

HEALING THROUGH ARCHITECTURE



A HUMAN-CENTERED DESIGN FOCUSED ON BIOPHILIA AND THE
CONNECTION TO NATURE

HEALTHCARE IN AMERICA

HEALTHCARE IN FARGO, NORTH DAKOTA



1909



1964



1979



1994



1997



1998



2013



2023

PROJECT OBJECTIVES

IMPLEMENT A PATIENT AND STAFF-CENTERED DESIGN

INCORPORATE NATURE INTO THE HEALING PROCESS

PROJECT GOAL

PROVIDE AN OPTIMAL HEALING ENVIRONMENT THAT ALLOWS PATIENTS TO ACTIVELY ENGAGE IN THEIR HEALING JOURNEY WHILE IMPROVING TREATMENT OUTCOMES ALONG WITH STAFF AND PATIENT SATISFACTION

PROPOSED SOLUTION:

MINDWELL HEALING CENTER

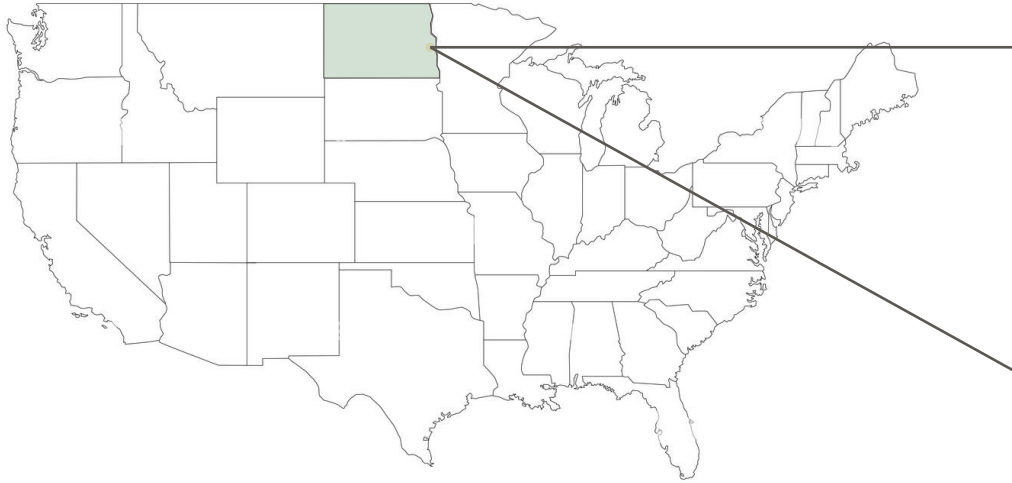
AN OUTPATIENT MENTAL HEALTH AND SUBSTANCE USE CLINIC



