Mind Healing Center

{ A place for healing depression }
What to talk about?

- Site
- Research
- Inspirations
- Design
- Sustainability
Location in Fargo ND
Next to a island park
Residences close by to south and east
Suburban feeling
Views from the site

Looking East

Looking North
Views from the site

Looking north west

Looking south east
North of the site across the road

Catholic Background

Prairie St. John’s Hospital
"I will design a clinical mental health rehabilitation facility adjacent to the existing Prairie St. John’s Hospital in Fargo, ND thatexplores the potential of architecture to contribute to a healing environment for patients of all ages experiencing depression."

Theoretical Premise
Depression

Design Guidelines for Mental Health Clinic
Mental condition

- Affects person feels about world and everything in it
- Cannot just grow out of it
- Get away from people and isolate oneself
- High probability of suicide
- Affects all ages

What is Depression?
“Combination of genetic, biological, environmental and psychological factors” - National Institute of Mental Health

What causes depression?
No solution

- Colors are ineffective cause of the extreme state of mind
- Sensations are dulled
- See unsaturated grayer versions of the color

Solution to depression?
The affinity to nature

Colors used convey healing (green) and excitement (orange) and happiness (Yellow)

Daylight maximized but not glaring

Artificial lights to supplement day lit areas

Acoustics

Flooring

Design Guides
“In new construction projects, . . . , the exterior architecture serves as the first introduction to the facility for patients, their families and other visitors. As such, it helps to create initial expectations about the facility and the care provided therein. Accordingly, the exterior design should embody a warm, familiar, and home-like design. The scale of the overall facility should be broken down into multiple residential scaled interconnected buildings instead of one large institutional edifice.” – Mental Health Facilities (design guide)
“Regarding the effects of the view from the window of the patient room, ... patients with a view of nature (trees) had shorter postoperative stays, took fewer potent pain drugs, and received more favorable comments about their condition in nurses’ notes than did matched patients in similar rooms with a window facing a brick building wall. ... the most preferred window views among patients and staff were those of plants, the surrounding neighborhood, and people and those that provided information about outside activities. In contrast, window views of architectural features (i.e., concrete buildings) or monotonous views were not preferred.” – E.R.C.M. Huisman, E. Morales, J. van Hoof, H.S.M. Kort
“Stress-reducing effects of green and arousal-inducing effects of orange were both more pronounced for people” – K. Dijkstra, M.E. Pieterse, A. Th. H. Pruyn
- Rubber flooring with wood profile
- Rooms with 5” wall with insulation between them for sound absorption
A spiritual entity: the soul of the building

The Sunlight
- Heals in the sunroom
- Lights up the Symbol in the core

Core with sculpture area was created and sunlight was brought in from above; waves of light distributed throughout the building and also came down in the bedrooms

Inspiration for the nurses
Inspirations
The design as a living being, a familiar organism that excites you at every turn and every curve is soft and alluring.

Organic form was applied to as many areas as possible
The Final Design
Underground Floor Plan

The Final Design
The Final Design

Ground Floor Plan
Swimming Pool and Sauna Area

Ground Floor Plan
The Final Design

2nd Floor Plan

The Final Design
Sunroom and Massage

The Final Design
HVAC System
HVAC System
Entry
Windows to the outside
Pools
Sunroom
Thank You

Questions and Comments