

# Between a Rock and a Hard Place - Penny Levin - Chicago 99s Aviation Expo 2026

## Event Details

Pilots often find themselves balancing intense performance expectations with a reluctance to seek help. This session explores emerging trends in pilot mental health and the ways pressure can affect safety, situational awareness, and decision-making. Attendees will gain practical, evidence-based strategies to better support pilot wellbeing and resilience.

**Sat, Jan 31, 2026 at 14:00 CST**

**Hilton Chicago/Northbrook**  
2855 Milwaukee Ave  
Northbrook, IL



**Dr. Penny Levin** has combined her two professional passions-psychology and aviation. She presents on flight instruction, flight safety, and pilot mental health. She is a member of the Olympic Mental Health Registry. A longtime member

of the Civil Air Patrol. Dr. Penny has flown as an instructor, a mission pilot, and a mission pilot instructor. She served as the Pennsylvania Wing Assistance Director of Safety, responsible for creating an innovative aircrew safety seminar series. She has won the International 99's and a Women in Aviation Achievement Scholarship.

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**FPM D'Wayne Collins n/a**

The Hilton Chicago/Northbrook is located south of Palentine Road (Willow Road) on the east side of Milwaukee Avenue.

### **A message from the National FAASTeam Manager**

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