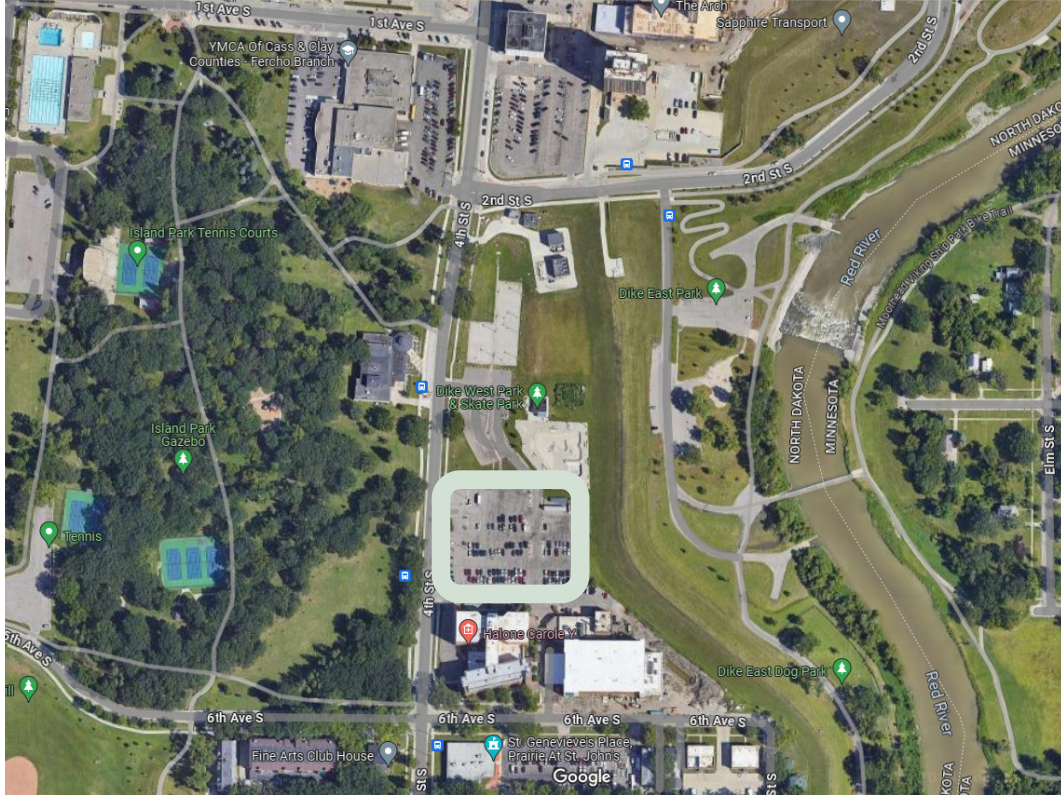


SITE

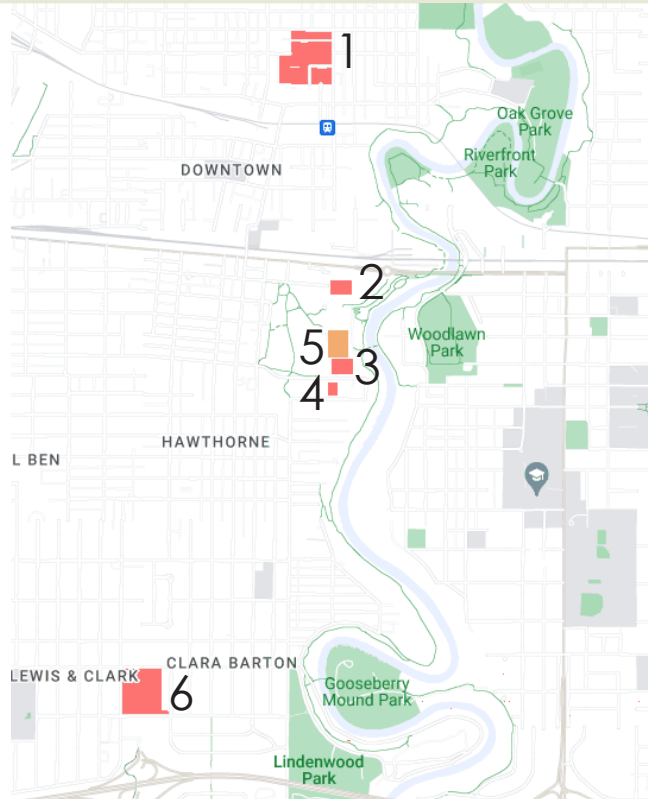
FARGO, NORTH DAKOTA



SITE TODAY



SURROUNDING HEALTHCARE FACILITIES



1. Sanford's Broadway Campus
2. Sanford's Behavioral Health
3. Prairie St. Johns Inpatient Hospital
4. Prairie St. Johns Outpatient Clinic
5. Proposed Site
6. Essentia Health- South University Clinic and Sanford's University Campus



Prairie St. Johns (3 and 4)

- PHP for mental health - children
- PHP for mental health - adolescents
- PHP for mental health - adults
- PHP for substance use - adults
- IOP for substance use - adults

Sanford Health (2)

- PHP for mental health

The Village Family (not on map)

