

A hand is seen reaching up from the water, with the fingers spread. The background is a cloudy sky over a body of water. A semi-transparent hexagonal grid pattern is overlaid on the right side of the image.

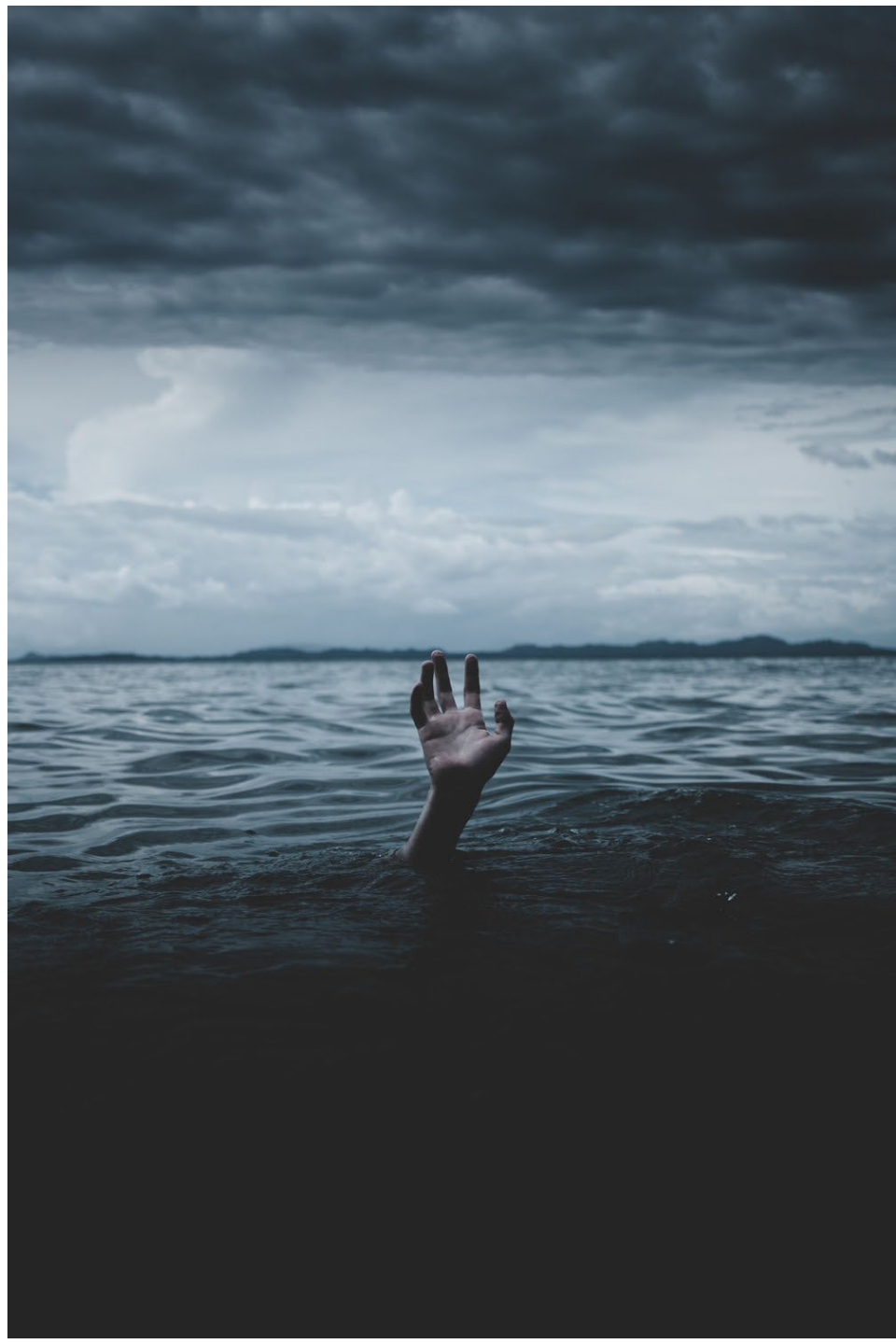
# The Other Side of Paradise

Mary Nyaronga

Prof. Jennifer Brandel

Spring 2022

How Architectural Design Impacts the Recovery of Suicidal Individuals, Survivors and Bereaved Families.



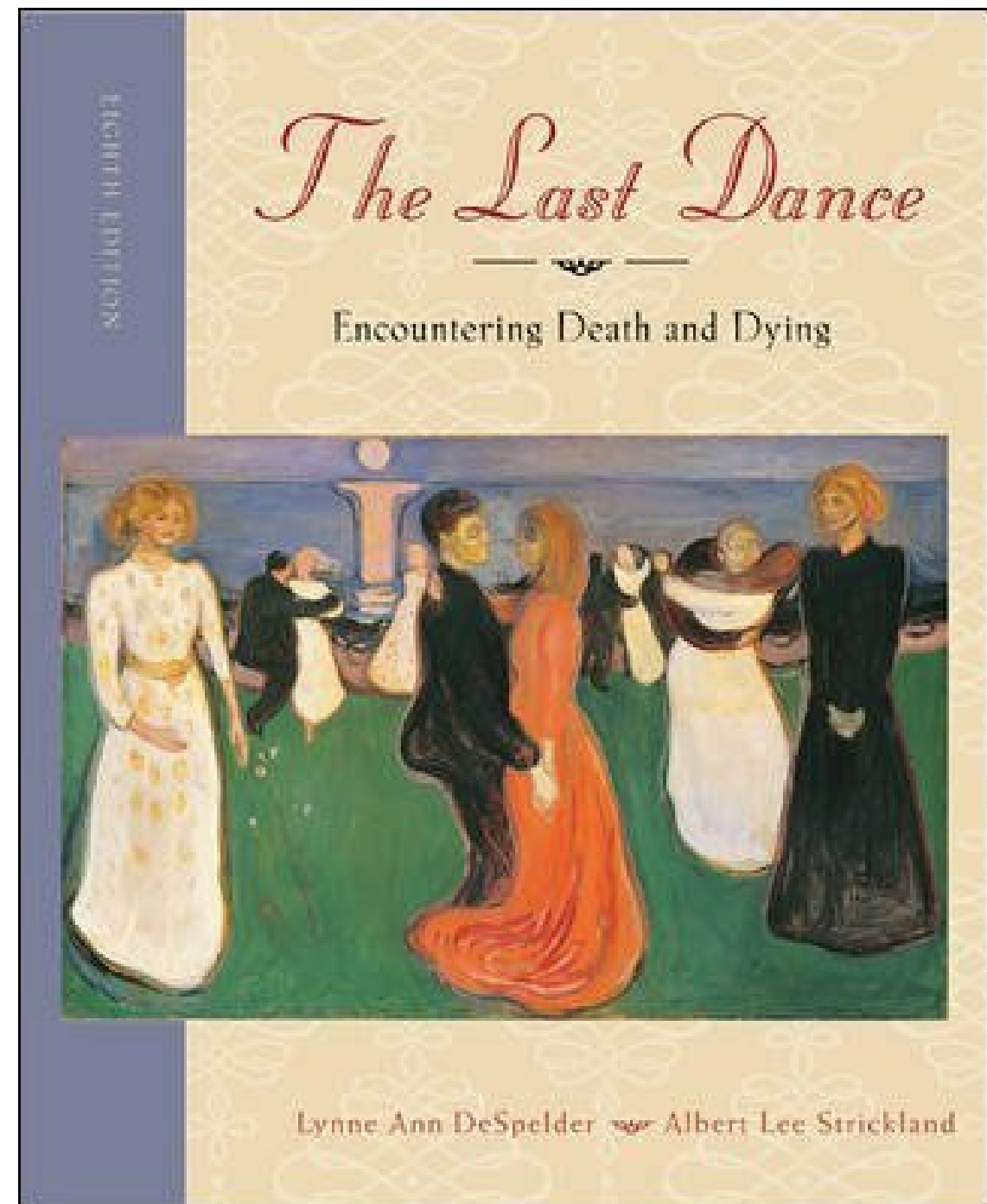
Suicide is a behavior that seeks and finds the solution to an existential problem by attempting the life of the subject.

-Jean Baechler

# Anomie, Egoism and Fatalism

Integration of an individual into his or her society is important.

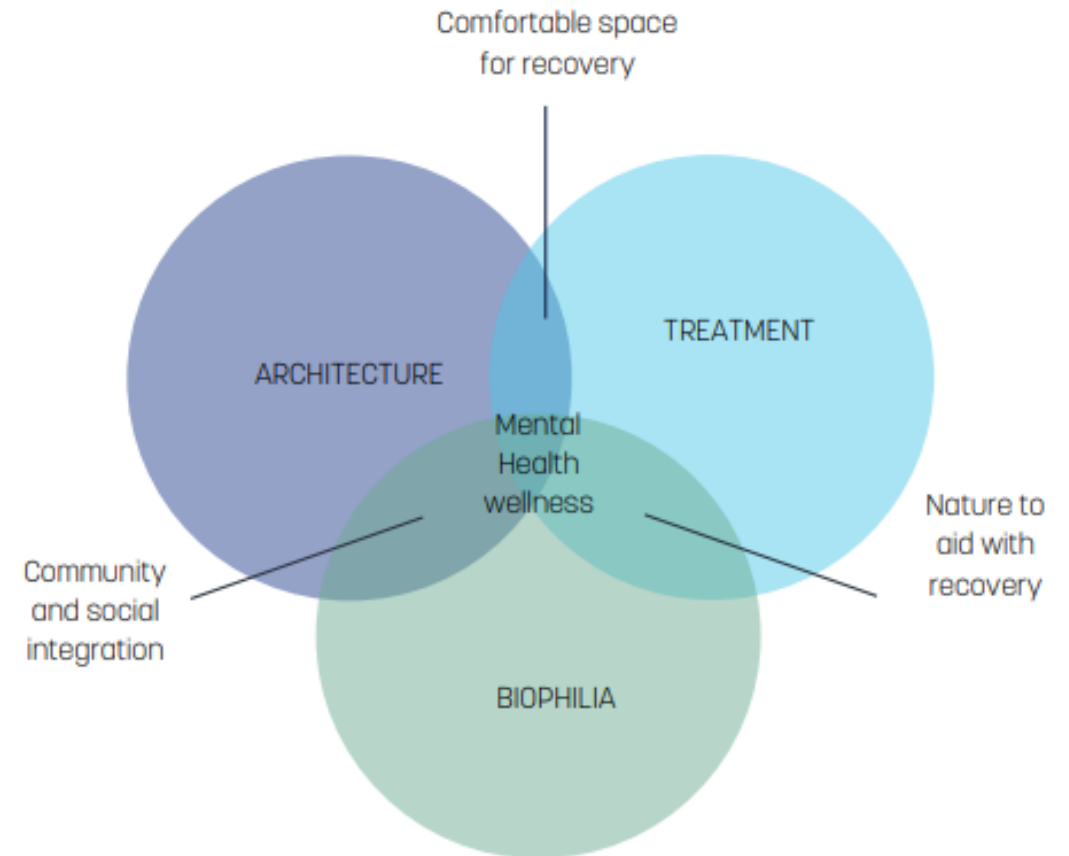
- Egoistic suicide: Lack of integration.
- Altruistic/ Institutional suicide(Anomie): Lack of regulation
- Fatalistic Suicide: Feelings of entrapment.

