

COTTONWOOD

Community Center

PROBLEM STATEMENT

When individuals are admitted to a mental health facility, the levels of distress and unfamiliarity to the people and to the environment are greatly varied. Rural communities take on an additional challenge of fighting the stigma that is commonly associated with behavioral health due to the sensitivity of the subject, where individuals may feel ashamed or embarrassed for receiving behavioral health services.

RESEARCH FINDINGS

"The level of stigma toward mental health services has been shown to have an inverse relationship with population size, the smaller the community, the larger the stigma" (Smalley et al., pg. 481, 2010). Therefore, this research poster addresses the question, "How do we lower the level of stigma towards receiving behavioral health services and bridge the gap between patients receiving these services and the community?"

CASE STUDIES

Margaret and Charles Juravinski Centre for Integrated Health

The Centre treats patients with acute mental illness and offers medical outpatient services all under one roof. The design intentions of the facility re-imagine and re-define the concept of behavioral health by breaking down barriers and reducing the stigma towards receiving behavioral health services. In an effort to promote personal dignity, the goal of the facility was to open thresholds and provide more freedom and opportunity. The "therapeutic mall" helps create a unstigmatized environment that includes fitness spaces, a bookstore, billiards, table tennis, laundry, and a salon. An abundance of natural light was also incorporated, as well as access to numerous walking trails to promote independence and acceptance towards receiving services.

West Springs Hospital

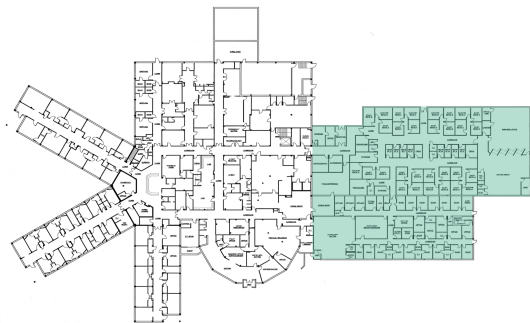
The design intention of the hospital was to be a sanctuary for those who need assistance with behavioral health, where they would not feel threatened and would, rather, feel welcome and relaxed to the idea of receiving treatment. To address the stigma conflicts that arise with this type of facility, two separate entrances were created where one would be used as the main entrance while the other would be used as a crisis entrance. When individuals arrive through the crisis entrance they have direct access to the crisis care center. Subunits were also important to separate patients upon entry. These units or exam rooms allow staff members to diagnose the individual as well as diagnose the severity of the condition. Comfort rooms are also provided for patients to use when they are feeling higher levels of stress and anxiety and are feeling themselves escalate.

SOLUTION

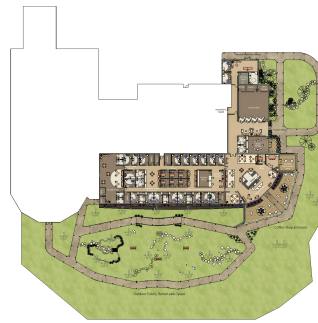
Create a destination that helps break down the barriers to reduce any feelings of shame or embarrassment towards receiving behavioral health services. This community destination will help create a bridge between everyone in the community, including patients, while reducing the stigma that is associated with behavioral health by providing a relaxing, approachable, and welcoming environment. By creating a destination that provides many services to the community, the space will attract various types of users; thus, hiding the medical function of the space and creating a multifaceted environment that is built on the health and wellness of the community.

CONCEPT DEVELOPMENT & REPRESENTATION

The Cottonwood Community Center will serve as the heart of the community to attract various types of users to promote socialization, mental health, and physical wellness. The center will serve these additional functions to make the behavioral health services less prominent, so the users who need behavioral health services will feel more comfortable with receiving individual care. These additional functions will also create more attraction to the community and to the facility to create more opportunities for funding and patient-centered care.



