Restore
Veteran Support Facility
In what ways can healing be achieved through architectural experience?
Project Typology

Veteran support facility for service members returning from war and for their families
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Claim under investigation

Architectural experience can influence a positive change in service members and their families who have been affected by the repercussions of war and deployment.
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Architectural experience can influence a positive change in service members and their families who have been affected by the repercussions of war and deployment.

Architectural experience can have lasting effects on the way people live and interact with each other and their surroundings. The proper design of architectural spaces can evoke feelings of safety and belonging in service members who are in transition back into civilian life.

Positive change can be influenced by experience. An understanding of emotions experienced by service members and their families as well as the psychological effects of architecture are necessary for change to be effective.

Through experience in properly designed spaces, service members can achieve a higher quality of life and restore a sense of belonging. National Center for Post-Traumatic Stress Disorder and Walter Reed Army Medical Center (2004) found that including families in the experience can reduce long-term problems and aid in support.
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In order for positive change to occur, it is important to provide a facility where the emotional and psychological effects of architectural experience are researched, understood, and implemented. The result of this experience will improve the quality of life and restore a sense of belonging in service members and their families.
### Project Typology
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### Supporting Premises
Architectural experience can have lasting effects on the way people live and interact with each other and their surroundings. The proper design of architectural spaces can evoke feelings of safety and belonging in service members who are in transition back into civilian life.

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### Theoretical Premise/Unifying Idea
In order for positive change to occur, it is important to provide a facility where the emotional and psychological effects of architectural experience are researched, understood, and implemented. The result of this experience will improve the quality of life and restore a sense of belonging in service members and their families.

### Project Justification
People are affected every day by traumatic events such as war. Service members who are returning from war find themselves in a very difficult situation. They are left to deal with many issues mentally, physically, and emotionally. This design will provide a transitional facility for service members returning from war and for their families.
**Key Words**

**Restore** - to bring back to a state of health, soundness, or vigor. to give back; make return or restitution of.

**Heal** - to make healthy, whole, or sound; restore to health; free from ailment. to free from evil; cleanse; purify: to heal the soul.

**Transition** - movement, passage, or change from one position, state, stage, subject, concept, etc., to another; change.

**Quality of life** - your personal satisfaction (or dissatisfaction) with the cultural or intellectual conditions under which you live.

**Service members** - any person who is a part of the United States Armed Forces (Army, Navy, Marine Corps, Air Force, Coast Guard).
Questions going into research

In what ways can architecture provide an environment where users can harness negative emotions and channel them into positive outcomes?

By providing a transitional facility with the proper care for returning service members and their families, can we help them safely transition back into civilian life and restore a sense of belonging in their home?

What kind of impact psychologically do traumatic events have on service members?

How is the military dealing with this issue already?
User:
“War is something shared by many, but few understand its aftermath” (Cantrell, Dean 2005).

Service member values vs. average U.S. citizen values

Seeking treatment

Family’s role in healing process

Statistics:

• 30% of U.S. troops develop serious mental health problems within 3-4 months of returning home (From Iraq)
• As high as 30% of Iraq soldiers have PTSD
• In 2003, only 23-40% of soldiers returning from Iraq who suffered from post-traumatic stress disorder sought professional help most typically because they feared it would hurt their military careers
• Returning vets who had PTSD one month after returning home from Iraq: 4%
  • ...four months after returning home: 9%
  • ...seven months after returning home: 12%
• Portion of veterans making up total U.S. suicide population: 25%
• In 2009, nearly 23% of soldiers fighting in Iraq claim that they planned to divorce or separate after returning home

Architecture:
“Positive experience can be transformational, memorable, personal, and healing. (Huelat Parimucha, 2001).
What is out there today?
Case Study #1

Rehabilitation Centre Groot Klimmendaal

**Project Type:** Rehabilitation Center  
**Architect:** Architectenbureau Koen van Velsen  
**Location:** The Netherlands  
**Size:** 14,000 sqm  
**Year Built:** 2011
Maggie’s Centre London

Project Type: Health, Landscape
Architect: Rogers Stirk Harbour + Partners
Location: London, United Kingdom
Size: 370 sqm
Year Built: 2008
Program Goals

- Identify emotional, social, and physical health problems through **professional assessment**
- Reduce the frequency and intensity of painful memories and dreams of traumatic experiences
- Reduce symptoms of depression and anxiety
- Improve control over anger
- Develop better **communication** and relations with family members and other people
- Control of drug and alcohol abuse
- Obtain restful **sleep**
- Increase **involvement** in purposeful and productive activities
- Receive **medical care** for physical problems
- Resolve financial and housing problems
Design Goals

• Create a design that will change a user's outlook on life and experiences that will restore them back to a higher quality of life.

• Design with users' needs in mind.

• Warm, comforting, healing material palette.

• Create a design that utilizes sustainable practices throughout design, construction, and occupancy. Environmentally conscious design.

• Raise awareness and inspire others in the community that this is an issue that needs to be recognized and understood by all members of the community. It is our duty as citizens to take care of our service members.
Site Selection

Region: Midwest

City: St. Cloud, Minnesota
Site Boundaries

North

South

West

East
Site Analysis - Flood Plain
Conceptual Analysis
Conceptual Analysis
Spatial Analysis
Process
Process
Midterm Process
Midterm Process
Midterm Process
Final Design
Materiality

- Glue-Laminated wood superstructure
- Reinforced concrete footings and foundation wall
- 8" stone wall
- Channel glass system
- Extensive green roof
- Horizontal tongue and groove cedar exterior siding
- Vertical tongue and groove cedar exterior siding
- 2"x 2" Wood louvers
- Standing Seam Metal Roof
Section Details

Glue-laminated superstructure
Channel glass system
Toung and groove wood flooring
Reinforced concrete footing

Reinforced concrete footings and foundation wall
Glue-laminated superstructure
Toung and groove wood flooring
Toung and groove wood ceiling
8” stone wall
Horizontal toung and groove cedar exterior siding
Exterior curtain wall system
Extensive green roof

Reinforced concrete footings and foundation wall
Glue-laminated superstructure
Toung and groove wood flooring
Toung and groove wood ceiling
Horizontal toung and groove cedar exterior siding
Exterior curtain wall system
Standing seam metal roof
Sustainable Strategies
Religious Gathering Space
Thank You

Questions?

Residential balconies