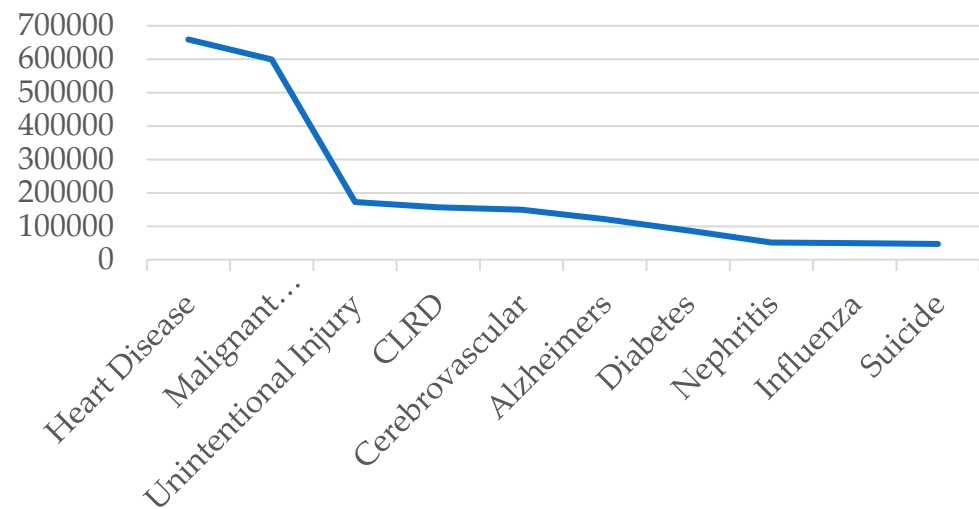
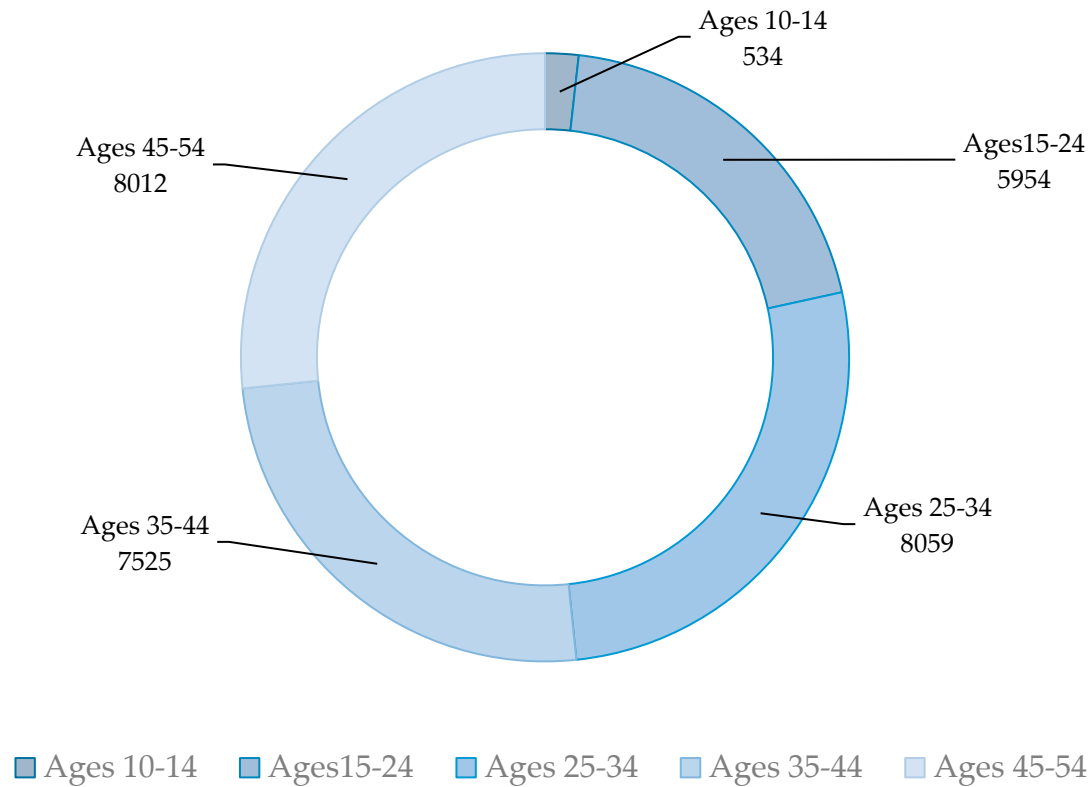




# Project Typology

- This facility will be an 80-bed retreat center with an outpatient clinic that serves individuals.
- Major functions will include:
  - To provide treatment of suicidal symptoms and trauma through natural remedies.
  - To provide therapies to deal with bereavement trauma through health care professionals.
  - To provide palliative care for elderly populations.
  - To establish a community of understanding between suicidal individuals and survivors, while educating the bereaved.





## Justification and Need

- Suicide is common.
  - #2 in youth
  - #10 overall
- Yet it is not talked about and is seen as taboo.
- This center can help alleviate suicides caused by lack of connection, regulation or entrapment.
- Connecting Architecture back with nature.

# Spaces

- Outpatient Clinic
- Offices for Healthcare navigators and social workers
- Therapy Spaces
- Inpatient Spaces- overnight stays
- Shared Spaces
- Fitness Spaces
- Nurse Workstations



These users are a representation of different populations that are suicidal/survivors/bereaved.

# Users



- Mark is a 19-year-old college student with alternating episodes of highs and lows who feels trapped and fears detainment.
- Need: Acceptance. Release. Rest. Support. Connection.



-Individual who has experienced suicidal symptoms and is on medication currently.







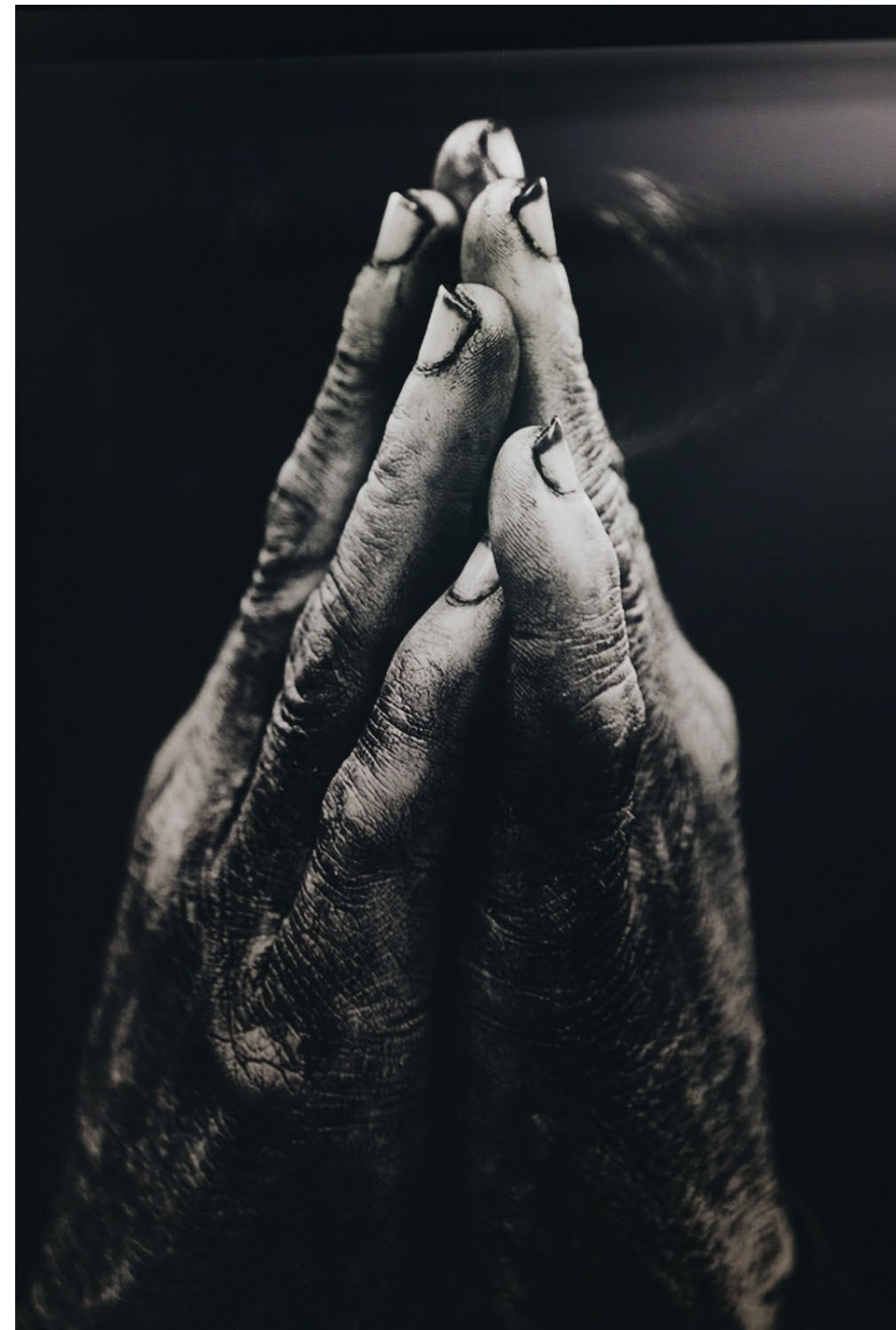
- Rose is a 78-year-old woman diagnosed with terminal Cancer. She has chronic symptoms and has requested the doctors to end her pain.