- IOP for mental health - adults



Prarie St. Johns Inpatient Clinic

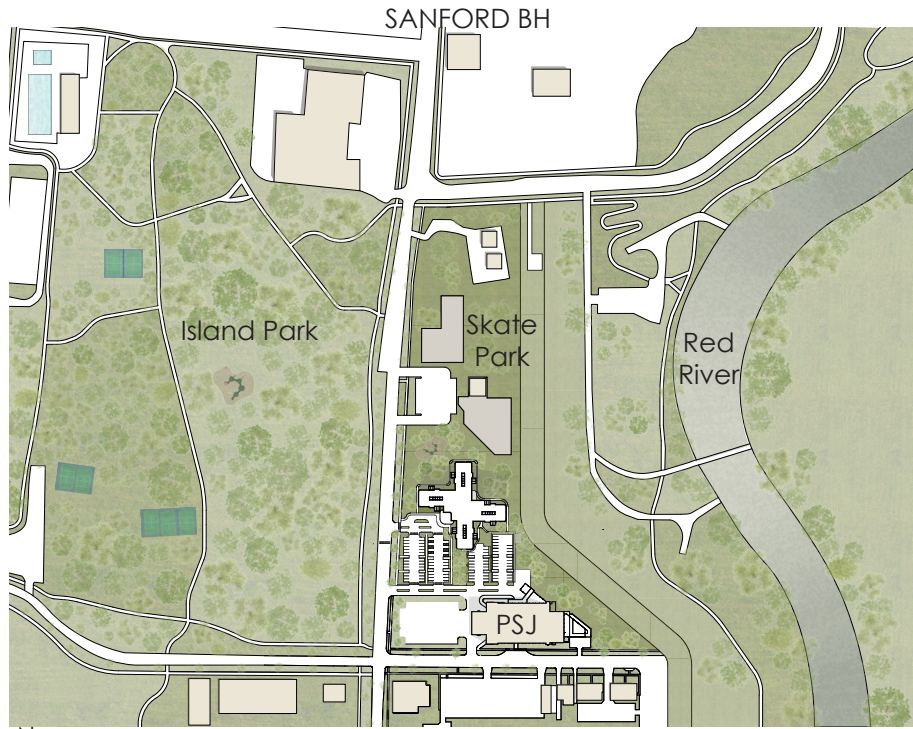


Sanford Behavioral Health

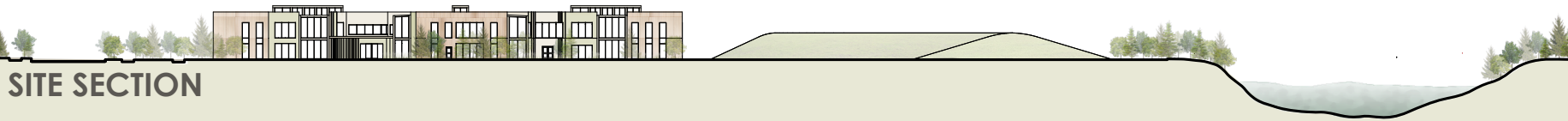


Prarie St. Johns Outpatient Clinic

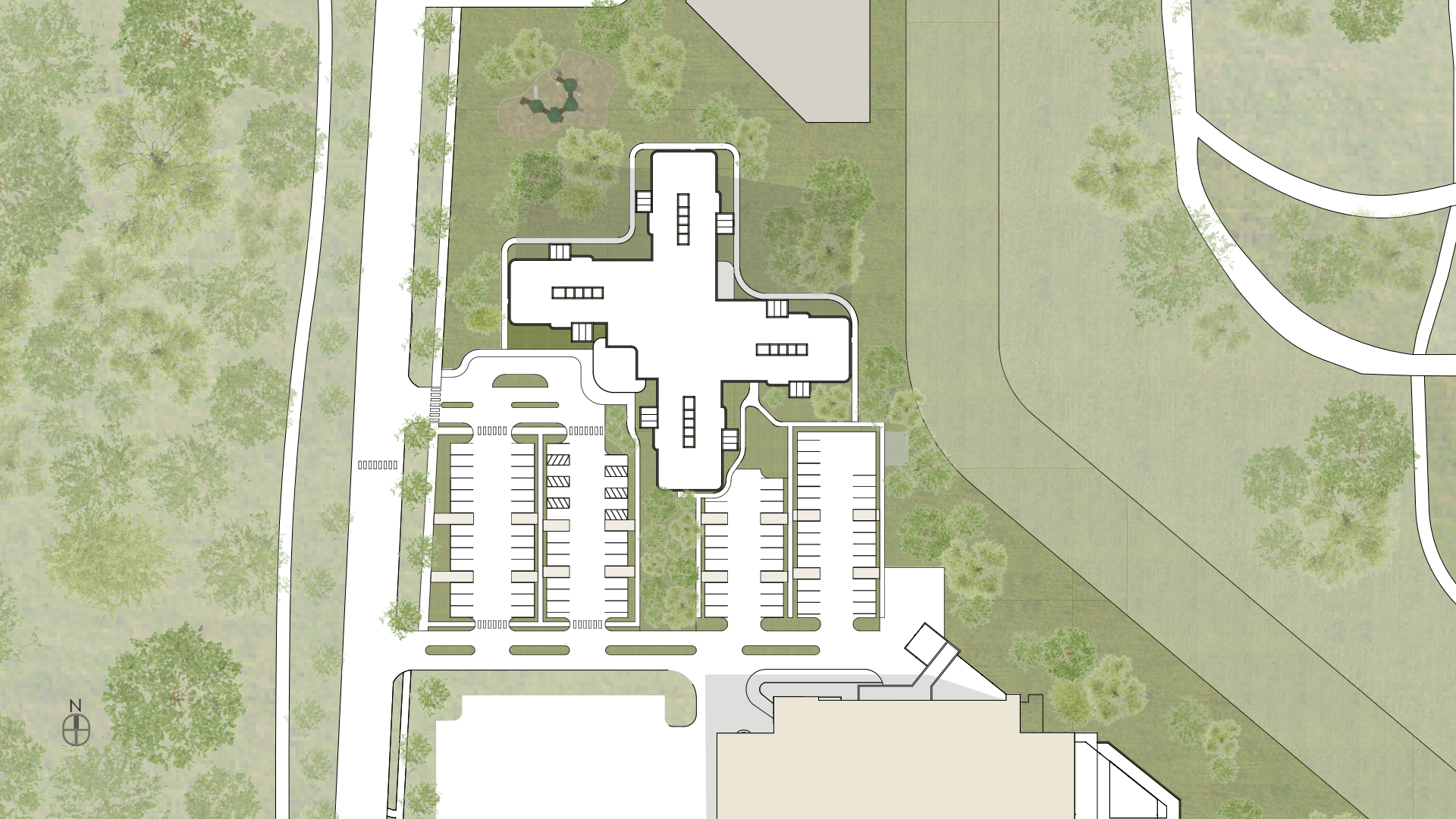
HEALING IN NATURE



SURROUNDING SITE CONTEXT



SITE SECTION







A PATIENT AND STAFF
CENTERED APPROACH TO
DESIGN

STAGES OF CHANGE

PRECONTEMPLATION

CONTEMPLATION

PREPARATION/ DETERMINATION

ACTION/ WILLPOWER

MAINTENANCE

LEVELS OF CARE

PARTIAL HOSPITALIZATION PROGRAM

INTENSIVE OUTPATIENT PROGRAM

RECOVERY MAINTENANCE

PATIENTS

- Children, adolescence, and adults seeking treatment for mental health and substance use who are not an immediate threat to themselves or others.

STAFF

- Psychiatrist
- Psychologist
- Therapist
- Counselors
- Pharmacist
- Case Managers
- Occupational Therapist
- Administrative Personnel

PROGRAM SPECIFICATIONS

THERAPIES

- Group
- Individual
- Family

ACTIVITIES

- Movement
- Cooking
- Art
- Music

EDUCATION

- Psycho-Education
- Medication Management
- Life skills building

PATIENT SCHEDULE

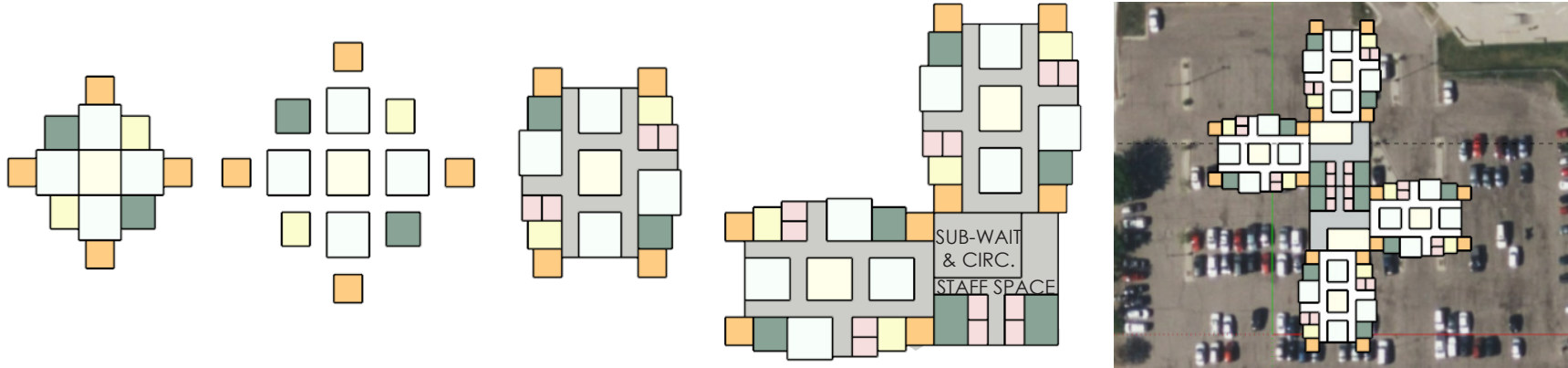
| | |
|-------|--------------------|
| 8:10 | Check-In |
| 8:30 | Process Group |
| 9:00 | Daily Goal Setting |
| 10:00 | Activity |
| 11:00 | Individual Therapy |
| 12:00 | Lunch |
| 1:00 | Activity |
| 1:30 | Education |
| 2:30 | Group Therapy |
| 3:30 | End of Day |

