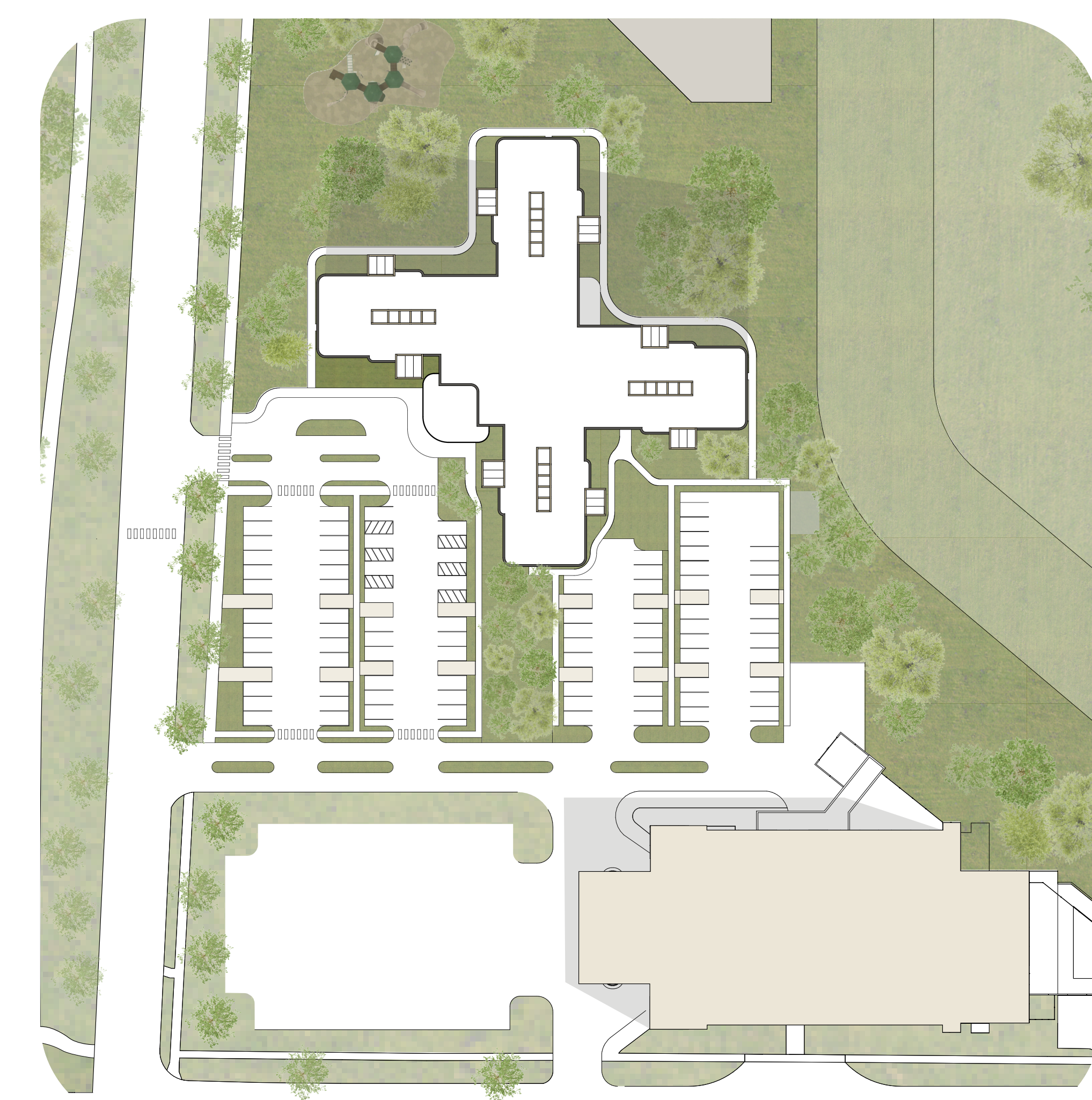