Need: Palliative care. Medication and rest. Support.



-Based on Research on an article conducted on individuals seeking assisted suicide.





Kristi and John are at their son Jamie's funeral after he secretly purchased a gun and took his life. He had attempted suicide before by slitting his wrists three years ago, but he was getting help.



Need: Support. Family and personal therapy.



-Based on research on parents in denial of their child's suicide.





Shayne is a suicide survivor that tried taking his life multiple times a year ago still seeing a therapist. This time he is planning so that he succeeds in taking his life.



Need: Integration. Support. Security. Medication.



-A survivor of suicide seeking help from the local counselling center.





Sarah is a nurse that has witnessed numerous suicides and trauma amongst patients. She hopes that people can be more open to talking to avoid the heartbreak that accompanies the bereaved.

Need: Support. Rest.



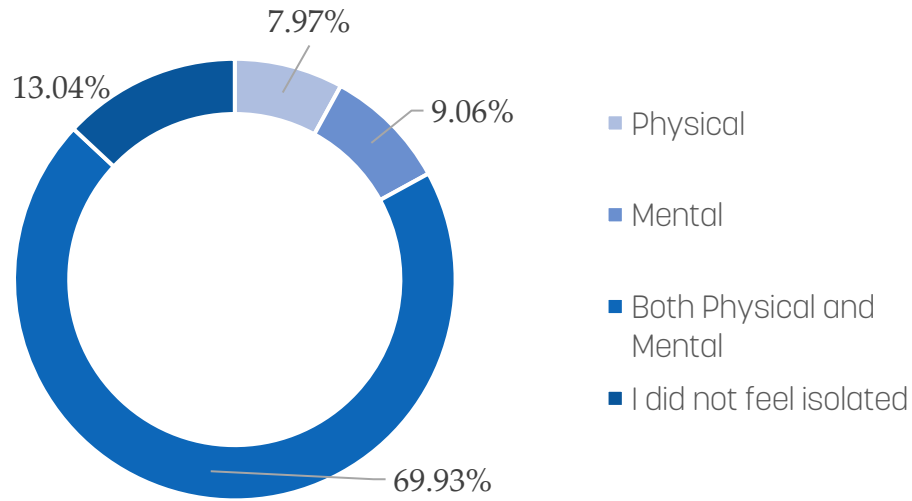
-Nurse Sarah from Sanford Behavioral Health.



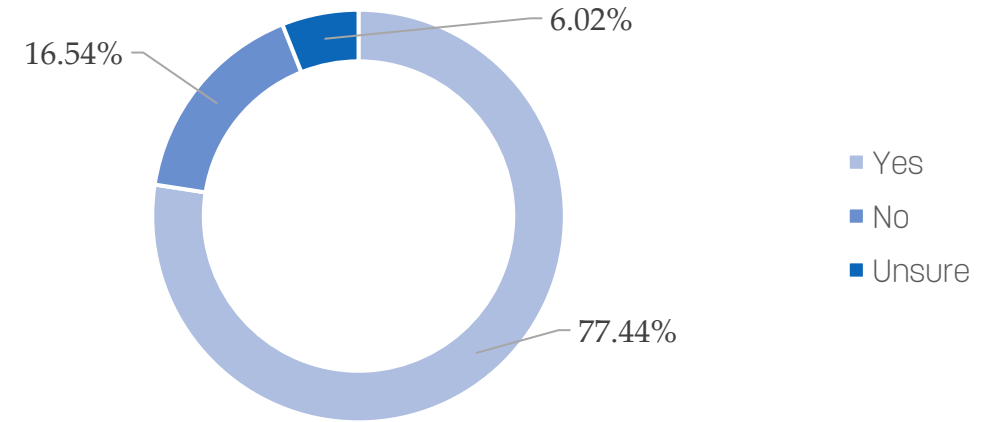
A survey was conducted amongst 257 students at North Dakota State University on Isolation and Loneliness.



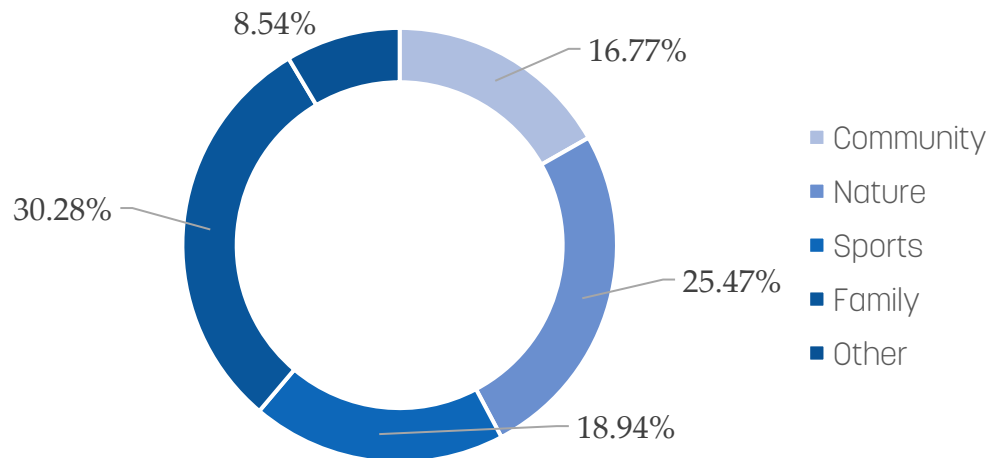
1. During the COVID-19 pandemic, have you felt



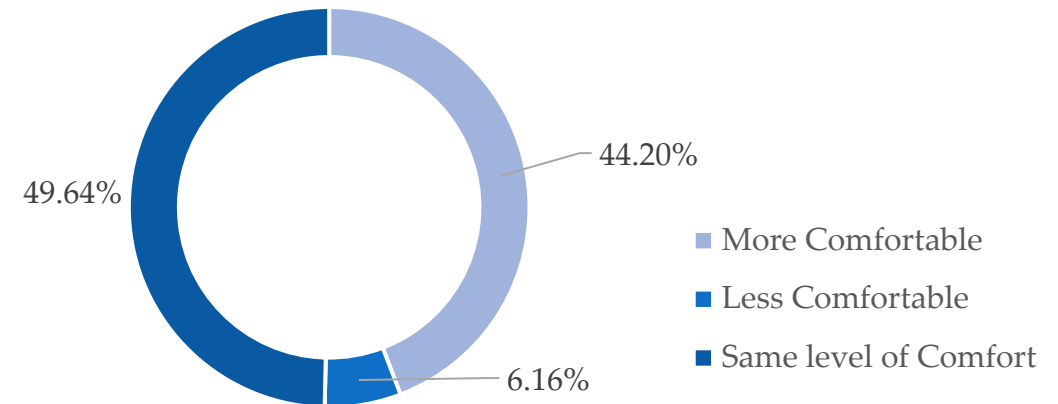
2. If you felt physically or mentally isolated, was it more than prior to the pandemic?



3. Did any of the following make you feel less isolated during this time?



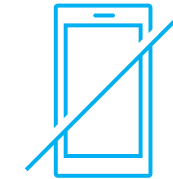
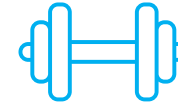
4. How comfortable are you talking about mental health now as opposed to the start of the COVID-19 Pandemic?



Based on these responses, the design solution will focus heavily on fostering interactions in a natural setting.

Not only has it been found to help with feelings of isolation and loneliness (symptoms that accompany suicidal individuals, survivors and the bereaved), it has been shown to have positive impacts on the wellness of users as a less invasive form of treatment towards physiological and cognitive performance.

(Brown, Barton & Gladwell, 2013; van den Berg, Hartig, & Staats, 2007; Tsunetsugu & Miyazaki, 2005) (Biederman & Vessel, 2006) (Barton & Pretty, 2010)



# Biophilic Design

# Biophilic design

## What is Biophilia?

Biophilia is the humankind's innate biological connection with nature.

## What is Nature?

According to Terrapin Bright Green, there are two connotations of nature.

One is that nature is only that which can be classified as a living organism .

Alternatively, it could be argued that everything, including all that humans design and make, is natural.

We are defining nature as living organisms and non-living components of an ecosystem.



# Why Biophilic Design?



- Cognitive Functionality and Performance
  - Opportunity for mental restoration.



- Psychological Health and Well-being
  - Emotional restoration.



- Physiological Health and Well-being
  - Relaxation of overall physical comfort

Terrapin Bright Green



# Nature in the Space

Nature in the space is the direct and physical presence of nature in a space or place. This includes plant life, water and animals, as well as breezes, sounds, scents and other natural elements.



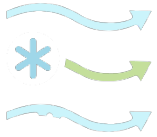
**Visual Connection with Nature:** A view to elements of nature, living systems and natural processes.



**Non-Visual Connection with Nature:** Auditory, haptic or olfactory stimuli that contains a deliberate reference to nature, living systems or natural processes.



**Non-Rhythmic Sensory Stimuli:** Ephemeral connections with nature that may be analyzed statistically but may not be predicted precisely.



**Thermal & Airflow Variability.** Subtle changes in air temperature, relative humidity, airflow across the skin, and surface temperatures that mimic natural environments.