ORIGINAL FLOOR PLAN



NEW FLOOR PLAN

RENDERING NOTES

NORTH EXTERIOR FACADE

The Coffee Shop Entrance showcases the main entrance into the coffee shop, library, and multi-function room as well as the outdoor open lawn area and curvy pathway. This area can be rented out to individuals or organizations who wish to use the space for an event. Private spaces are also provided for patients, staff, and community members to relax, read, and have alone time. The curvy pathway leads individuals to and from the exits and encourages physical activity and social interaction. The curvy pathway provides two large pergolas to provide shade along the pathway. Landscaping also acts as a buffer between the private and social spaces and assists in wayfinding to various outdoor areas.

EAST EXTERIOR FACADE

The Business Office and Group Therapy Entrance encourages patients, community members, and staff members to visit and work. A pergola is provided over the outdoor group therapy area that can be closed off depending on the activities taking place. Outdoor seating is provided for patients and community members to relax, socialize, and / or wait for their appointment.



MAIN ENTRANCE



BUSINESS OFFICE ENTRANCE



TEXAS TECH
UNIVERSITY
DEPARTMENT OF DESIGN



BEHAVIORAL HEALTH

ENVD 5386
Acute Care Design

ARCH 600
Evidence Based Design

Team Members:
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Professors: Dr. Debajyoti Pati, Dr. Hui Cai
FALL 2020

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RENDERED FLOOR PLAN



FLOOR PLAN NOTES

Outpatient Area

A second dining room was made larger to provide more open space and better circulation. Additional restrooms were added for friends and family members who may be using the dining area. An employee lounge and employee restrooms were added. The employee lounge can be closed off or opened up for more privacy. Staff offices were moved to be grouped together. A separate waiting area is provided for patients who are sick and need to be separated from others to prevent the spread of germs. Access to the out-patient area is provided from the coffee shop via key access.

Inpatient Area

A group therapy room was added with a private outdoor seating area to provide a supportive and inviting environment. The managers office and the cashier were moved to make room for a private hallway that connects the secondary entrance with the rest of the hospital. A leasing office was included in the coffee shop for local community members to rent out the public spaces. Private restrooms were added for visitors in the business area and for those using the coffee shop, library, and multi-function room.

Exterior

The coffee shop and outdoor areas are new additions that promote socialization in an effort to create bridges and reduce the stigma towards receiving services. For safety reasons, there are only three entrances, one for the coffee shop, one for the business entrance, and one for the emergency entrance. The users can access the emergency area through the door provided in the coffee shop, vice versa. Family members who are waiting for their loved ones can enjoy a cup of coffee and sit in the coffee shop or outdoor areas while they wait.

NORTH FACING FACADE



02

RESEARCH APPLICATION

A coffee shop was chosen as an amenity for the new design because coffee intake has been associated with less depressive symptoms, fewer cognitive failures, and lower risk of suicide. Combining the coffee shop and waiting area also helps provide a level of anonymity for patients who do not want other community members to know about their receiving of services.

The front desk of the coffee shop reduces stigma by providing a place to order coffee and check-in for an appointment. Tablets are placed on the counter where individuals can check-in for their appointment, order coffee while they wait for their appointment or individuals can simply order coffee to meet with friends, family members, or co-workers.

Views of the outdoor areas are also seen from every public area of the coffee shop. This provides a positive distraction for anyone who may be overwhelmed or stressed and also encourages physical wellness by promoting the use of outdoor trails.

The furniture throughout the space provides a mix between comfort seating and dining seating. Spaces are provided where the users can meet with friends, family members, or co-workers. Seating arrangements are also provided where individuals can relax by themselves.

The library also creates an area where patients can relax to calm their nerves or socialize with others while they wait for their appointment.

RENDERING NOTES

Coffee Shop

The remodel creates a destination where patients and community members can grab a coffee, read, relax, participate in group therapy, or enjoy a day outside in an effort to break down the barriers between those receiving services and other community members. A more relaxing and inviting setting will help reduce the stigma that patients might feel towards receiving treatment.

