



EVERGREEN

MENTAL HEALTH CENTER

biophilic architecture and mental health

# C O N T E N T

## 01.NARRATIVE

*the story*

## 02.ABSTRACT

*project summary*

## 03.TYPOLOGY

*classification*

## 04.GOALS, EMPHASIS & JUSTIFICATION

*importance and foresight*

## 05.SITE INFORMATION

*background*

## 06.CLIENT

*description*

## 07.PROGRAM

*healing garden & roof, therapy & accomadation areas*

## 08.DESIGN STRATEGIES

*materiality, biophilic design, sustainability*

## 09.SCHEMATIC & PRELIMINARY DESIGN

*process*

## 10.FINAL DESIGN

# 01. NARRATIVE





This thesis proposes the effects of biophilic interaction on people experiencing and struggling with mental health issues. In order to properly treat patients with mental health issues, the psychology behind the architecture designed to promote wellness must be properly and thoroughly understood.

It is well known that the application of Biophilic Design reduces stress, stimulates creativity and clear thinking, improves physical and psychological well-being and accelerates healing. Considering the relentless process of global urbanization, these benefits will become increasingly important in the design of our urban spaces, architecture and interiors.

In addition to what the architecture includes in terms of promoting an overall relationship with the natural environment, less noticeable elements, such as patterns within the architecture must be addressed to create a cohesive and effective design.

The primary focus is designing a building that maximizes the amount and quality of positive interactions with nature. These biophilic relationships, combined with traditional and alternative therapies, will improve the health and healing of patients residing at the treatment facility.

# WHAT IS BIOPHILIA?

The word biophilia originates from the Greek 'philia' meaning 'love of'. Translating to "love of life" Humans have always been drawn to, dependent on, and fascinated by the natural world.

Biophilia describes the human drive to connect with nature and other living things. Nature's power for humanity can influence our mental health, our hobbies, our travels, and our homes and workplaces.

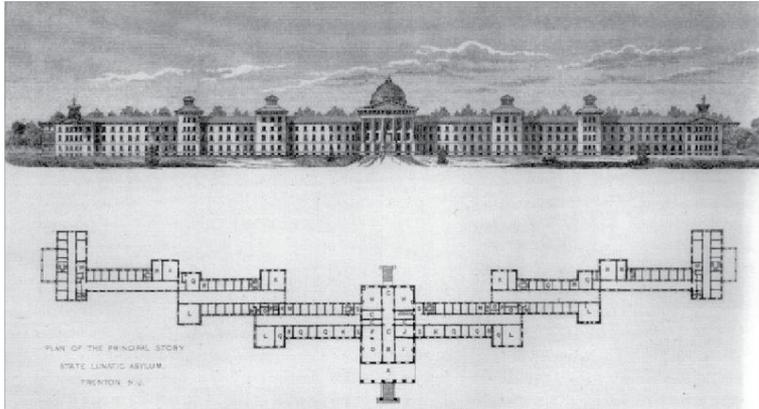
Spending time in nature can have beneficial effects on both physical and mental health. Time spent in green spaces, for instance, is associated with lower levels of stress, improved memory, and heightened creativity. Symptoms of depression can decrease as outdoor time increases.

## 03. TYPOLOGY

The objective is to create an ideal mental health/psychiatric center that is centered around the improvement of the patient's emotional, psychological and physical well-being.

Looking back at the history of psychiatric buildings several asylums were built on linear or hollow-square plans. However, a lot of these asylums started to fail. They were not doing the job they were built to do.

Fast forward, the design approach of psychiatric centers has evolved. With all this, nature also plays a big role: Windows provide views of greenery; landscapes decorated walls, and outdoor areas give patients and staff access to fresh air and sunlight, which is extremely beneficial.



## 04. GOALS, EMPHASIS & JUSTIFICATION

### SHORT TERM GOALS

- Improve mental health of patients
- Design a safe and welcoming space for patients who are struggling
- Bring more attention to biophilic design and its benefits

### LONG TERM GOALS

- Create relationship between patients and nature to develop healthy patterns and improve mental health
- Connect building occupants more closer to nature
- Inspire more mental health centers to take on a biophilic design approach

## 04. GOALS, EMPHASIS & JUSTIFICATION



The primary focus is designing a building that maximizes the amount and quality of positive interactions with nature. These biophilic relationships, combined with traditional and alternative therapies, will improve the health and healing of patients residing at the treatment facility.