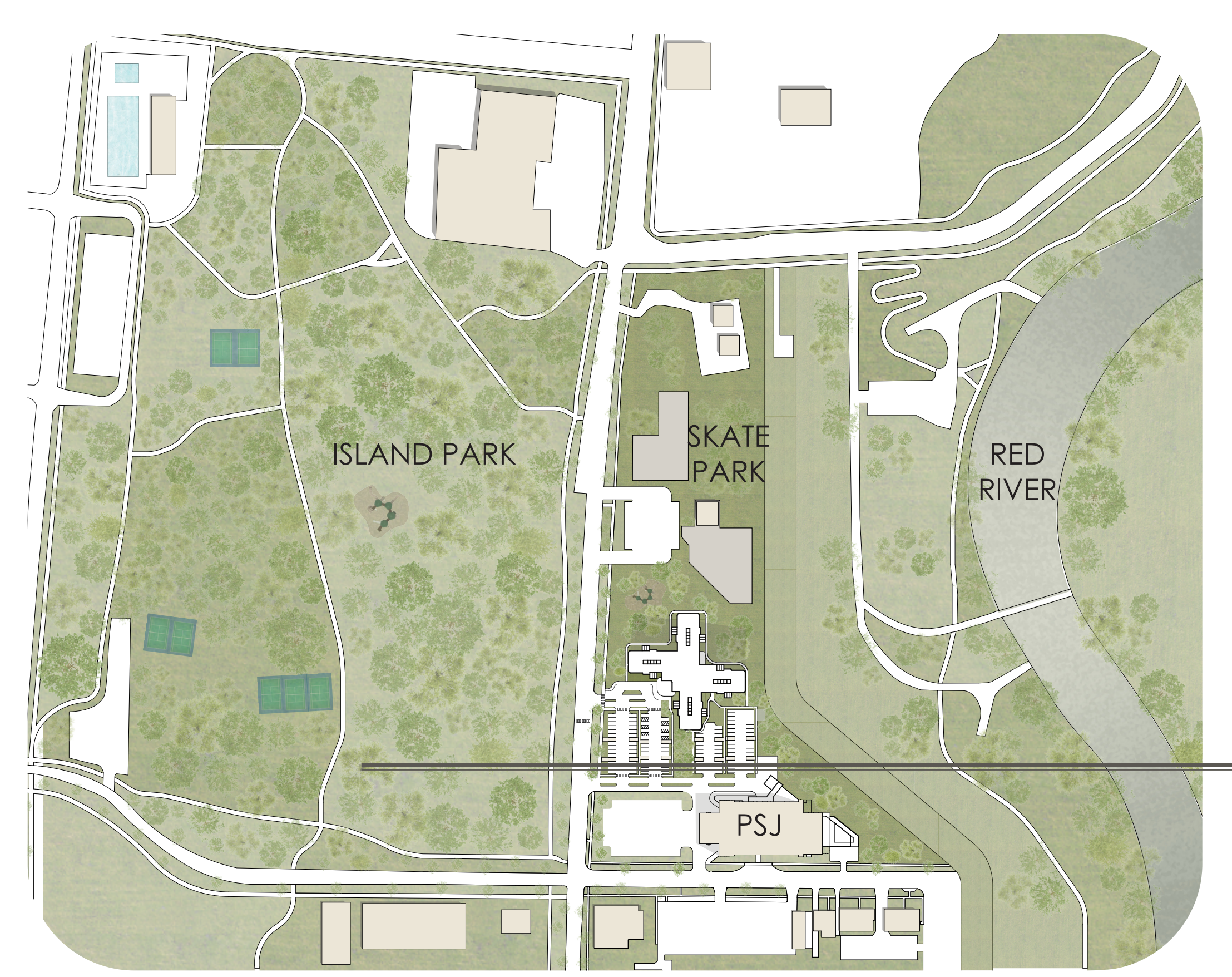