PROGRAMMING

| ID | Space Name | W | x L | SQFT | QTY | NSF |
|---|-------------------------------|----|------|------|-----|-----|
| Public Spaces | | | | | | |
| | Waiting | 12 | x 10 | 120 | 2 | 240 |
| | Patient Check-In | 3 | x 5 | 15 | 2 | 30 |
| | Reception | 10 | x 10 | 100 | 2 | 200 |
| | Check-in/ Work room | 7 | x 12 | 84 | 2 | 168 |
| | Intake/ Assessment Office | 12 | x 10 | 120 | 2 | 240 |
| | Testing | 12 | x 10 | 120 | 2 | 240 |
| | Kitchen | 15 | x 16 | 240 | 1 | 240 |
| | Activity/ Multi-Purpose Rooms | 15 | x 16 | 240 | 1 | 240 |
| | Wellness Studio | 15 | x 16 | 240 | 1 | 240 |
| | Toilet | 9 | x 7 | 63 | 4 | 252 |
| Patient Spaces - Four Treatment Pods | | | | | | |
| | Lounges | 15 | x 16 | 240 | 3 | 720 |
| | Break area/ Kitchen | 15 | x 16 | 240 | 1 | 240 |
| | Group Therapy Rooms | 15 | x 16 | 240 | 2 | 480 |
| | Activity/ Multi-Purpose Rooms | 15 | x 16 | 240 | 1 | 240 |
| | Kitchen | 15 | x 16 | 240 | 1 | 240 |
| | Music Room | 12 | x 14 | 168 | 1 | 168 |
| | Consult Rooms | 12 | x 10 | 120 | 2 | 240 |
| | Quiet Rooms | 9 | x 7 | 63 | 2 | 126 |
| | Mothers Room | 9 | x 7 | 63 | 1 | 63 |
| | Patient Toilet | 9 | x 7 | 63 | 2 | 126 |

| Private Spaces - Staff | | | | | | |
|------------------------------------|--------------------------------|----|------|------|--------------|------|
| | Private Offices | 10 | x 10 | 100 | 10 | 1000 |
| | Shared Office | 12 | x 12 | 144 | 6 | 864 |
| | Collaborative Work Space/ Flex | 10 | x 12 | 120 | 6 | 720 |
| | Relaxation/Reset Room | 9 | x 7 | 63 | 6 | 378 |
| | Staff Toilet | 9 | x 7 | 63 | 6 | 378 |
| | Mothers Room | 9 | x 7 | 63 | 2 | 126 |
| | Breakroom | 12 | x 12 | 144 | 2 | 288 |
| Recovery Maintenance | | | | | | |
| | Private Offices | 10 | x 10 | 100 | 10 | 1000 |
| | Collaborative Work Space/ Flex | 10 | x 12 | 120 | 2 | 240 |
| | Exam Rooms | 12 | x 10 | 120 | 3 | 360 |
| | Pharmacy | 40 | x 40 | 1600 | 1 | 1600 |
| Building Services | | | | | | |
| | IT | 8 | x 10 | 80 | 1 | 80 |
| | Electrical | 8 | x 4 | 32 | 1 | 32 |
| | Mechanical | 15 | x 15 | 225 | 1 | 225 |
| | Janitor | 6 | x 6 | 36 | | 36 |
| | Storage | 8 | x 12 | 96 | 4 | 384 |
| NET SQUARE FOOTAGE (NSF) | | | | | 12444 | |
| Circulation/Structure (35%) | | | | | 4355 | |
| GROSS SQUARE FEET (DGSF) | | | | | 16799 | |