The positive effects on the health of human beings in response to biophilic design of the built environment have been proven by numerous studies.

## 04. GOALS, EMPHASIS & JUSTIFICATION

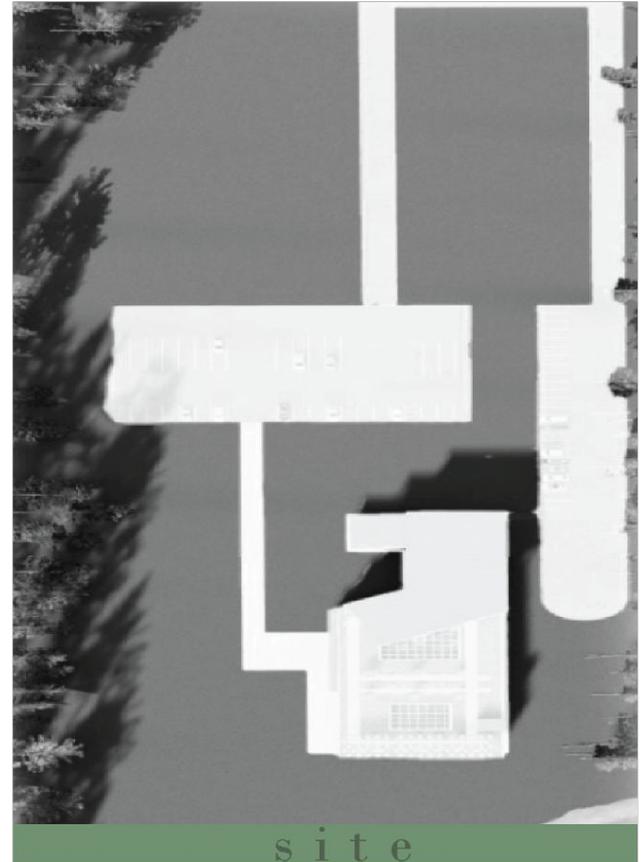
Mental health is a crisis that unfortunately is still on the rise. In 2020, about 1 in 5 american adults experienced a mental health issue, 1 in 6 young people experienced a major depressive episode and 1 in 20 americans lived with a serious mental illness.



## 05. SITE INFORMATION



## 05. SITE INFORMATION



## 06. CLIENT DESCRIPTION

This building is designed to be a psychiatric center to accommodate;

**Patients** struggling with their mental health while on the road to recovery. Psychiatric centers are tailored to people that range from adolescents, adults and elderly people, with a whole range of mental health problems, like depression and anxiety, ptsd, ect.

**Healthcare Staff** trained to work hard and help you get through what can be a stressful time for you and your family.

**Patient Visitors** visiting their loved ones want to also be in a safe environment.

# 07. PROGRAM

1

## HEALING GARDEN

space designed to meet the physical, psychological, social and spiritual needs of patients

## GREEN ROOF

large green space that provides the same benefits as the indoor healing gardens

## THERAPY ROOMS

private, family and group therapy session rooms

2

## PATIENT ROOMS

spacious, private, single bed rooms for patients

## STAFF OFFICES

staff area, healthcare information

## LOBBY

check-in area for patient and visitors, information provided for anyone seeking inpatient treatment