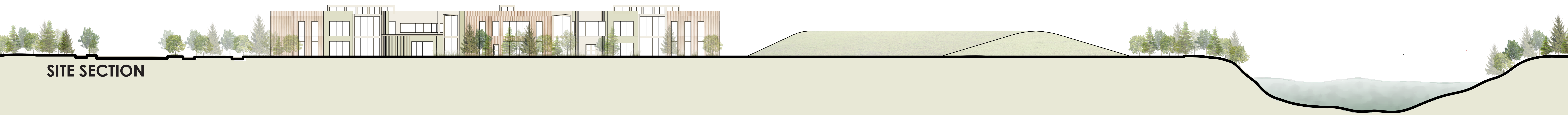
# MINDWELL HEALING CENTER

AN OUTPATIENT MENTAL HEALTH AND SUBSTANCE USE CLINIC

Located in Fargo, North Dakota, MindWell Outpatient Mental and Substance Use Clinic sits between Island Park and the Red River. Offering an abundance of ways for patients to engage with the surrounding nature and community, this site has access to walking paths in Island Park and is next to the river, tennis courts, the island park pool, basketball courts, and the skate park. South of the clinic is Prairie St. Johns, an inpatient behavioral health hospital, allowing for seamless transitions between inpatient and outpatient care. The site location is the heart of the project, strengthening objectives two and three by providing patients, staff, and the community with a holistic healing environment and ensuring a continuum of mental health and substance use treatment.