**Presence of Water.** A condition that enhances the experience of a place through seeing, hearing or touching water.



**Dynamic & Diffuse Light.** Leverages varying intensities of light and shadow that change over time to create conditions that occur in nature.



**Connection with Natural Systems.** Awareness of natural processes, especially seasonal and temporal changes characteristic of a healthy ecosystem.

# Natural Analogues

Natural Analogues addresses non-living evocations of nature. Objects, materials, colors, shapes, sequences and patterns found in nature become artwork, furniture, and textiles in the built environment.



**Biomorphic Forms & Patterns.** Symbolic references to contoured, patterned, textured or numerical arrangements that persist in nature.



**Material Connection with Nature.** Materials and elements from nature that, through minimal processing, reflect the local ecology or geology and create a distinct sense of place.



**Complexity & Order.** Rich sensory information that adheres to a spatial hierarchy like those encountered in nature. processes, especially seasonal and temporal changes characteristic of a healthy ecosystem.

# Nature of the Space

Nature of the Space addresses spatial configurations in nature including our innate and learned desire to be able to see beyond our immediate surroundings.



**Prospect:** An unimpeded view over a distance, for surveillance and planning.



**Refuge:** A place for withdrawal from environmental conditions or the main flow of activity, in which the individual is protected from behind and overhead.



**Mystery:** The promise of more information, achieved through partially obscured views or other sensory devices that entice the individual to travel deeper into the environment.



**Risk/Peril:** An identifiable threat coupled with a reliable safeguard.

# Goals



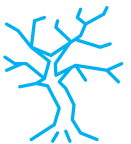
## Safe environment Conducive for Treatment

- Refuge
- Nature
- Community.



## Universal Design

- Flexible design
- Comfortable areas
- ADA standards.



## Sustainability

- User-Control
- Visual and Thermal Comfort



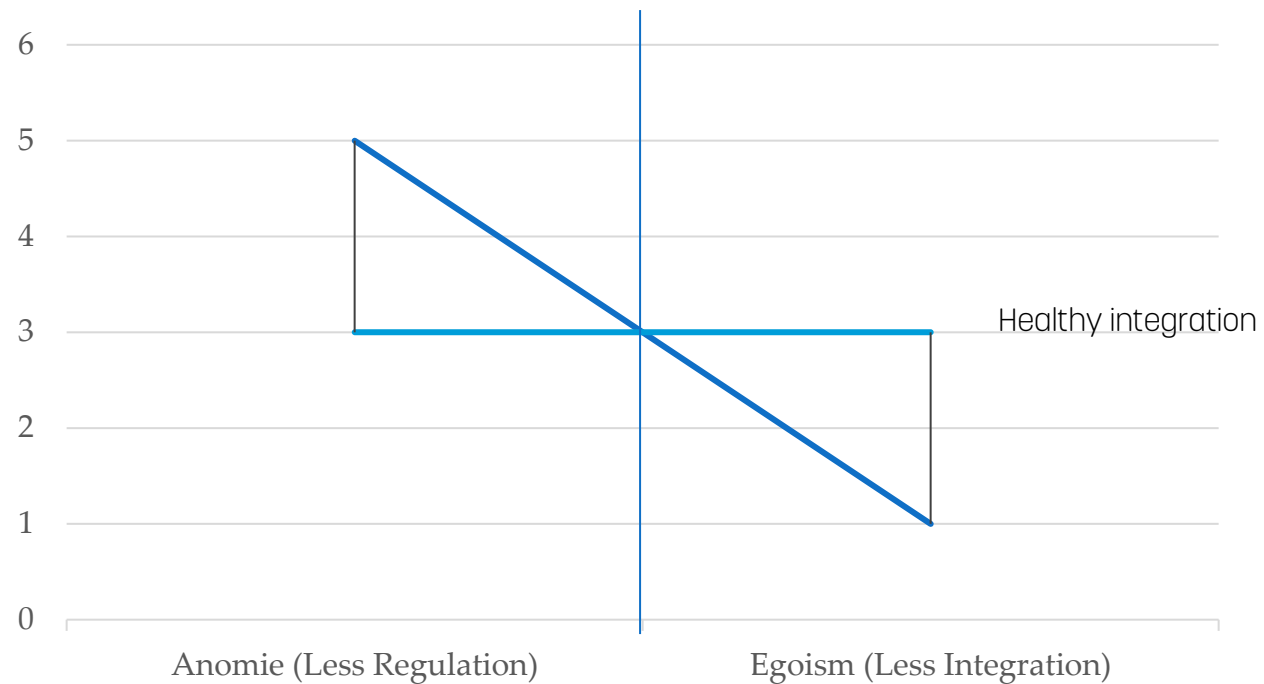
## Community

- Shared spaces
- Trust between patients and healthcare professionals.

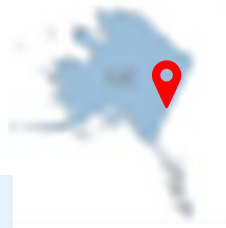




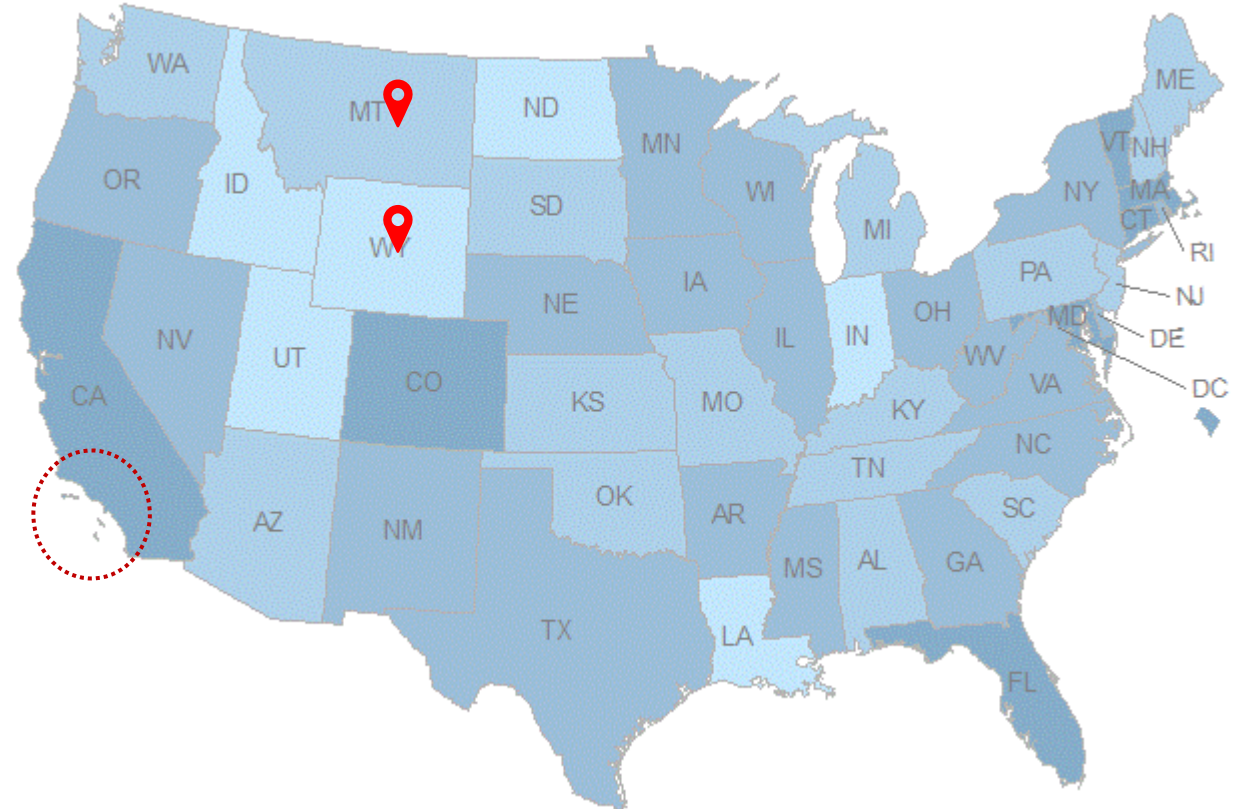
- Geographical location of the site.
  - A community of individuals with a common understanding sharing similar experiences.
- Anomie( Lack of regulation), Egoism (lack of integration) and Fatalism (feelings of entrapment)
  - Regulation treatment and therapies for individuals experiencing Anomie
  - Integration treatment and therapies for individuals experiencing Egoism.
  - Choice for individuals experiencing fatalism.