3

## RESTROOMS

male, female, and unisex ada compliant restrooms

## STORAGE

storage for healthcare utilities, garden and general building

## MAINTENANCE

mechanical room, electrical room, maintenance, janitorial

---

## 08. DESIGN STRATEGIES

MATERIALITY

BIOPHILIC  
DESIGN

SUSTAIN-  
ABILITY

MATERIALITY



TULIPWOOD



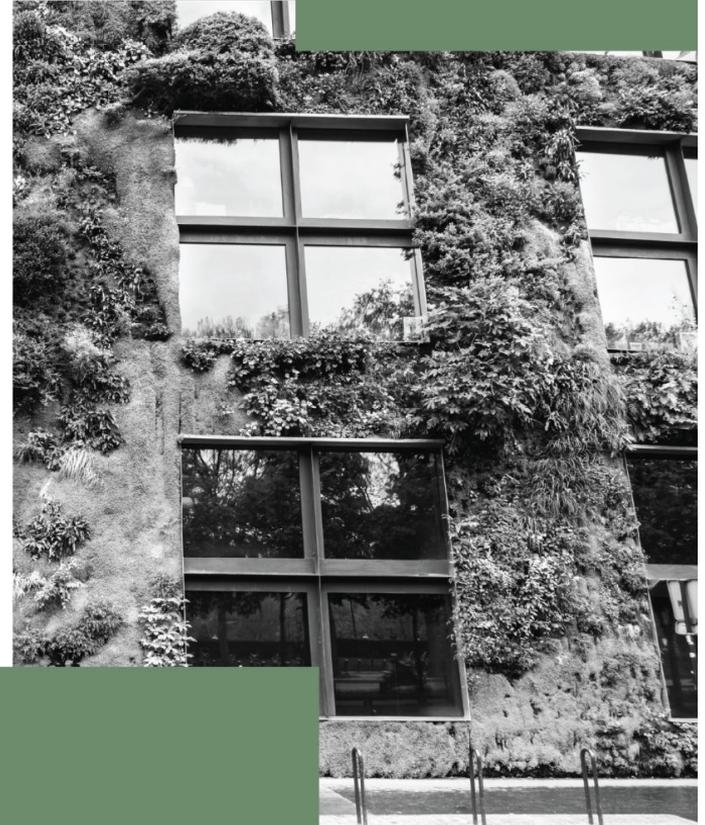
ROCK PANEL



CONCRETE

## BIOPHILIC DESIGN

The sustainability aspect of biophilic design is crucial for living buildings and environments. Providing green spaces, water features, abundant plants and natural materials creates a host of benefits, including helping to reduce a development's carbon footprint and regulating the temperature of buildings.

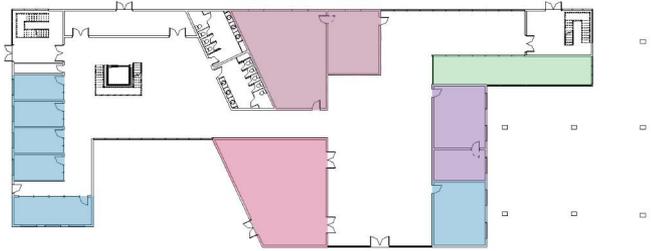


# S U S T A I N - A B I L I T Y

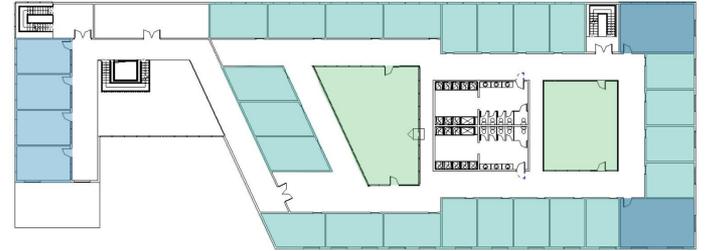
- Allow/Utilize More Natural Lighting in the Building
- Adding a Green Roof
- Installing Water-Efficient Faucets & Faucet accessories
- Passive & Active Sustainable Design