SURROUNDING SITE CONTEXT 50 150 300 N SITE PLAN



SITE SECTION

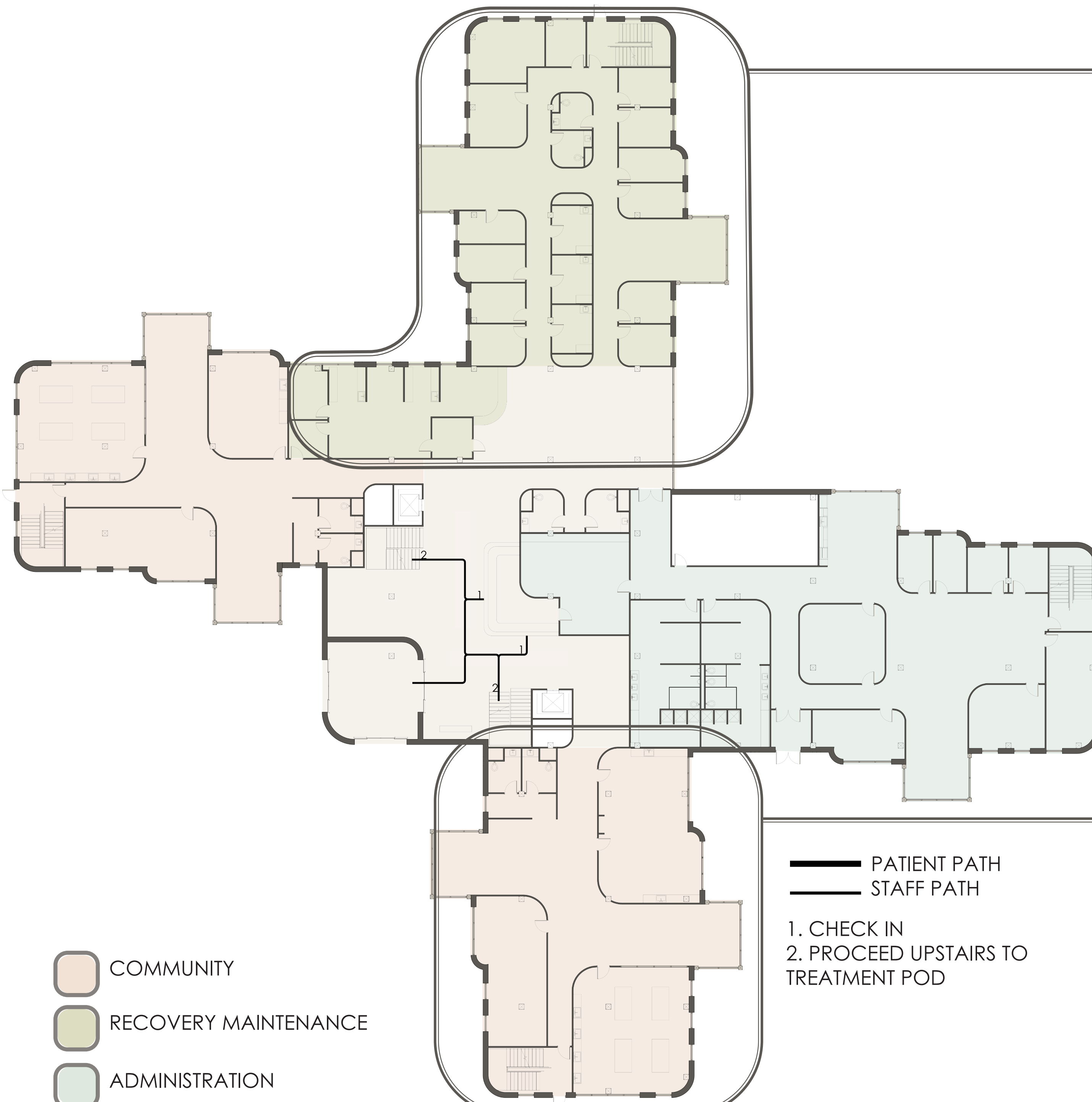


