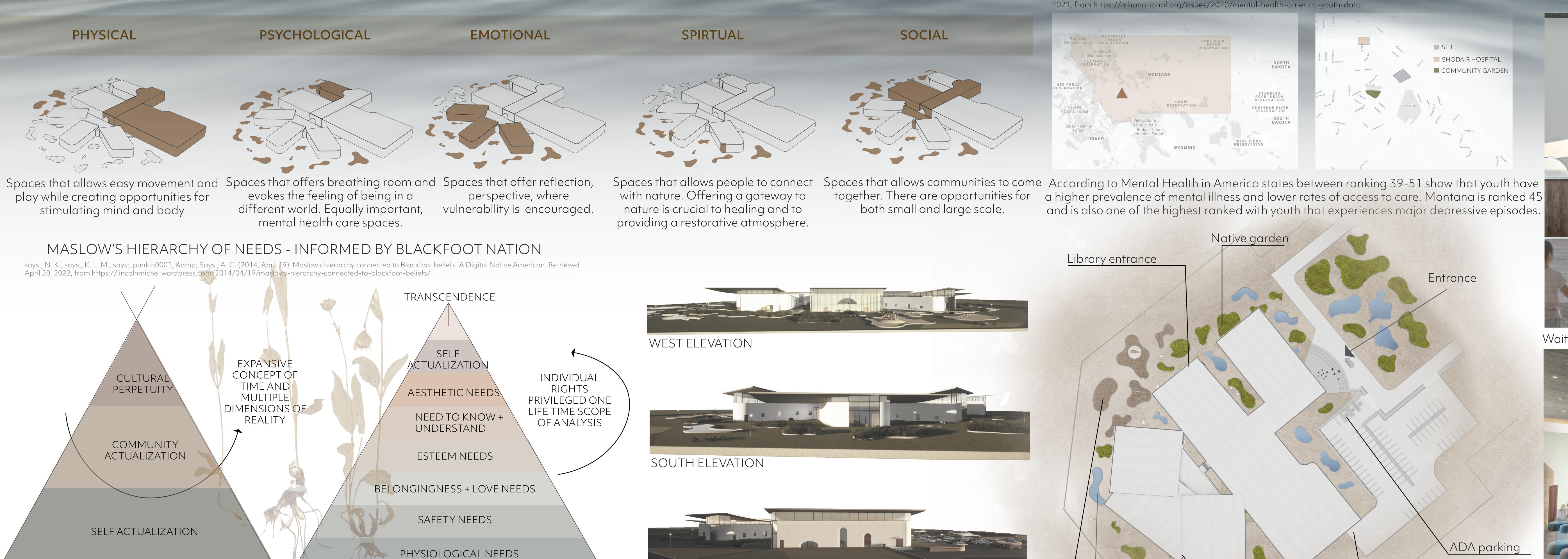
## PLEASE FEEL INVITED: CHILDREN'S PSYCHIATRIC REHABILITATION USING SALUTOGENIC DESIGN

A safe space is an environment in which a person feels confident that they will not be exposed to harm, a place where people feel invited. The feelings of confidence, comfort, and safety are integral to the feeling of health. Part of holistic wellness is mental health and the diagnosis of mental illness is on the rise. Common mental illness is on the rise. Common mental illnesses can affect the state of psychological, social and emotional well-being, resulting in a variety of difficulties that affect a person's daily life. These psychological disorders can affect anyone, regardless of sociocultural background, but especially children. Architecture and healthcare should evolve in tandem with societal patterns to address the basic need for health. The Salutogenic Design approach is described as a strategy that supports health and well-being. Aaron Antonovsky, a medical sociologist, was the first to coin the term salutogenesis. In the 1980s, be examined the question of "what creates health?" Equally important, among the leading figures in salutogenic design is Carolyn Rickard-Brideau; who uses the WELL Building Standard to create spaces for health. This research and design project demonstrates how, in addition to WELL building standards, salutogenic design may positively address overall community health but particularly youths' mental health needs.





EAST ELEVATION

and is also one of the highest ranked with youth that experiences major depressive episodes. Native gard Library entrance ntrance

NORTH DAKOTA

MONTANA

SHODAIR HOSPITAL

COMMUNITY GARDEN

ADA parking



Waiting Area: Where the community comes together



Library: Features color privacy glass, utilizing the color blue to bring serene to their reading environment

Abraham Maslow, an American psychologist, believed that humans are driven to meet their most fundamental needs before self-actualization. He traveled to spend time with the Blackfoot, who had an effect on him. To improve his psychology theory on the hierarchy of wants, he **took** what he learned from the Blackfoot people and created Maslow's Hierarchy of Needs.

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WESTERN PERSPECTIVE

 $^1$ 



Youth playground

Play area entrance

SITE PLAN N SCALE: 1" = 80'-0"

The presence of water

creates a sense of calm

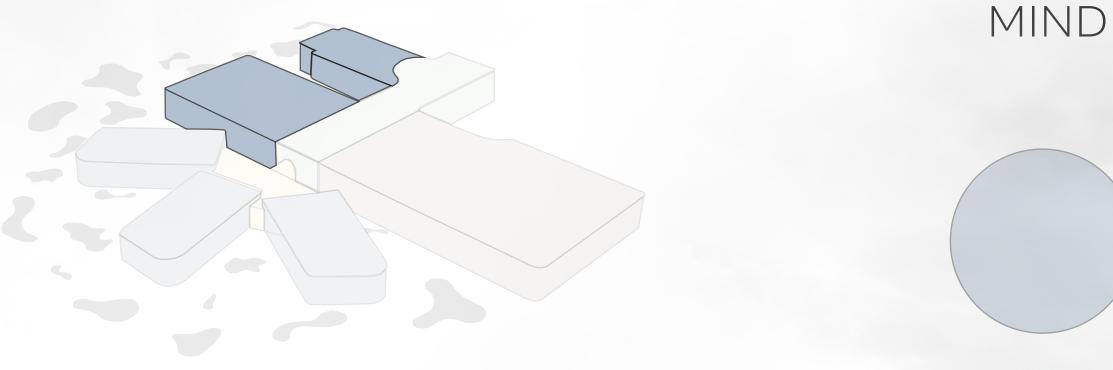
## WELL STANDARD

By implementing the WELL Building Standard (WELL v2) within spaces, buildings, organizations can create thoughtful and intentional spaces that enhance human health and well-being.