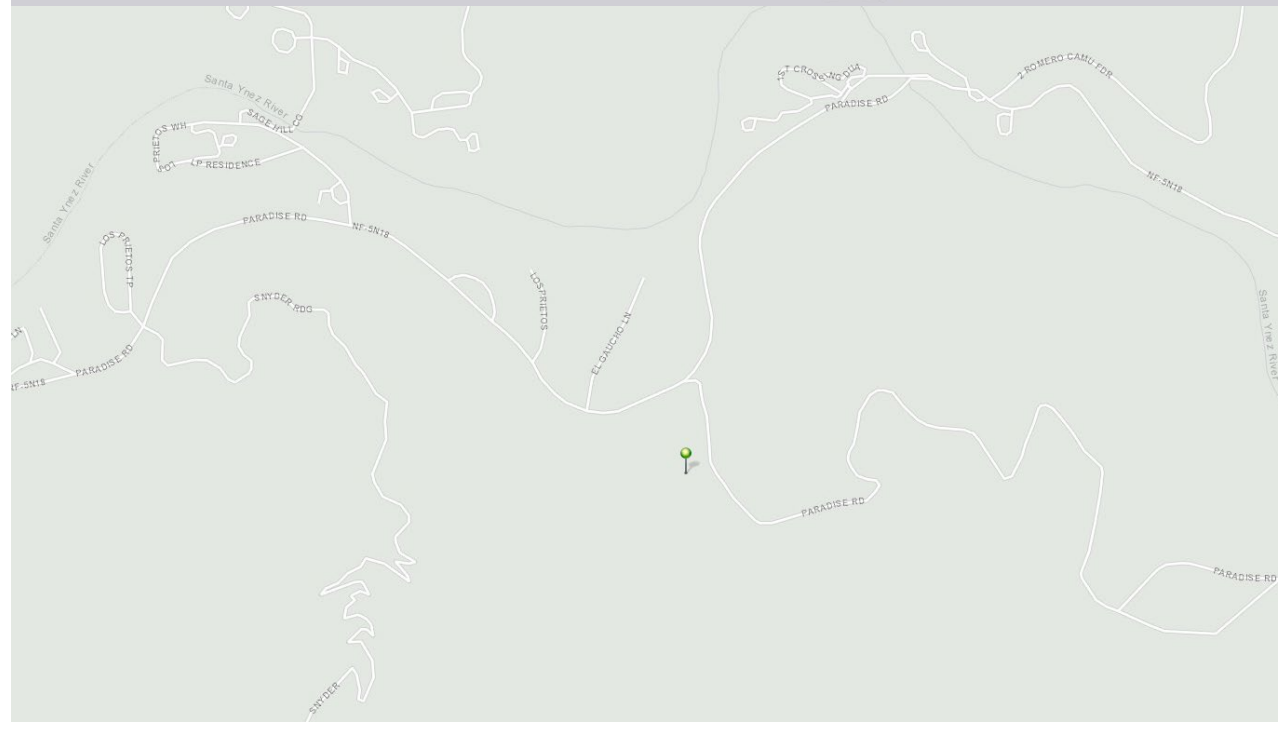
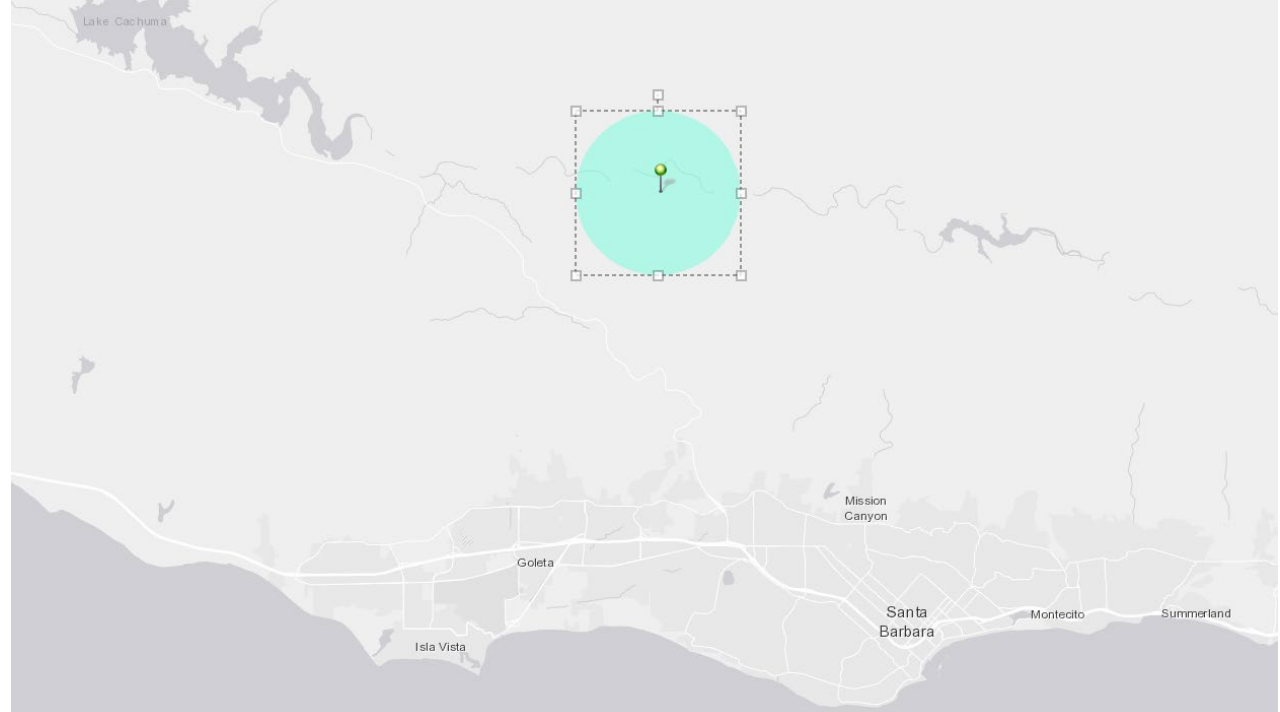


# Site



- According to the Centers for Disease Control and Prevention, in 2019, the top three states with leading rates of suicide were Wyoming, Alaska, and Montana, respectively.
- This site is a conducive environment for a retreat center due to the presence of sunshine throughout the year, in comparison to other states, which is imperative to the treatment process.
- It is geographically central to the three locations.
- Accessible travel for the three cities











DESIGN SOLUTION

NF 5N18

3664

Outpatient Clinic

Library and Therapy Rooms

Dining and Kitchen

Dwelling

PARADISE RD

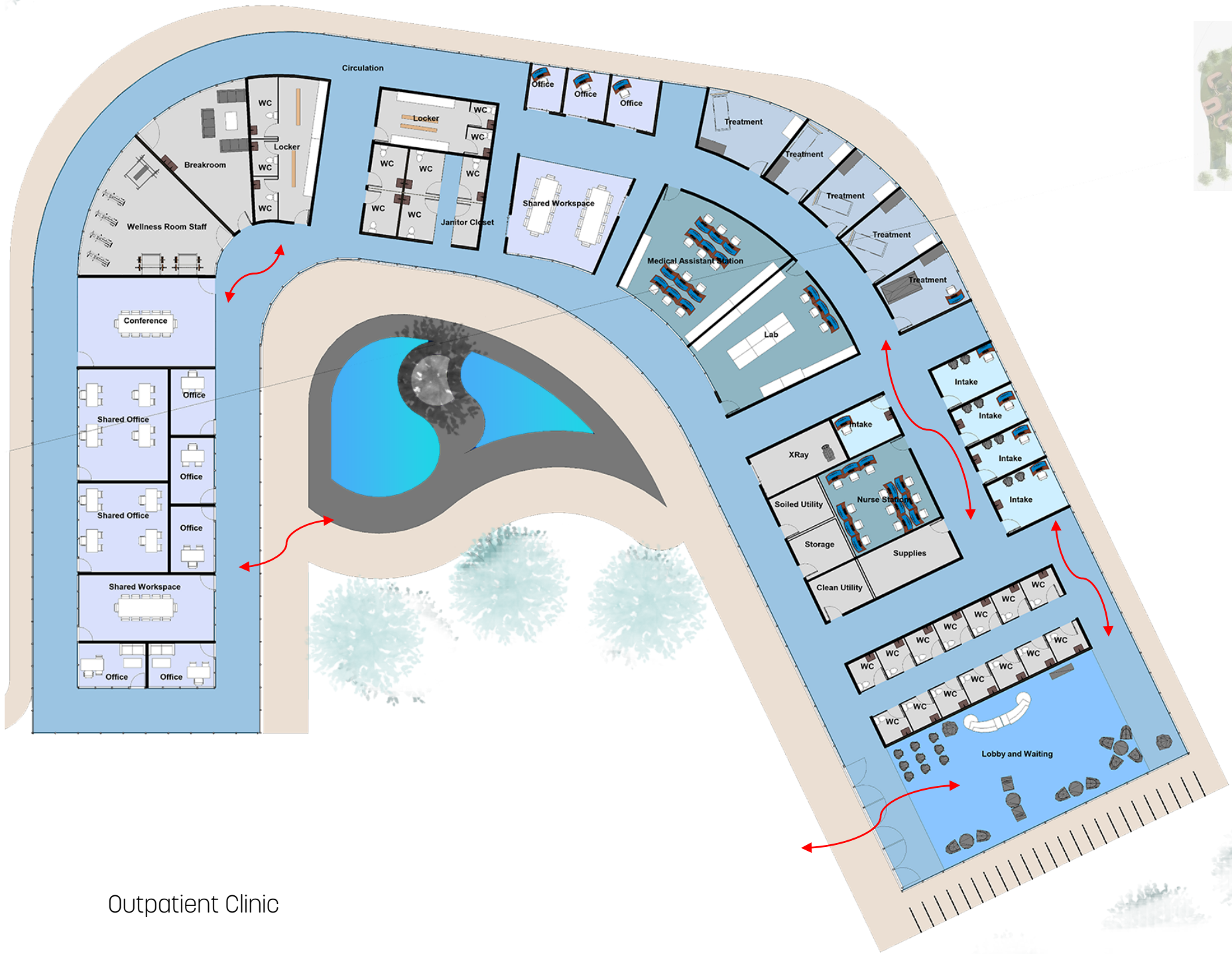
PARADISE RD

Arts Center

Gathering Spaces and Tennis Court

0 100 200ft





Outpatient Clinic





Outpatient clinic inner courtyard  
Users: Youth, elderly, survivors,  
healthcare workers.