PATIENT POD PROCESS



 PATIENT LOUNGE

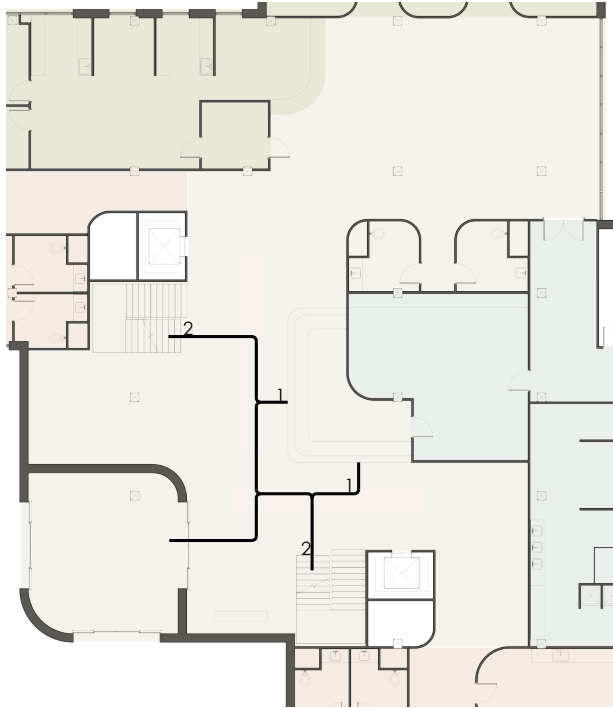
 SHARED OFFICE

 GROUP THERAPY & ACTIVITY ROOMS

 PRIVATE OFFICE

 COLLAB/ FLEX SPACE

 PATIENT TLT & QUIET ROOMS



LEVEL ONE



— PATIENT PATH
— STAFF PATH

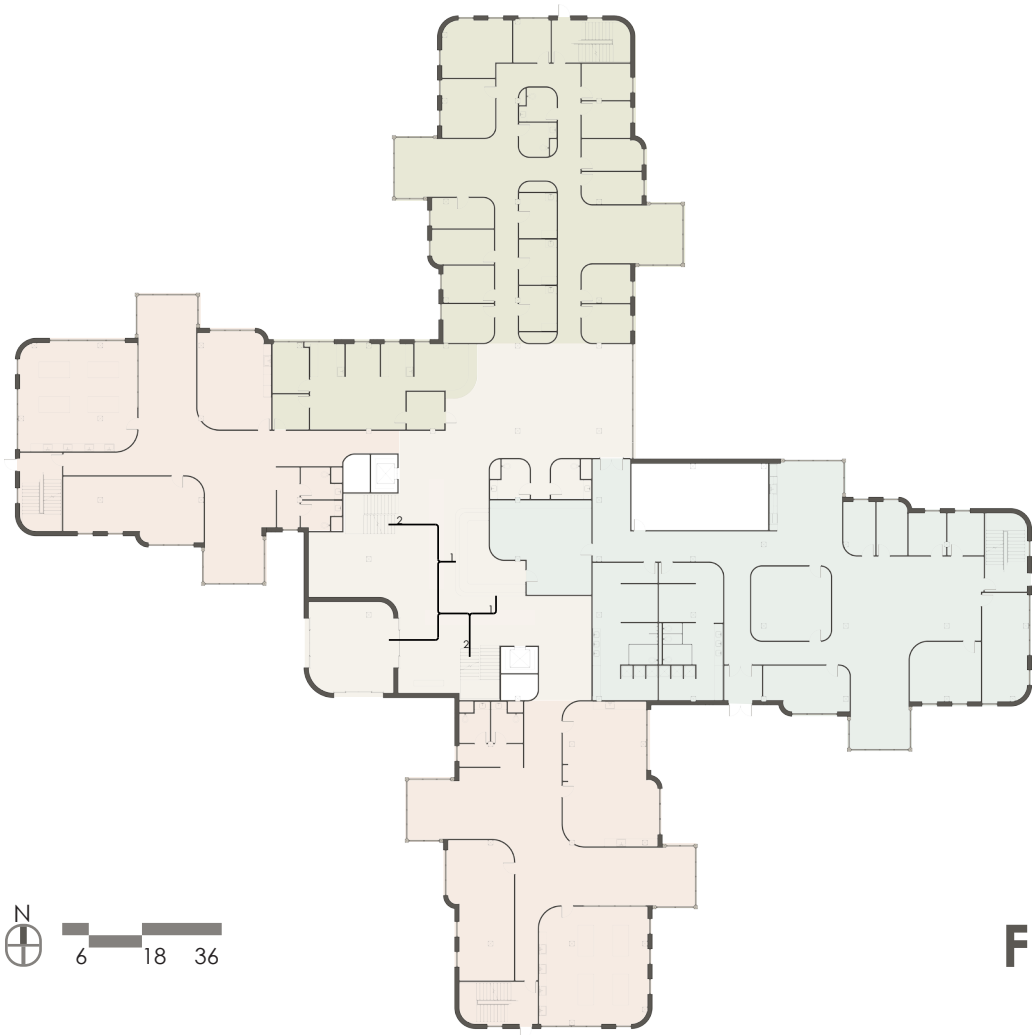
LEVEL TWO

PATIENT AND STAFF FLOW

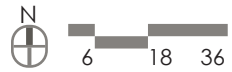




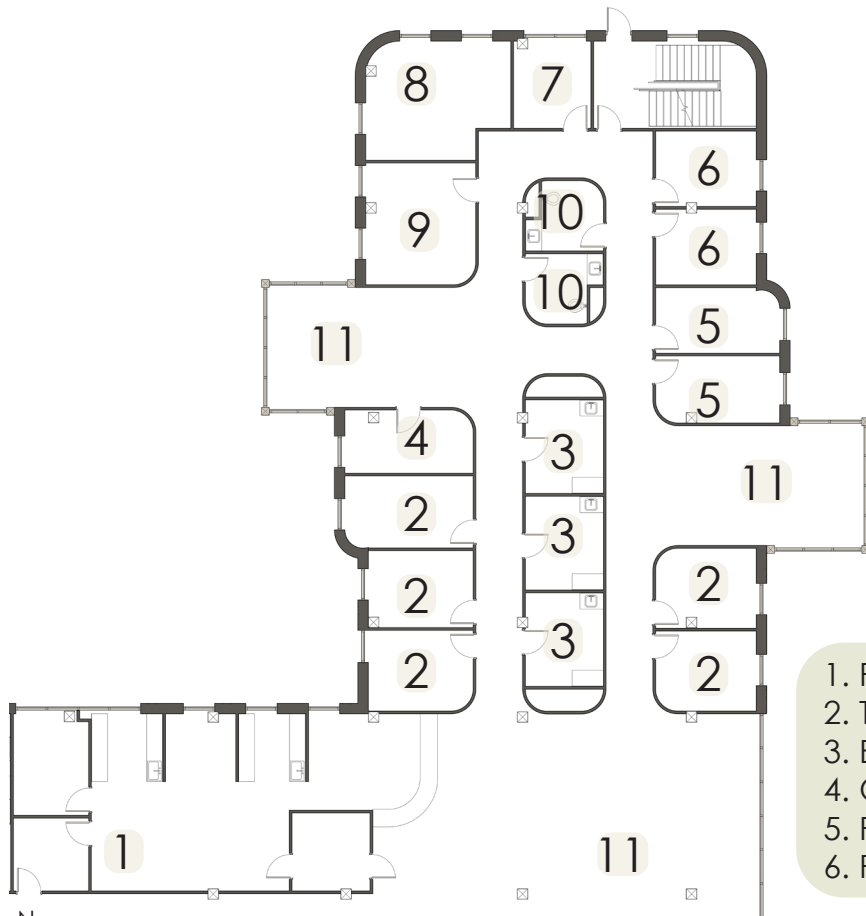
RECEPTION AND WAITING



- RECEPTION AND WAITING
- COMMUNITY
- RECOVERY MAINTENANCE
- ADMINISTRATION

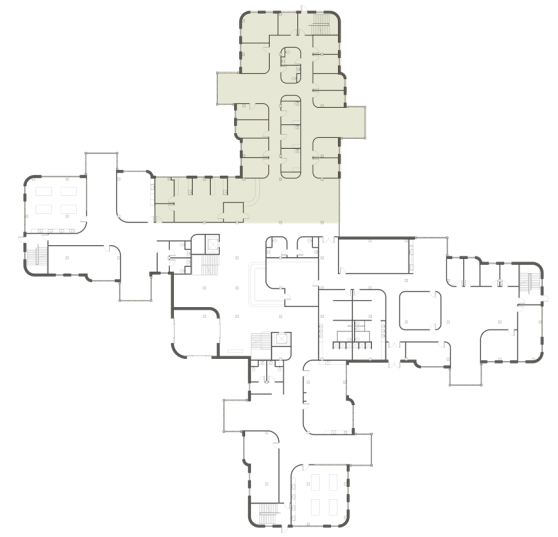


FIRST LEVEL OVERALL PLAN