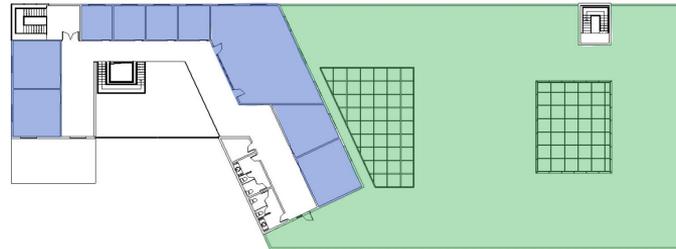
# 09. SCHEMATIC & PRELIMINARY DESIGN



Offices/Conference Room Auditorium Dining Pharmacy Garden



Offices/Conference Room Patient Rooms Gardens Staff Area



Therapy Rooms Gardens

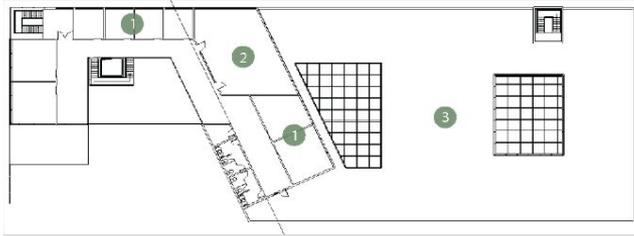
# 09. SCHEMATIC & PRELIMINARY DESIGN



# 10. FINAL DESIGN

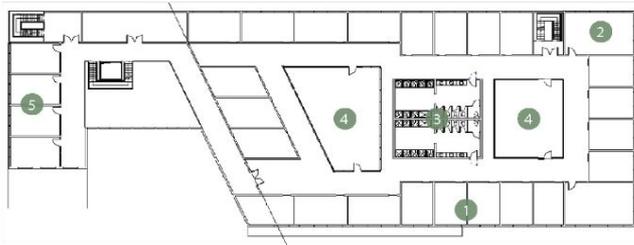


# 10. FINAL DESIGN



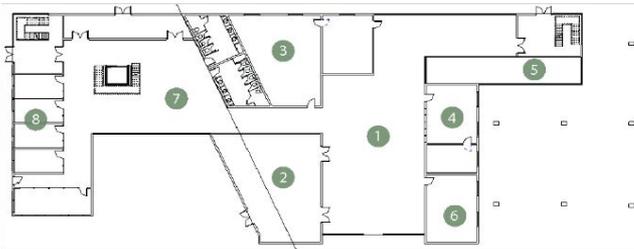
## FLOOR 3

1. THERAPY ROOMS
2. RECREATIONAL ROOM/GROUP THERAPY
3. GREEN ROOF



## FLOOR 2

1. INPATIENT ROOMS
2. STAFF AREA
3. COMMUNAL BATHROOMS
4. INDOOR GARDEN
5. STAFF OFFICES



## FLOOR 1

1. LOBBY
2. AUDITORIUM
3. DINING
4. PHARMACY
5. INDOOR GARDEN
6. MEETING ROOM
7. ATRIUM
8. STAFF OFFICES



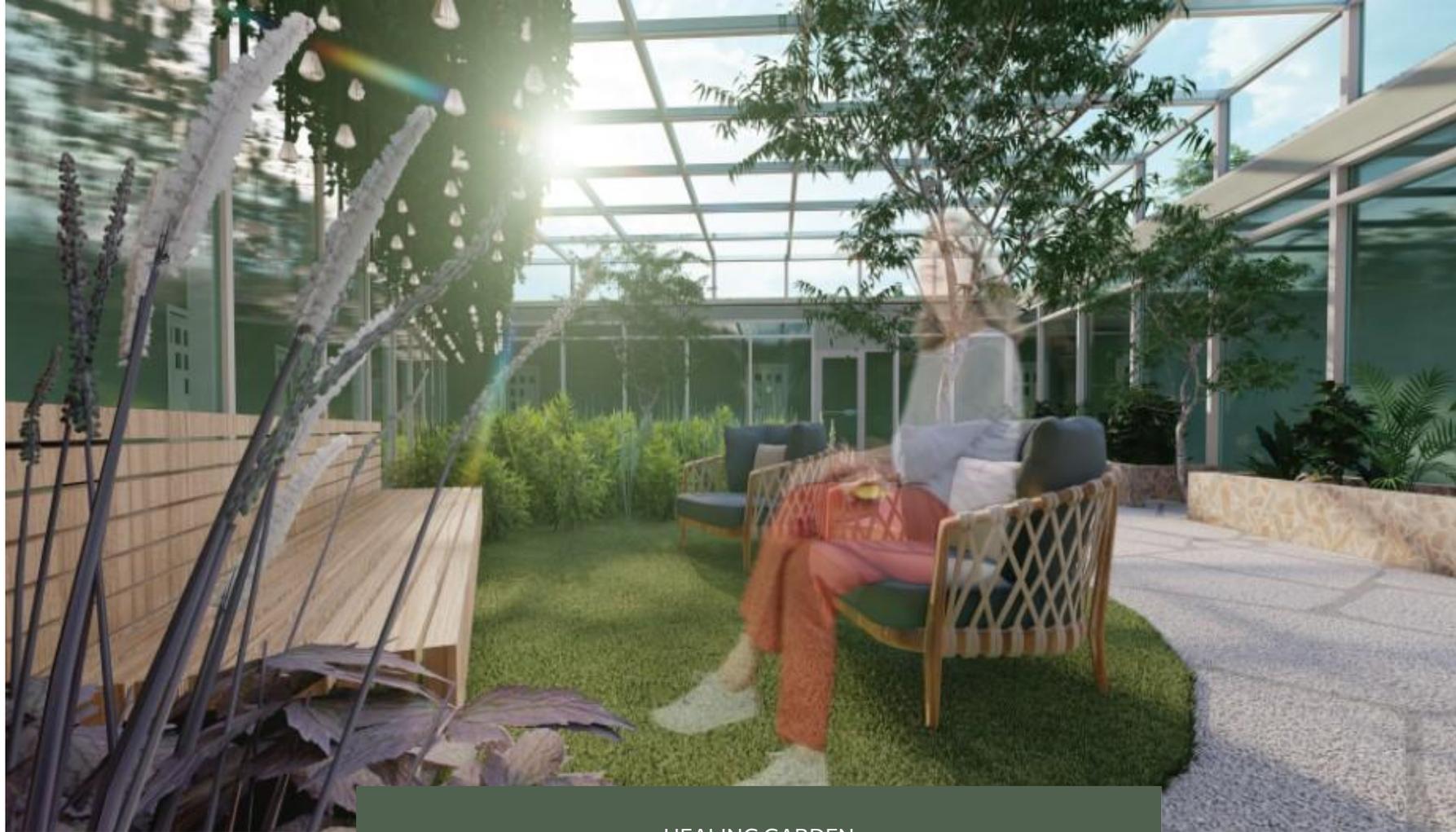
ATRIUM

LOBBY



## INPATIENT ROOMS





HEALING GARDEN



GREEN ROOF



GREEN ROOF

# EVERGREEN MENTAL HEALTH CENTER



Equipped to meet health needs of its population through comprehensive inpatient medical care and short-term hospitalization, with actions to promote health and improve mental health issues through units providing basic and specialized health services, including but not limited to personal therapy sessions, group therapy sessions, and integration of nature.



#### WELL-BEING

Achieve balance and fullness in body, mind and spirit



#### EFFICIENCY

To provide fast and accessible attention for the user



#### SUSTAINABILITY

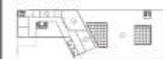
Environmentally friendly architecture

#### SITE SELECTION

Location: Mukwonago, Wisconsin