Lobby  
Users: Youth, elderly, survivors,  
healthcare workers and navigators





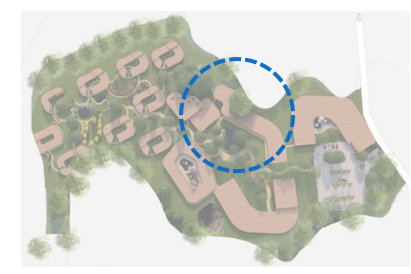
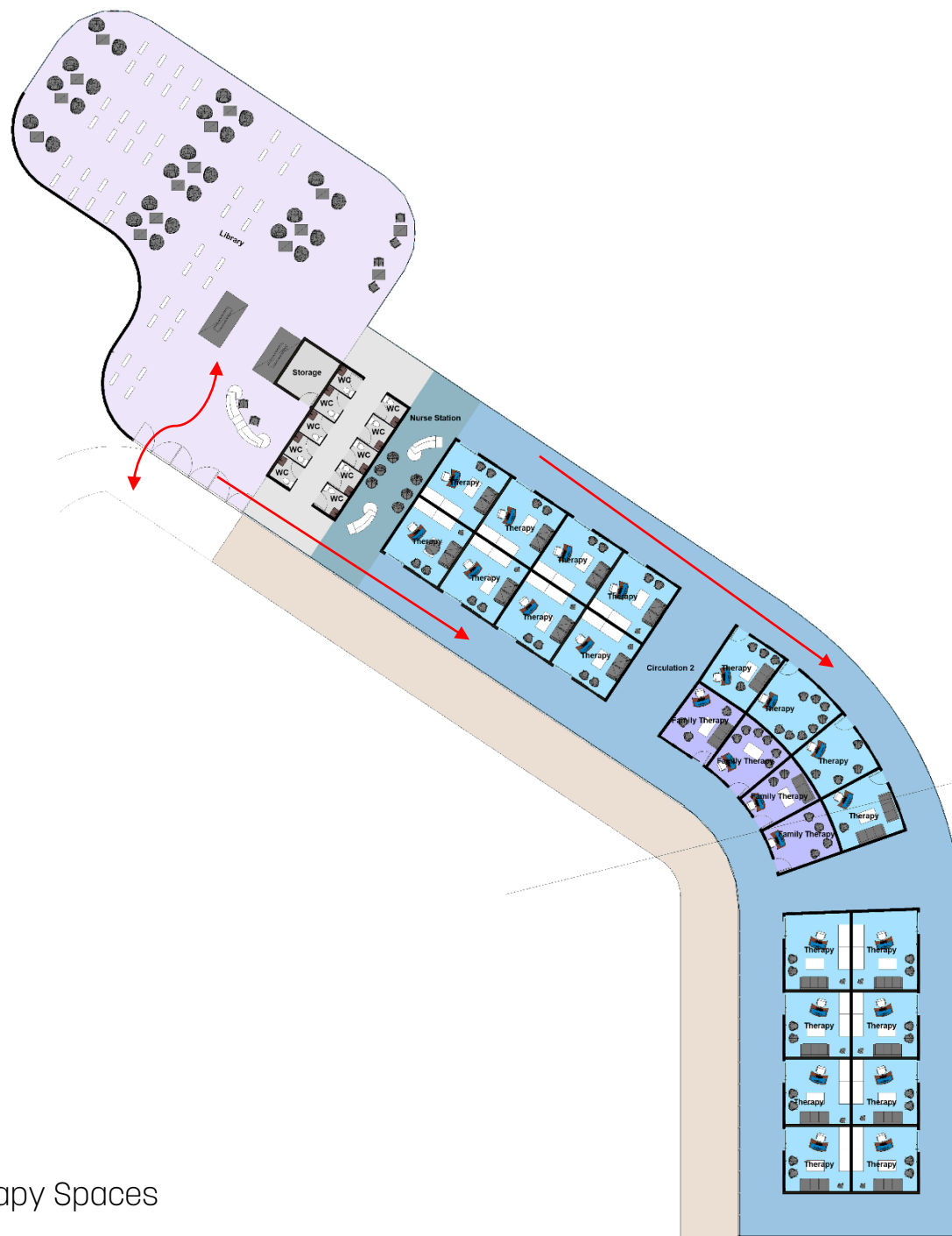


Doctor's room  
Users: Youth, elderly, survivors, doctors,  
nurses, healthcare workers and  
navigators.





Library and Therapy Spaces







Southern exterior of library and therapy spaces.





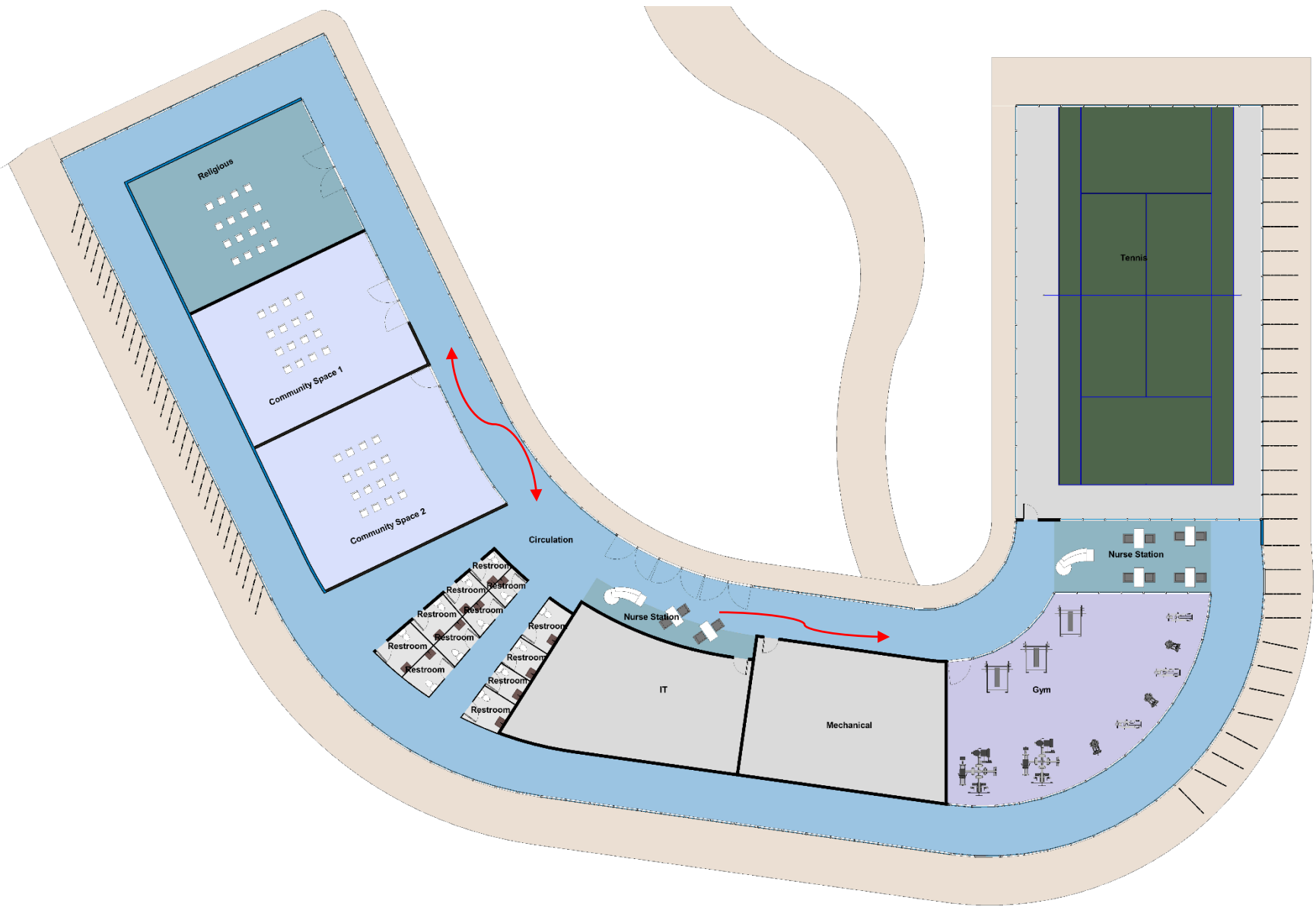
Therapy Room  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals





Library  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Gathering Areas, Tennis and Gym





Northern Exterior of Tennis Court  
Users: All users





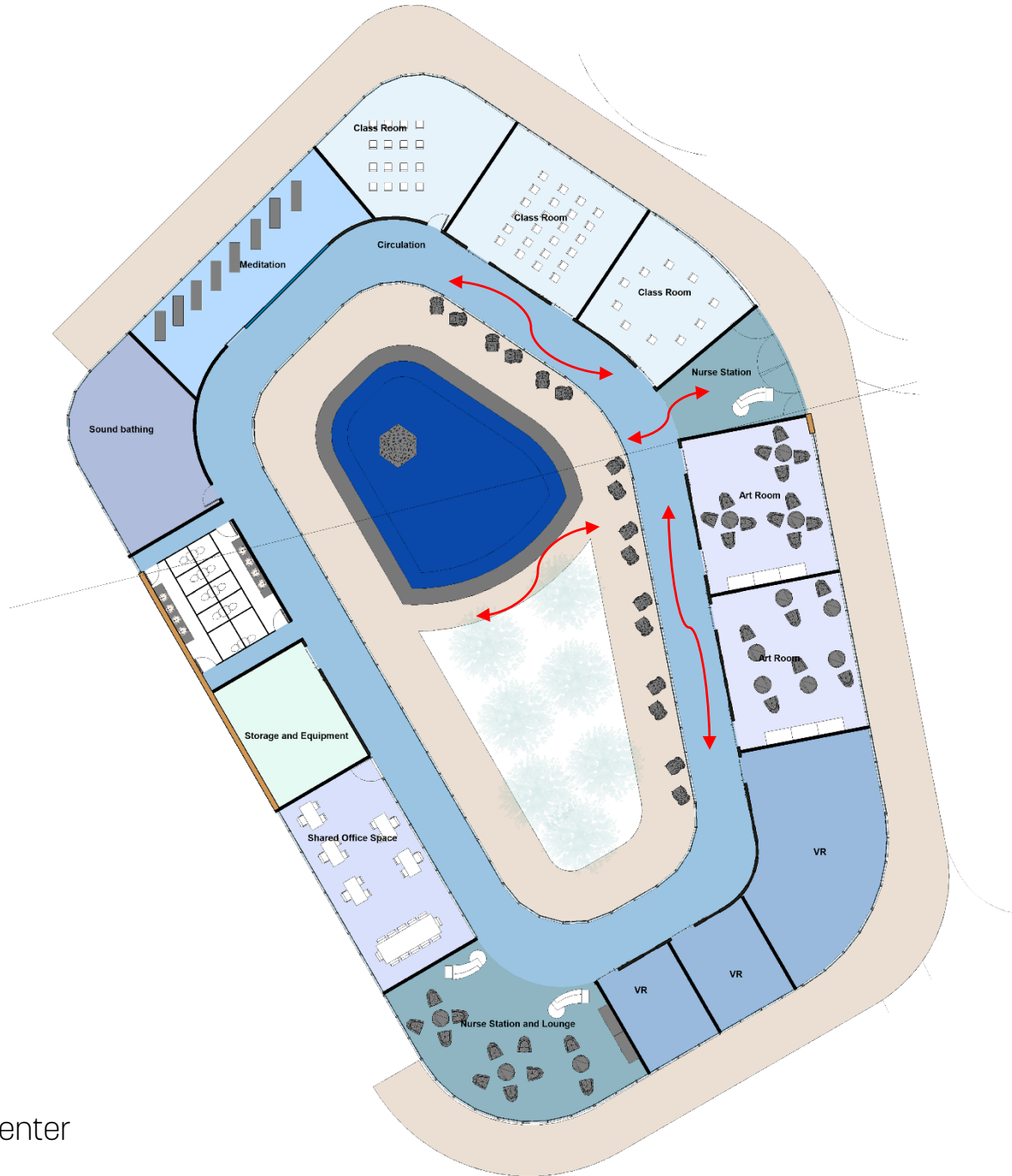
Interior of gym  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Tennis Court  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