3 KITCHEN



2 WELLNESS STUDIO

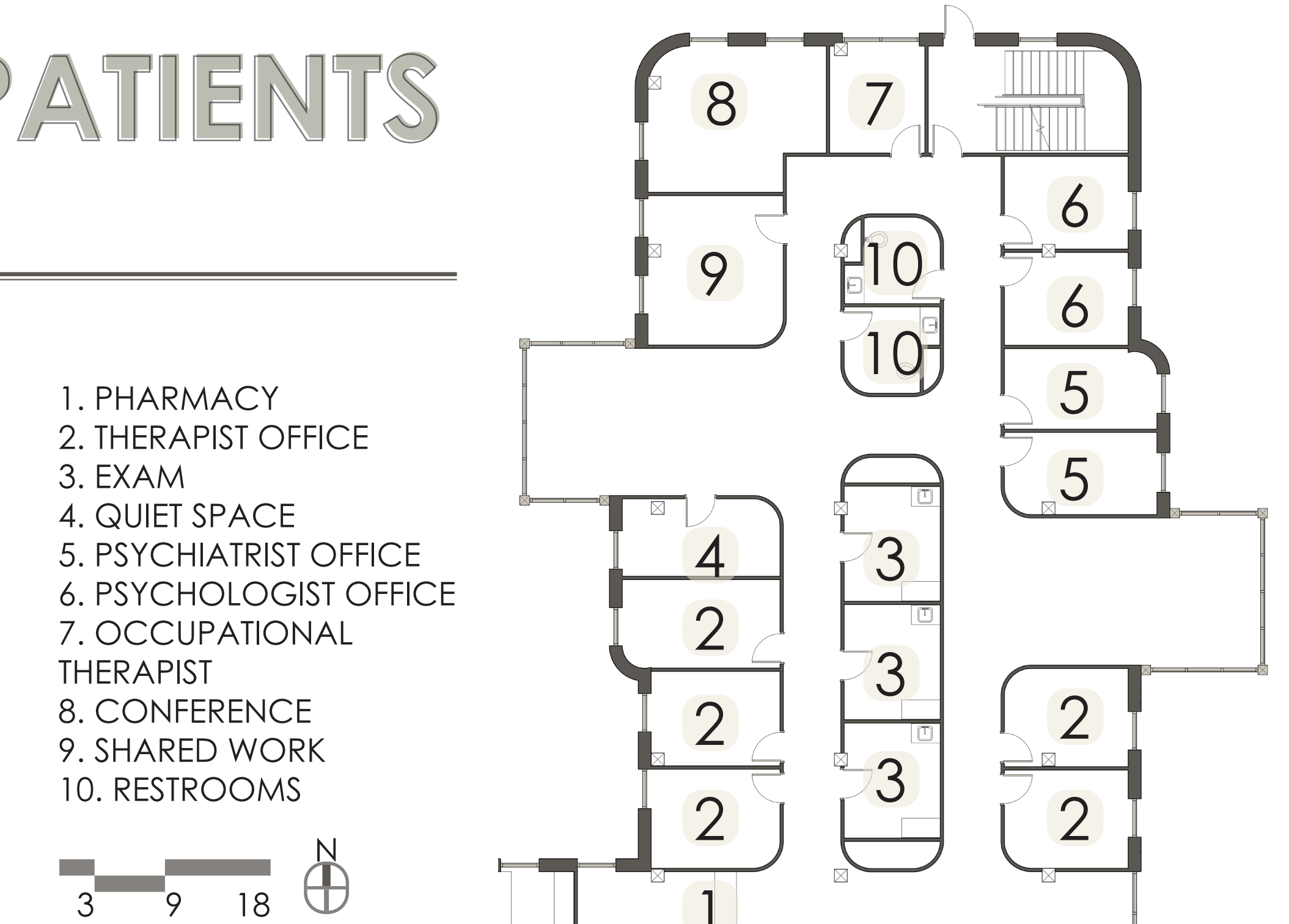
## LEVEL ONE: COMMUNITY, STAFF, AND PATIENTS