Natural colors were used to create a calm and welcoming environment. Upholstery was used to help absorb unwanted sound in the space.

Main Entrance

Patients, community members, and staff can order coffee, food, or check in for an appointment at the front counter. This aids in reducing the stigma towards behavioral health as the visitors will not know whether others are there to have a coffee, socialize, or wait for an appointment.

The front entrance allows patients to check-in or pay for coffee. The left side of the desk allows patient to pick up the coffee or the food that they ordered and then go sit down to socialize or wait for their appointment.

Seating arrangements are provided throughout to allow for patients to socialize, sit, and wait for their appointment, or enjoy the adjacent outdoor views.

Windows are provided throughout the space to encourage physical activity and wellness, as the users can walk the exterior of the space and relieve any nerves or stress that may be burdening them.

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RENDERED FLOOR PLAN



FLOOR PLAN NOTES

Outpatient Area

Designated behavioral health exam rooms were added in the out-patient area for patients who are experiencing less severe symptoms. Two exam rooms with restrooms were also designated for behavioral health patients who are experiencing substance abuse. All behavioral health exam rooms have access to outdoor views for positive distractions.

Inpatient Area

A separate business entrance was created with lounge seating and updated check-in desks. A hallway was created to create a connection to and from the crisis center, where the patients could be admitted into the hospital if needed.

Crisis Entrance

This entrance was added for patients who are experiencing more severe symptoms as a "crisis center". Patients are able to go straight into a behavioral health exam room or into the calm room depending on their needs. Exam rooms have access to natural light and nature to create a calming environment.

Exterior

The exterior of the crisis entrance is surrounded by landscaping to create a calm and welcoming environment. There are pathways leading to and from the crisis entrance. There is also seating provided along the pathway for individuals who need to take a break and sit down to rest.

EAST FACING FACADE



03

RESEARCH APPLICATION

Exam Room

Many exam rooms do very little to alleviate any stress that patients may be feeling. For behavior health patients, these stressful symptoms are often more severe. Therefore, these behavioral health exam rooms provide ways to alleviate this stress so the patient is more calm and cooperative with receiving treatment.

The exam rooms were designed specifically for behavioral health and were moved to the perimeter of the building to provide windows in the rooms. The behavioral health exam rooms were designed in both the outpatient and inpatient areas to treat all severity types of behavioral health.

The windows in this space provide visual access to the adjacent outdoor areas. This acts as a positive distraction and provides visual relief for the stress and anxiety that they may be experiencing.

Comfort Room

For patients who are feeling higher levels of stress and anxiety. The comfort room provides comfortable seating as well as colored lighting to create a soothing environment. The colored lighting provides the patient with a sense of control, as they are able to control their environment by changing the color of the room. The space also creates a quiet environment where they are not further agitated or burdened with noise and unwanted attention from other users in the space.

RENDERING NOTES

Behavioral Health Exam Rooms

Exam rooms are single use to avoid compromising patient safety and dignity. The windows provide a positive distraction to help alleviate any stress and anxiety that the patient may be feeling. Decals are placed on the windows to create a more opaque view into the space to protect the privacy of the patient.

Natural colors and rounded shapes in the flooring are used to help create a calming environment. Greens have been proven to help an individual feel calm and comforted; therefore, they are used in the space.

Calm Room

An emergency entrance has been added to the north side of the building for patients who are feeling higher levels of stress and anxiety. The space provides additional exam rooms, a seating area for family members or friends, and a comfort room for patients with very severe symptoms.

The comfort room provides an opportunity for the patient to alleviate their symptoms. The color in the room is adjustable to help provide them with a sense of control of their environment. The color and intensity of the light can be adjusted for their preferences.

Comfortable seating is provided for individuals to relax and decompress. The space also uses acoustic materials to help provide a quiet space for the patient where they would not be further affected by the stress of their surrounding environment.