The Arts Center







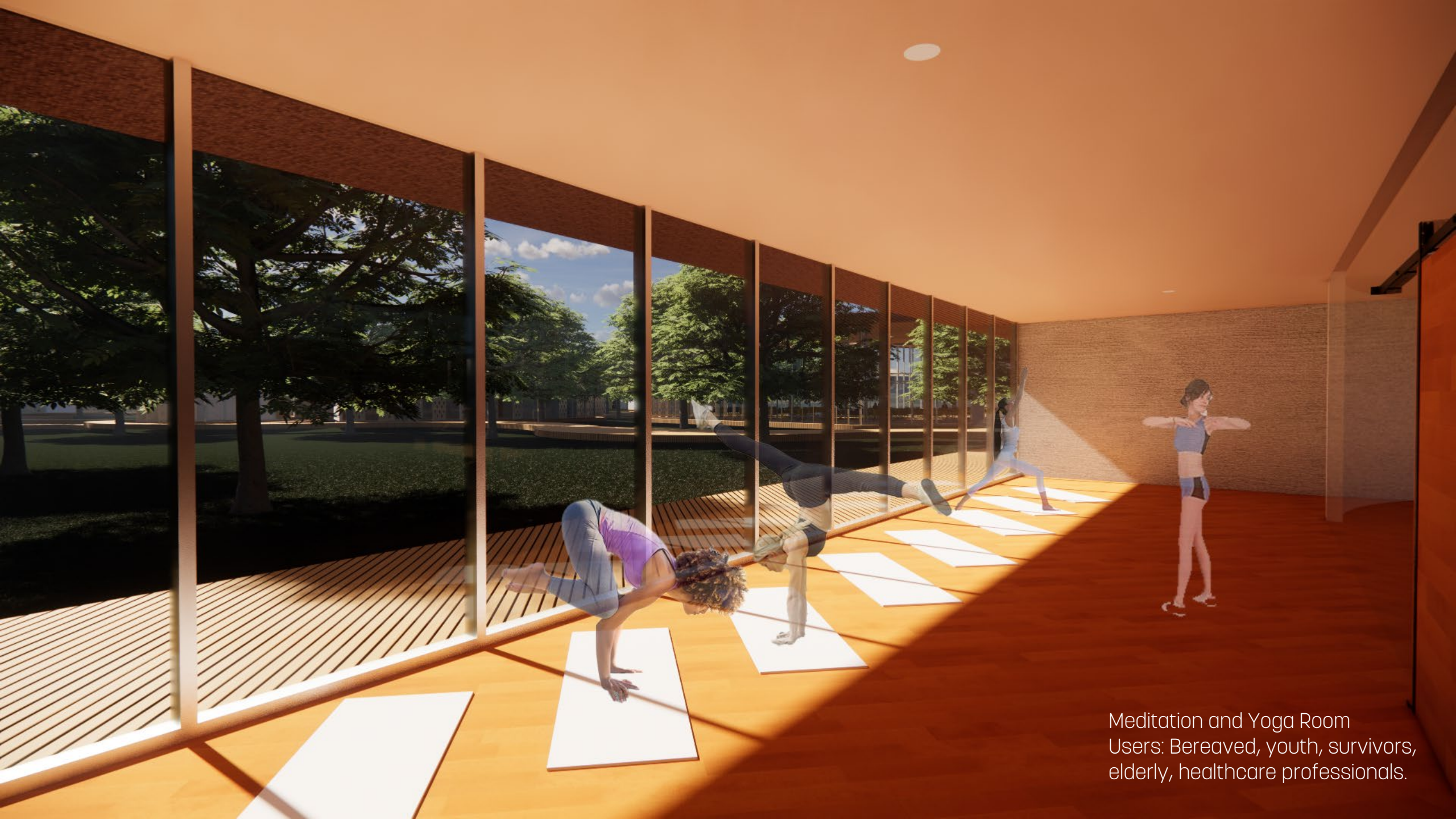
Exterior Courtyard Arts Center  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals





Courtyard overlooking library and arts center  
Users: Bereaved, youth, survivors, elderly, healthcare professionals





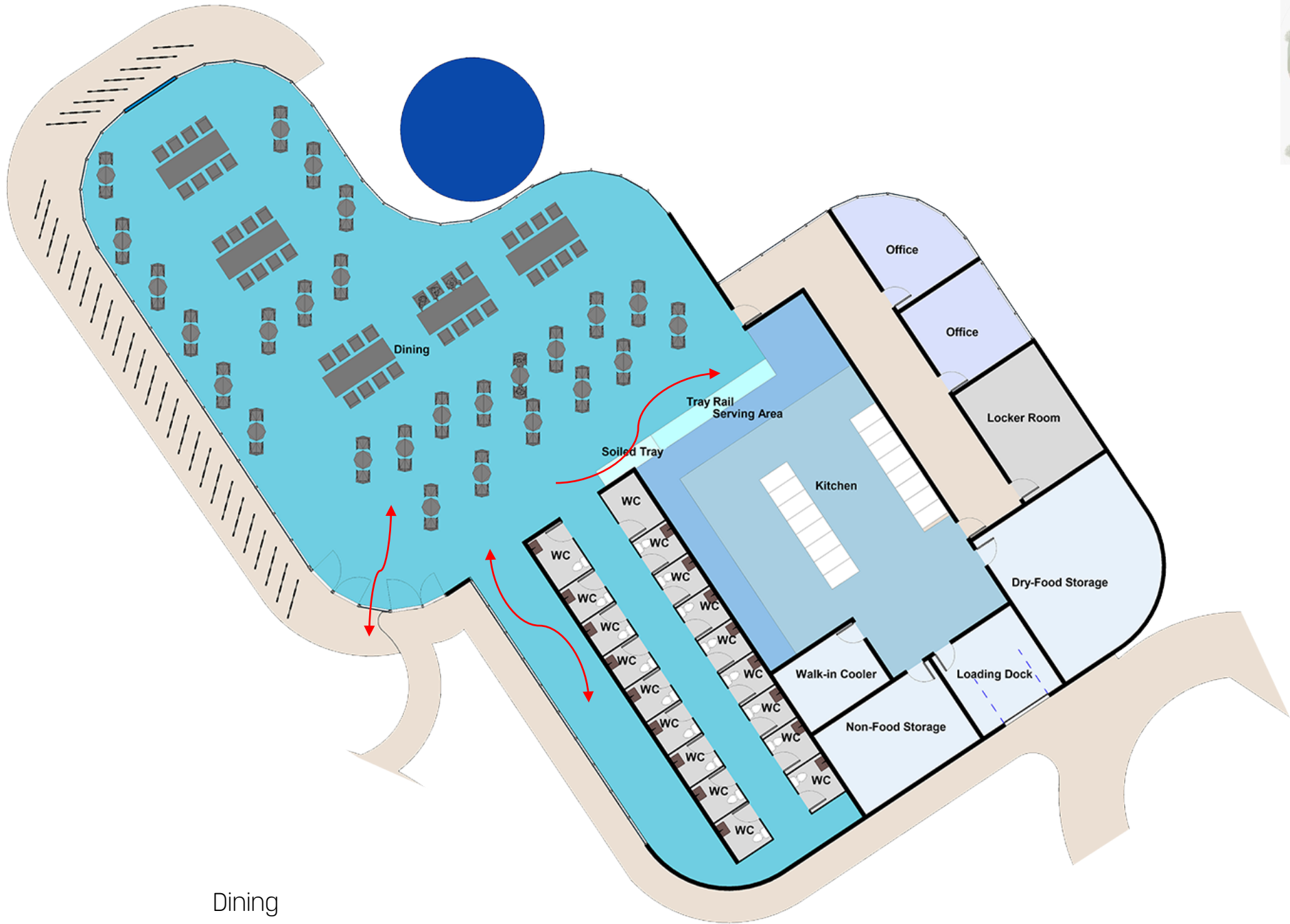
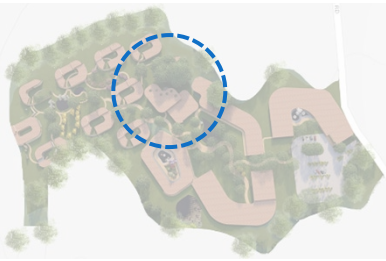
Meditation and Yoga Room  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Corridor Arts Center  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals