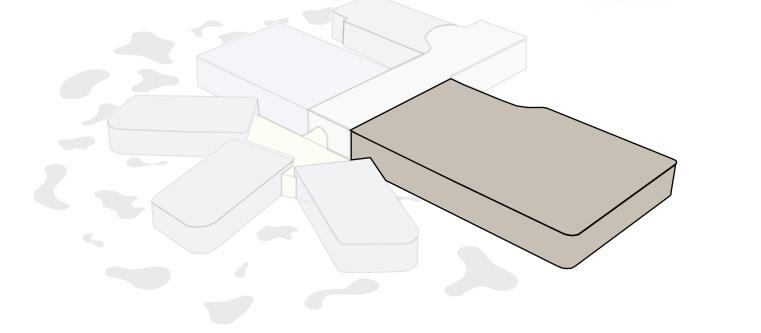
MOVEMENT

Truck loading

All aspects of daily living are closely linked to movement. We now know that all movement is beneficial to our health, and that physical activity may be collected in a number of ways throughout the day. The design is aimed to promote movement, physical exercise, and active living.



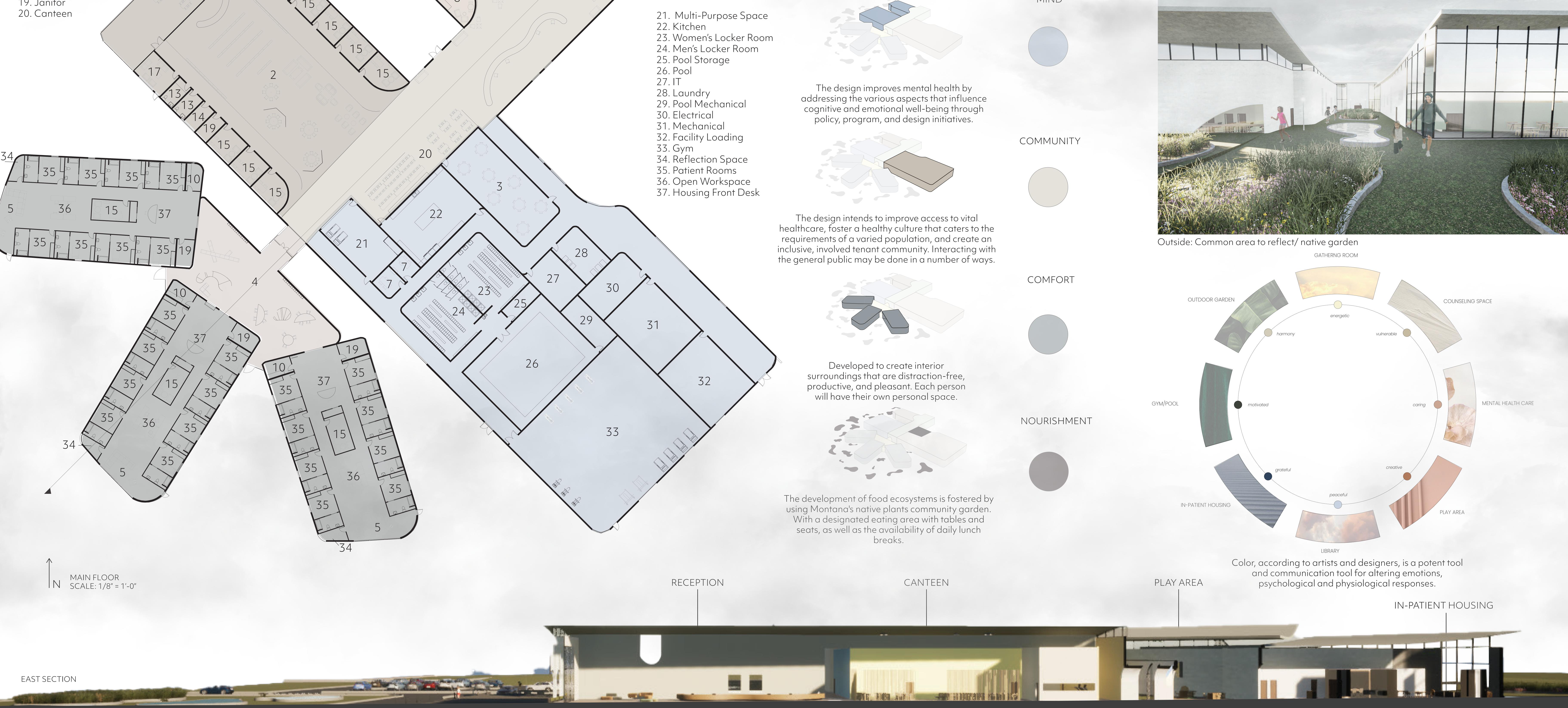
The design improves mental health by



The design intends to improve access to vital



Play Area: Where youths connect with family and with each other





FIRST NATIONS PERSPECTIVE

1. Waiting Area

2. Library

3. Dining