also show how to measure progress and improve, how to collect biometric data and supplies recipes developed by the Victus health company to control weight, blood sugar and inflammation.

This program will stay free, and we will gather more input from experienced pilots about self-care and what works for them as we think there is a huge untapped amount of information about self-care from pilots that know what they are doing.

Prevention outpatient program

goodsky.com.au



Program 2 is the prevention program

This has been designed to give professional support in the areas of exercise, nutrition, stress management, posture and sleep cycle to prevent burnout. We also think this program is just as good for partners of pilots so as to know how to support them to prevent burnout and diseases influenced by lifestyle.

The aim is to help a pilot to build a self-care program for themselves to increase stamina and preserve them. This can have a DAME in it or not depend on the pilot's preference. This program can also be subsidized by private health and Medicare through either a mental health care plan or a chronic disease management plan or both.

Program Outcomes

- ✓ Full assessment by the team to give you a baseline we can work from
- ✓ Better overall health and improved lifestyle to protect from ill health
- ✓ Increased Stamina and quicker recovery at any age
- ✓ Learn current techniques to improve your health
- ✓ Eat better, exercise better
- ✓ Protect your professional status
- ✓ Learn how to effectively deal with stress
- ✓ Improved cognitive performance, memory and visual and auditory processing
- ✓ Sleep better and have a good clean sleeping policy
- ✓ Better mood based on knowing your health is in good hands and you have a plan to stay healthy
- ✓ Have a team of professionals you can plug into at any time

DAME outpatient Program

goodsky.com.au



Program three is our DAME outpatient program

This program is designed for those pilots with illness, injury or self-medication that have lost flight status or are in danger of it. This program gives professional support and structure including a DAME medical in an outpatient setting to assist them to get their mental and physical health back and regain their working status. This could be heart health, brain health, diabetes, drug or alcohol overuse or mental health.

First, the team assesses over about a week. The doctor does a full checkup including pathology; the psychologist uses questionnaires and emotional interviewing to assess, and we will also do 2-3 sessions with an exercise physiologist to look at movement and a session with a musculoskeletal specialist to look at posture and pain. We also schedule time with a dietician or nutritionist to look at food and how that may be affecting blood sugar and inflammation.

The team recommends treatment and can then provide treatment if the pilot wishes to receive it. This program can also be subsidized by private health and Medicare through either a mental health care plan or a chronic disease management plan or both.

Residential Program

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Our last program is immersive residential

We also have an intensive residential program if someone wants to immerse himself or needs supervision, this program is built specifically for the individuals needs to assess and treat all presenting issues physical and mental.

The emphasis initially with this program similarly to the outpatient is on assessment. Finding out what is driving the ill health and then once all aspects have been defined a treatment plan is provided. The pilot can either go away at this point and follow the treatment recommendations or can stay on residentially and be treated by his assessment team for as long as they wish.

This is designed so that a pilot can focus completely on himself to generate change as quickly as possible with interactions from a treating team.