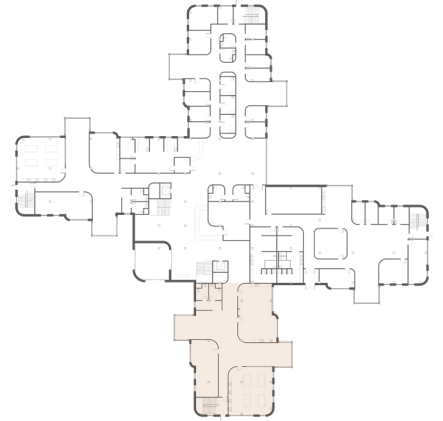
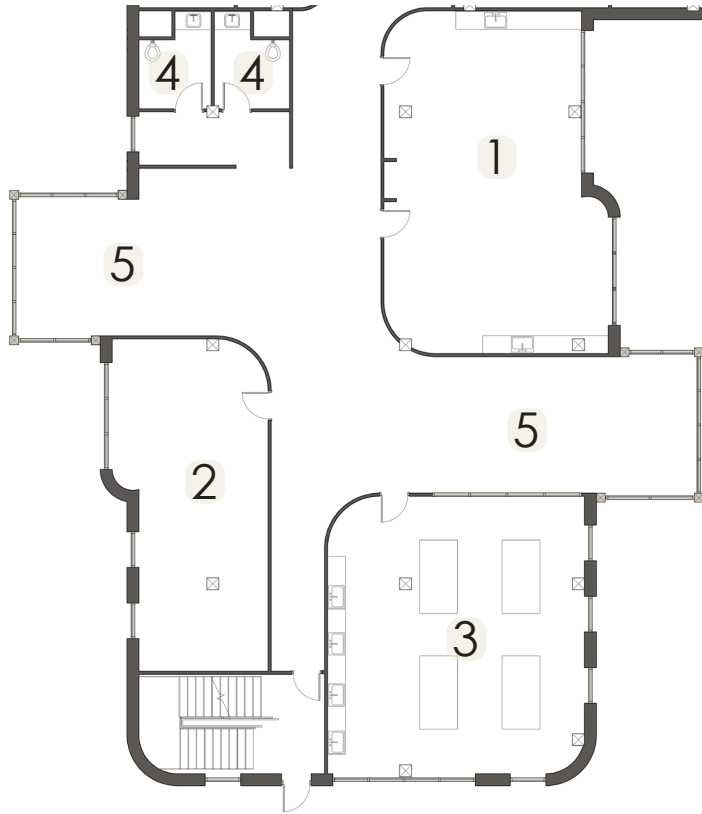


- 1. PHARMACY
- 2. THERAPIST OFFICE
- 3. EXAM
- 4. QUIET SPACE
- 5. PSYCHIATRIST OFFICE
- 6. PSYCHOLOGIST OFFICE

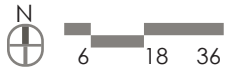
- 7. OCCUPATIONAL THERAPIST
- 8. CONFERENCE
- 9. SHARED WORK
- 10. RESTROOMS
- 11. WAITING AREAS



RECOVERY MAINTENANCE ENLARGED PLAN



- 1. ART ROOM/ FLEX SPACE
- 2. WELLNESS STUDIO
- 3. KITCHEN
- 4. RESTROOMS
- 5. SEATING AREAS



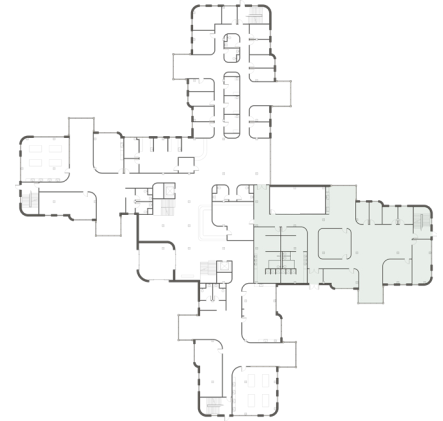
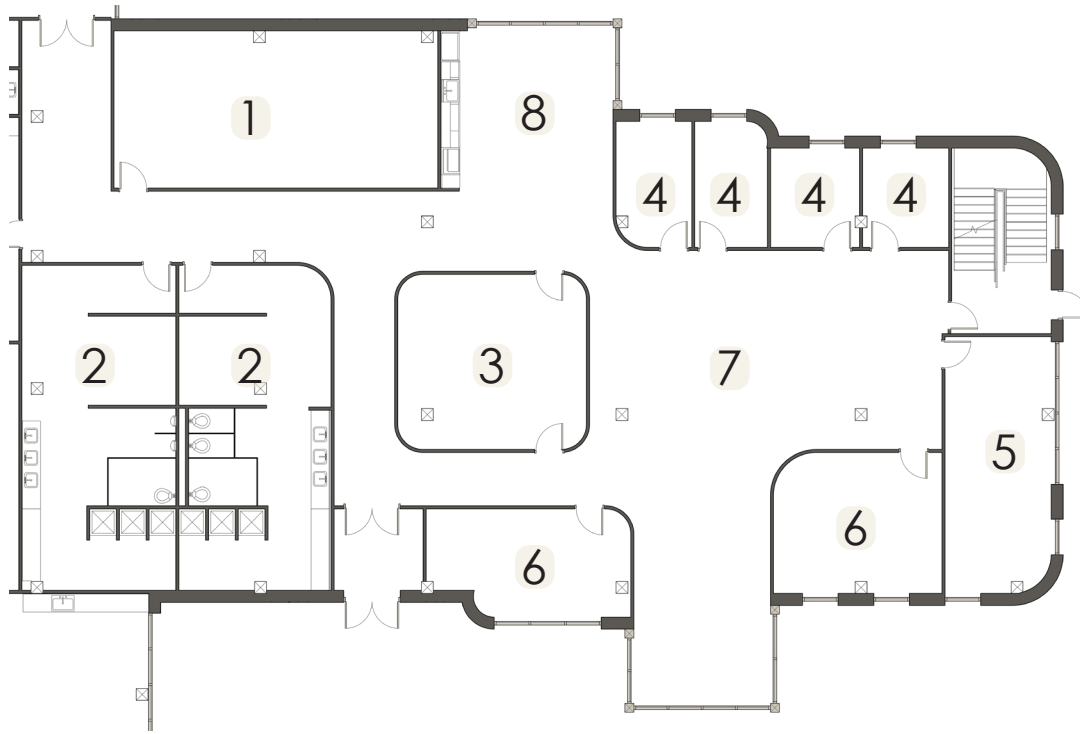
COMMUNITY SPACE ENLARGED PLAN