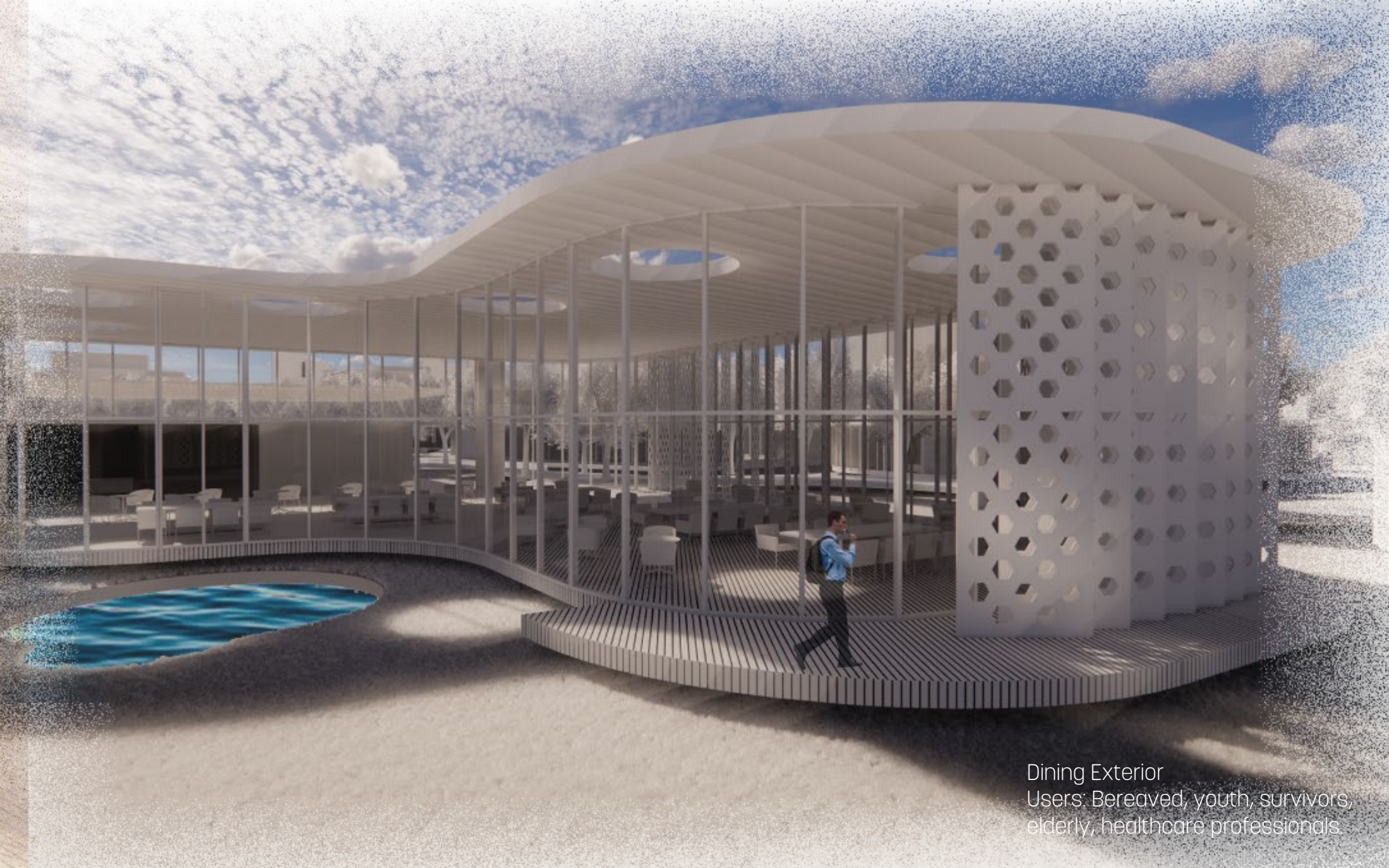
Dining





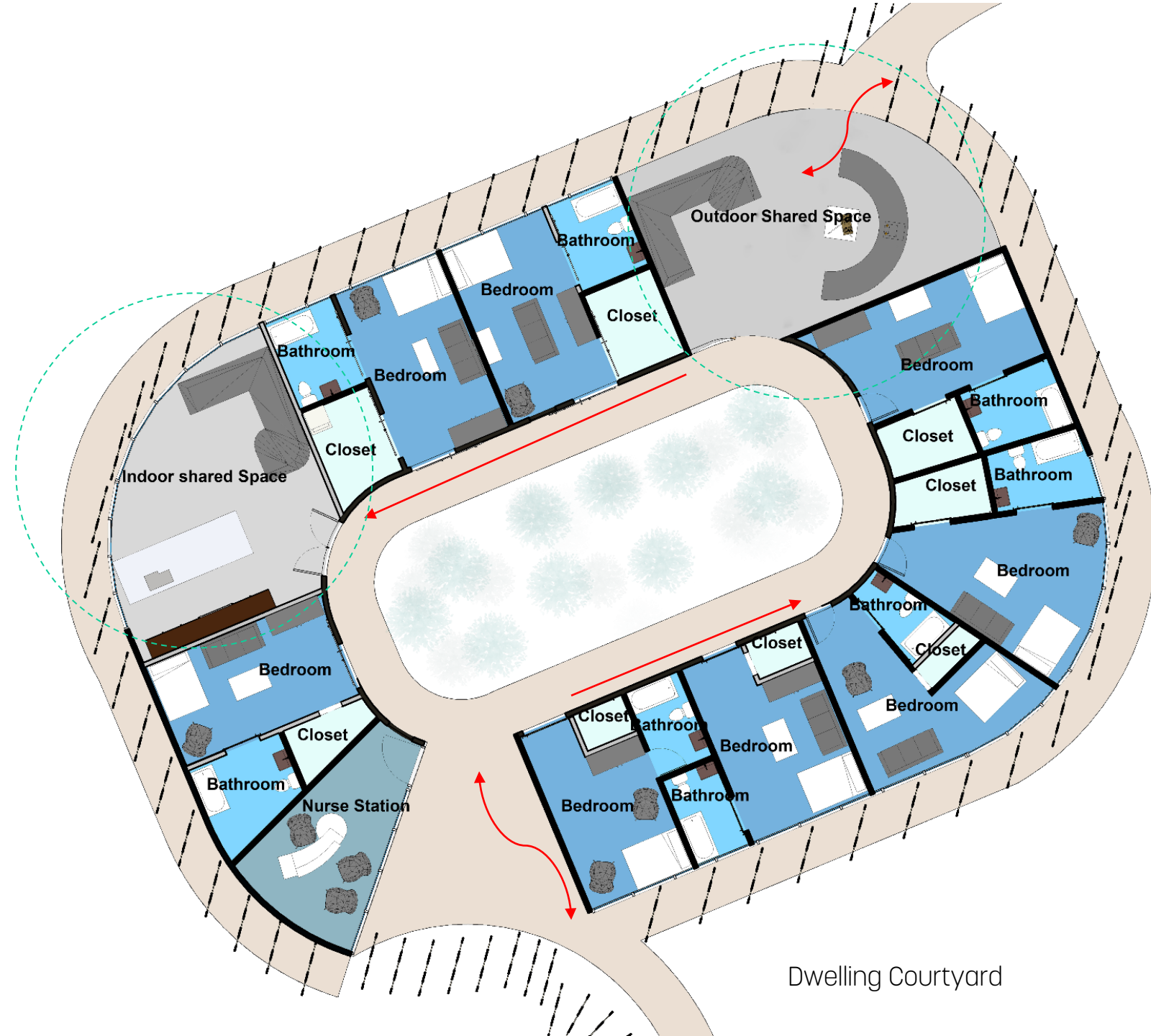
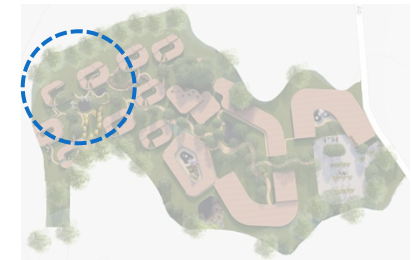
Dining  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals





Dining Exterior  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals





Dwelling Courtyard





Dwelling Exterior  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Courtyard-dwelling  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Dwelling interior  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.





Shared outdoor patio in dwelling  
Users: Bereaved, youth, survivors,  
elderly, healthcare professionals.



Final look at the goals.



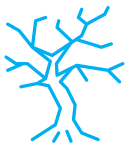
#### Safe environment Conducive for Treatment

- Refuge
- Nature



#### Universal Design

- Flexible design
- Comfortable areas
- ADA standards.



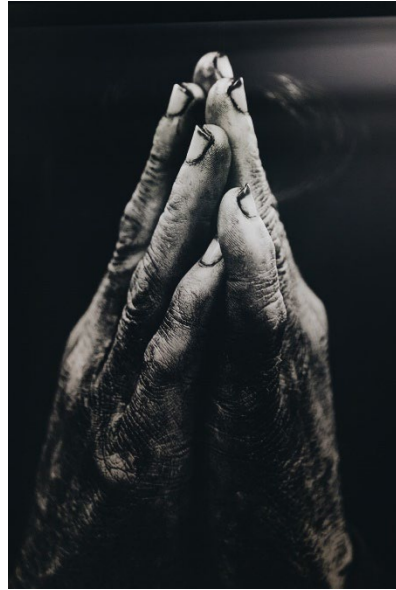
#### Sustainability

- User-Control
- Visual and Thermal Comfort

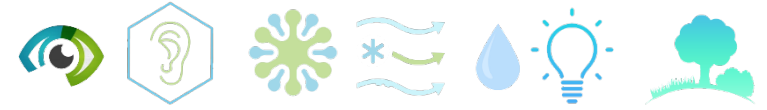


#### Community

- Shared spaces
- Trust between patients and healthcare professionals.



# USER NEEDS WITH DESIGN





WELCOME TO THE OTHER SIDE OF PARADISE

3900 PARADISE ROAD, SANTA BARBARA CA 93105



# Sources

- [man floating in water photo – Free People Image on Unsplash](#)
- [grayscale photography of praying hands photo – Free Prayer Image on Unsplash](#)
- <https://www.verywellhealth.com/what-is-palliative-care-1132354>
- <https://www.terrapinbrightgreen.com/reports/14-patterns/#footnote-080>