The proposed building site is located on a vacant lot next to the lake with great views and it is just a couple miles south of Downtown Madison. The site is located right next to Governor Nelson State Park and Lake Mendota.

#### FLOOR PLANS



##### FLOOR 1

- 1. THERAPY ROOMS
- 2. RECEPTION AND GROUP THERAPY
- 3. OFFICES



##### FLOOR 2

- 4. WAITING AREAS
- 5. TREATMENT
- 6. CONSULTATION ROOMS
- 7. PRIVATE OFFICES
- 8. LOBBY CORRIDOR



##### FLOOR 3

- 9. LOBBY
- 10. RECEPTION
- 11. WAITING
- 12. PRIVATE OFFICES
- 13. WAITING AREA
- 14. OFFICE
- 15. LOBBY CORRIDOR



The project takes on the concept of biophilic and the "healing environment", which can reduce the anxiety and stress of patients, accelerate recovery, shorten hospital stays, reduce the use of medication and promote a sense of well-being.

#### NATURE

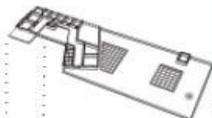
##### AS A SCHOOL INFRASTRUCTURE

It aims to provide an ideal space to give rise to a deep sensory experience in relation to nature. The incorporation of nature allows a design oriented to sensory therapies.

#### NATURE

##### AS A HOSPITALITY INFRASTRUCTURE

The healing garden design leverages the traditional morbidity of a hospital and offers the patient greater freedom of action, within a safe space that allows privacy and containment.



NORTH

EAST

SOUTH

WEST



A dark green rectangular background with a white serif font. The text "THANK YOU" is centered. There are two horizontal decorative lines: one on the right side extending from the right edge, and one on the bottom left side extending from the left edge.

THANK YOU