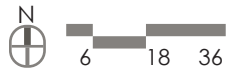
KITCHEN



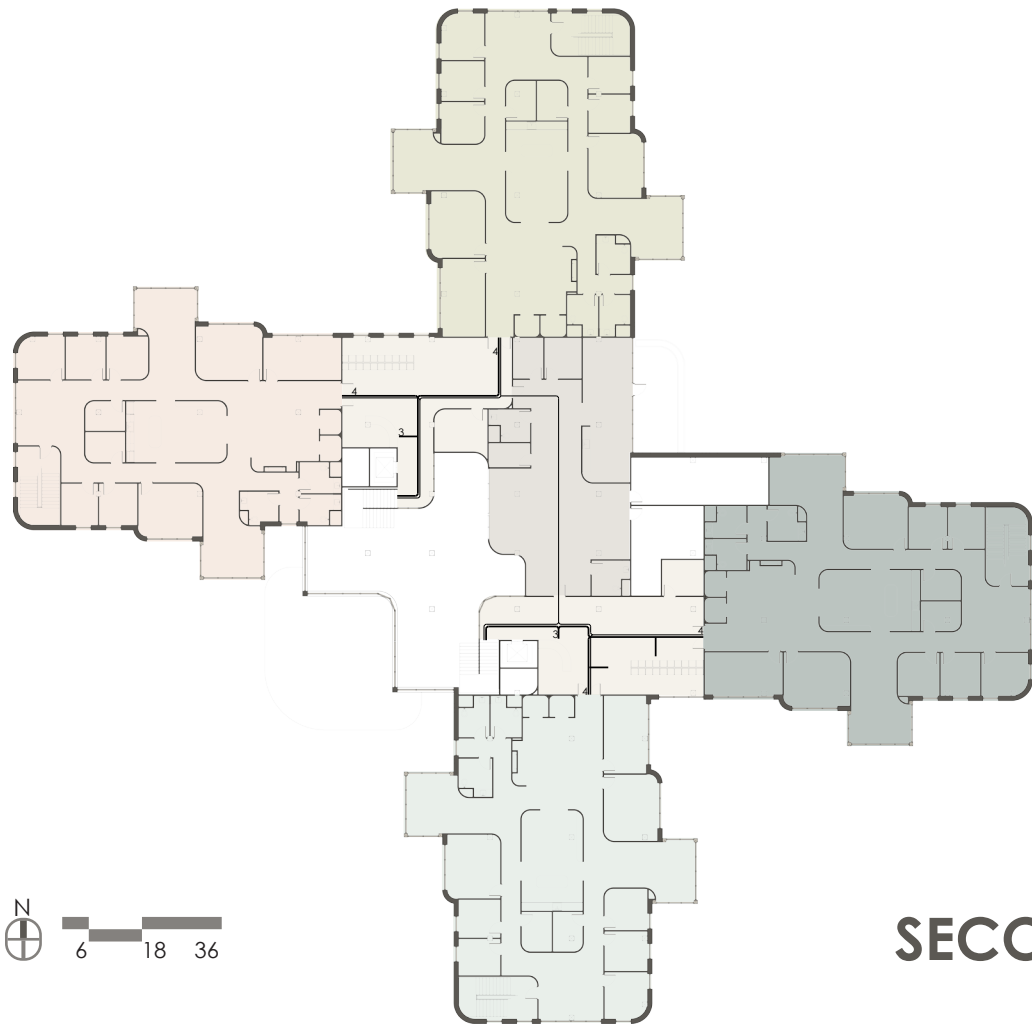
WELLNESS STUDIO








- 1. MECHANICAL
- 2. LOCKER ROOMS
- 3. STORAGE
- 4. OFFICE
- 5. CONFERENCE
- 6. SHARED WORK
- 7. OPEN WORK AREA
- 8. BREAK AREA

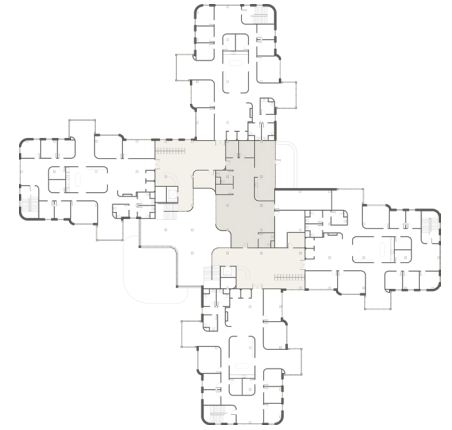
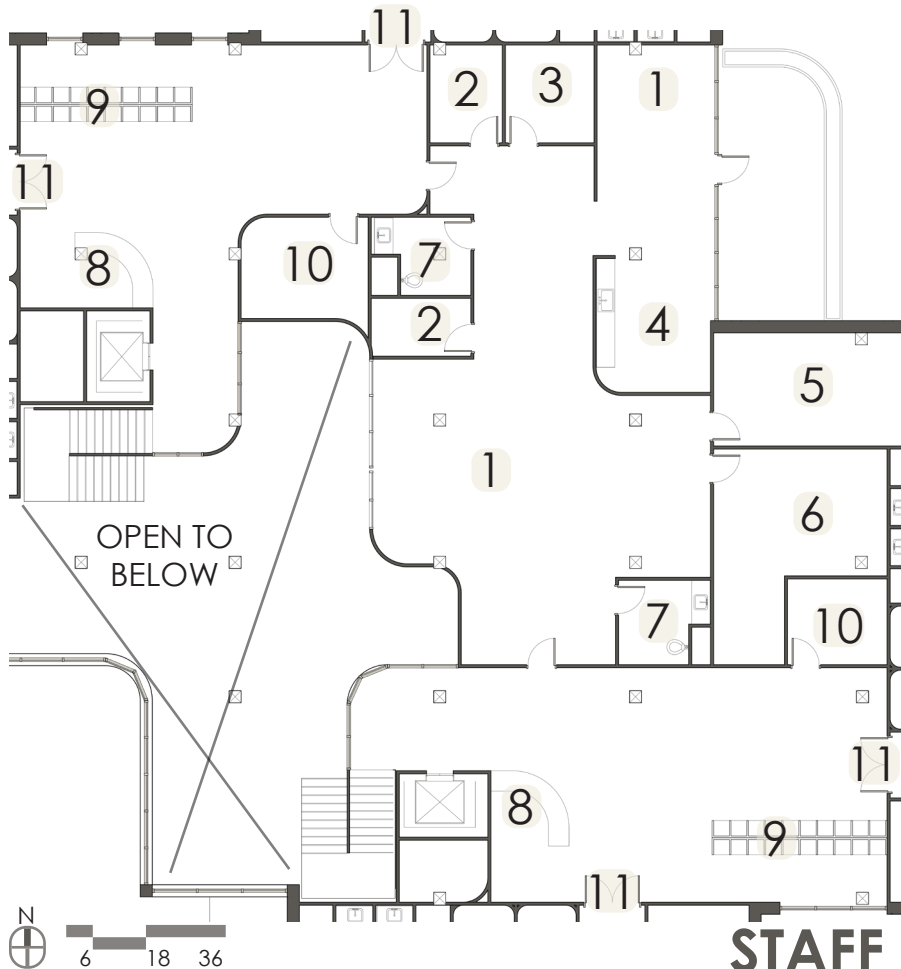