- COMMUNITY
- RECOVERY MAINTENANCE
- ADMINISTRATION

6 18 36 N

LEVEL ONE PLAN



1. PHARMACY
2. THERAPIST OFFICE
3. EXAM
4. QUIET SPACE
5. PSYCHIATRIST OFFICE
6. PSYCHOLOGIST OFFICE
7. OCCUPATIONAL THERAPIST
8. CONFERENCE
9. SHARED WORK
10. RESTROOMS

3 9 18 N

RECOVERY MAINTENANCE ENLARGED PLAN

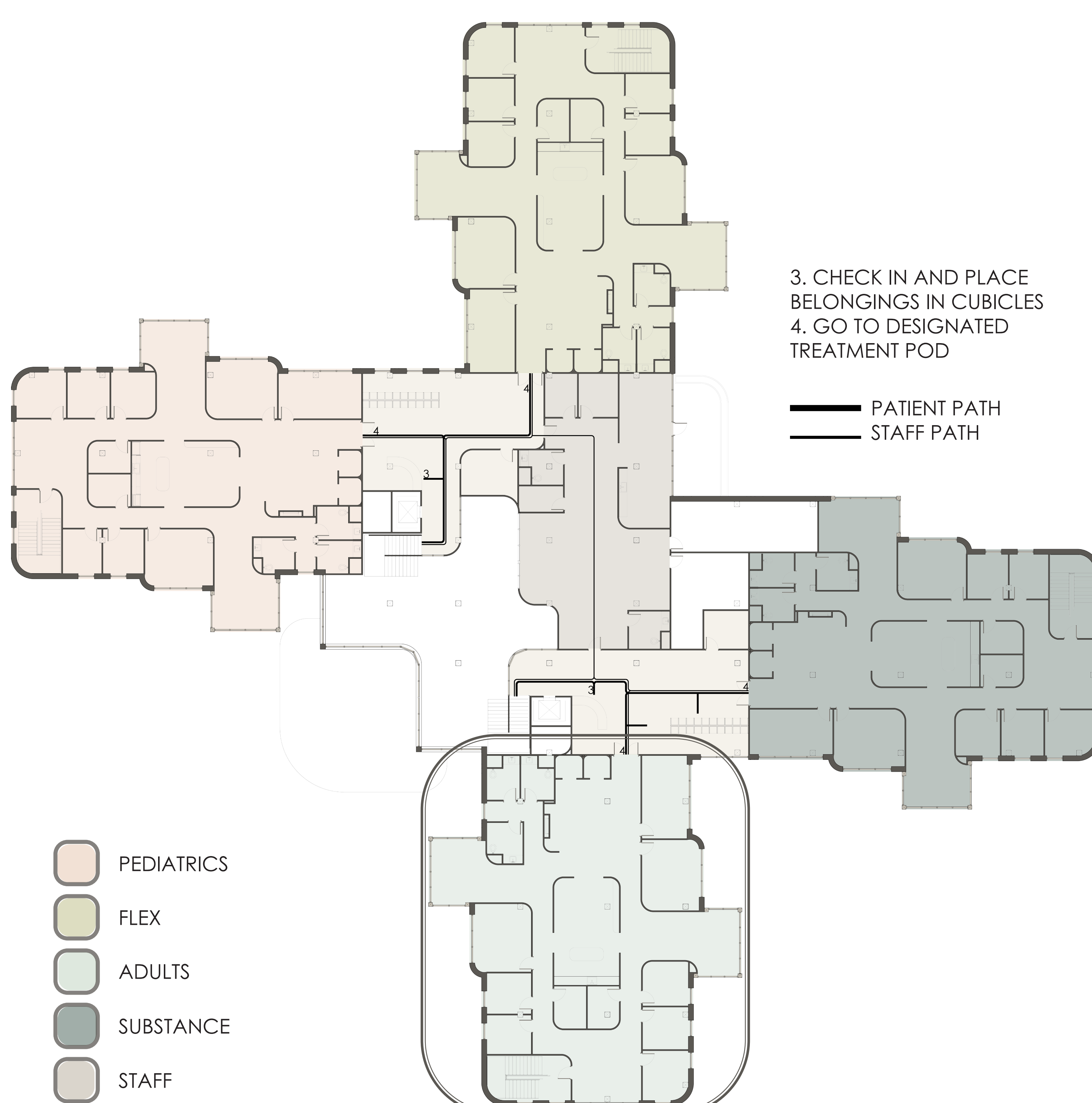


1. ART ROOM/ FLEX SPACE
2. WELLNESS STUDIO
3. KITCHEN
4. RESTROOMS

3 9 18 N

COMMUNITY SPACE ENLARGED PLAN

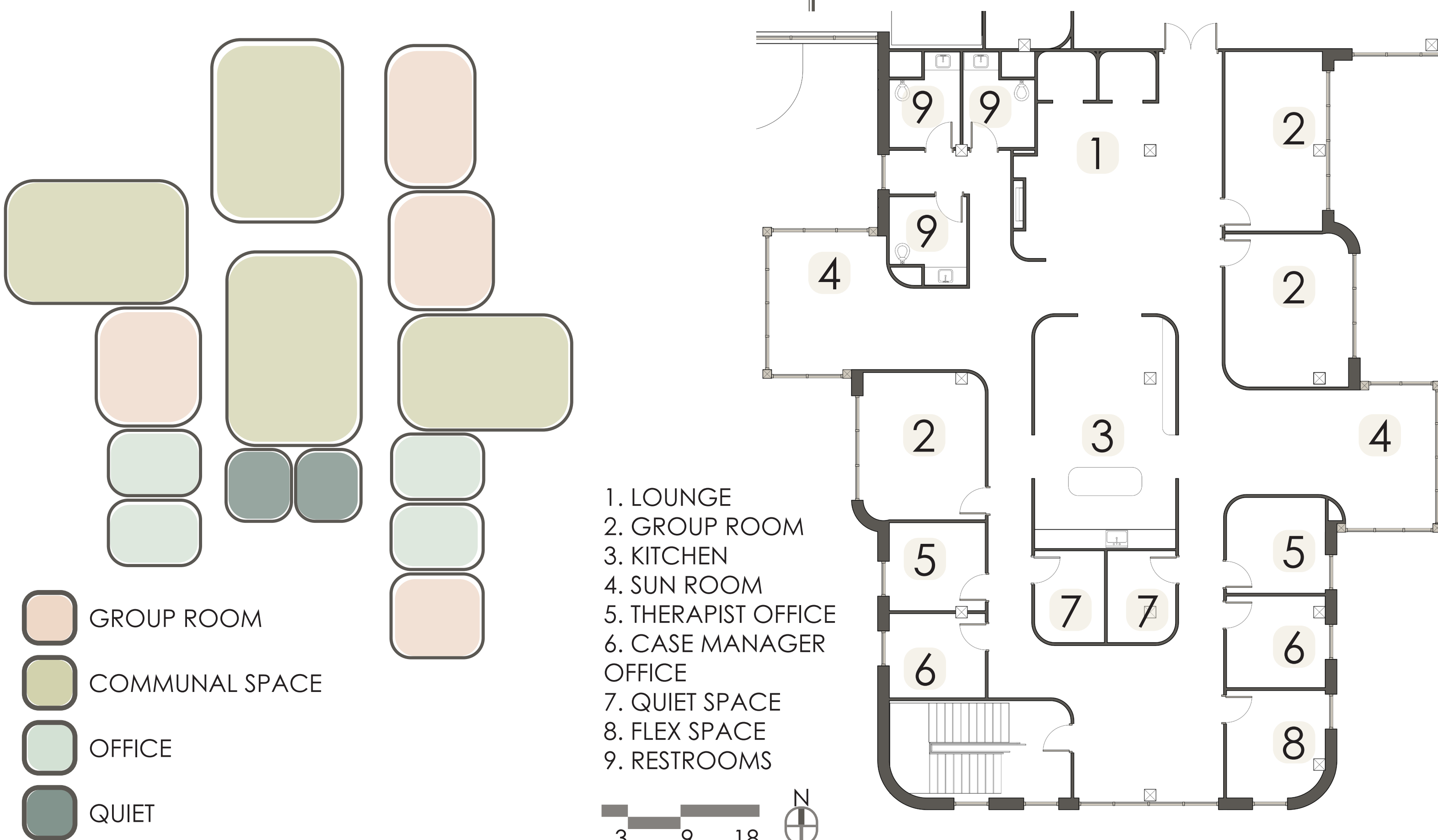
## LEVEL TWO: STAFF AND PATIENTS



- PEDIATRICS
- FLEX
- ADULTS
- SUBSTANCE
- STAFF

6 18 36 N

LEVEL TWO PLAN



- GROUP ROOM
- COMMUNAL SPACE
- OFFICE
- QUIET

1. LOUNGE
2. GROUP ROOM
3. KITCHEN
4. SUN ROOM
5. THERAPIST OFFICE
6. CASE MANAGER OFFICE
7. QUIET SPACE
8. FLEX SPACE
9. RESTROOMS

3 9 18 N

PLANNING DIAGRAM

TREATMENT POD ENLARGED PLAN



1 LOUNGE



3 KITCHEN



4 SUN ROOM

### PROJECT OBJECTIVES

1. Implement a patient and staff-centered design
2. Incorporate nature into the healing process
3. Provide an optimal healing environment that allows patients to actively engage in their healing journey

### OUTPATIENT MENTAL & SUBSTANCE TREATMENT

Mindwell Healing Center offers outpatient levels of care for mental health and substance use disorders. Structured programming is offered based on clinical assessment and client needs. Programming is offered 5 days per week. The following three levels of care are offered:

1. Partial Hospitalization Program (20 hours a week)
2. Intensive Outpatient Program (9 hours a week)
3. Recovery Maintenance, which supports individuals in sustaining progress post-program completion.

### PROGRAM SPECIFICATIONS

#### THERAPIES

- o Group
- o Individual
- o Family

#### ACTIVITIES

- o Exercise
- o Cooking
- o Art
- o Music

#### EDUCATION

- o Psycho-Education
- o Medication Management
- o Life skills building

#### PATIENT SCHEDULE

8:10	Check-In
8:30	Process Group
9:00	Daily Goal Setting
10:00	Activity
11:00	Individual Therapy
12:00	Lunch
1:00	Activity
1:30	Education
2:30	Group Therapy
3:30	End of Day