ADMINISTRATION ENLARGED PLAN



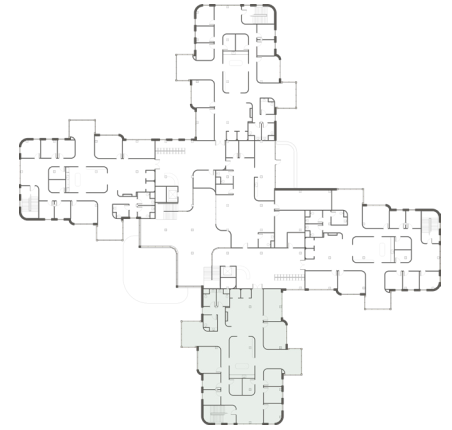
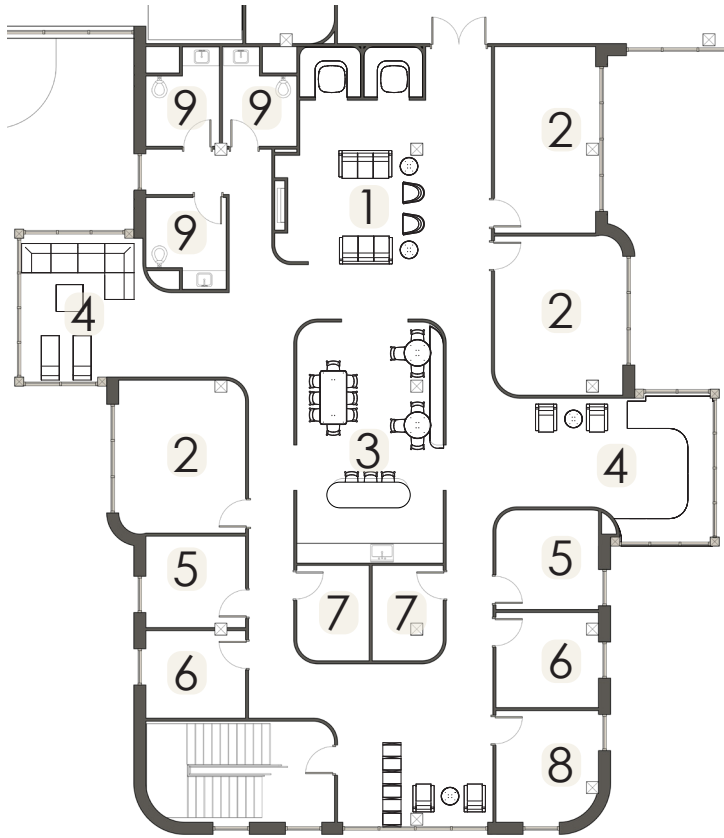
-  PEDIATRICS
-  FLEX
-  ADULTS
-  SUBSTANCE
-  STAFF

SECOND LEVEL OVERALL PLAN

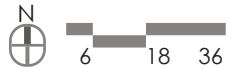


- 1. FLEX SPACE
- 2. QUIET
- 3. MOTHER'S ROOM
- 4. KITCHEN
- 5. MECHANICAL
- 6. STORAGE
- 7. RESTROOMS
- 8. PATIENT CHECK IN
- 9. PATIENT BELONGINGS
- 10. PATIENT MOTHERS ROOM
- 11. ENTRANCE TO PATIENT PODS

STAFF AND PATIENT ENLARGED PLAN



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



TREATMENT POD ENLARGED PLAN



PATIENT LOUNGE



PATIENT KITCHEN



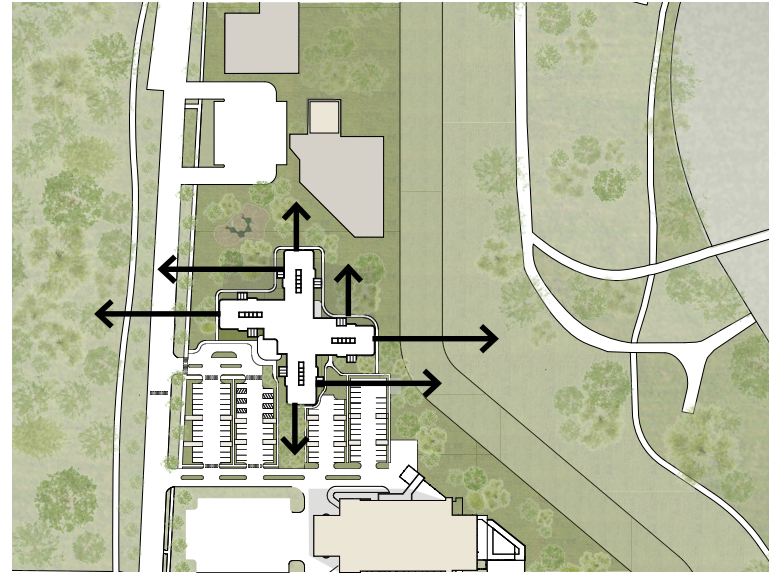
SUN ROOM



IMPLEMENTING
BIOPHILIC DESIGN

VISUAL CONNECTION TO NATURE

Benefits: Lowered blood pressure and heart rate. Along with improving mental engagement and attitude and overall happiness.



THERMAL AND AIR FLOW

Benefits: Positively impacted heart rate, systolic blood pressure, and sympathetic nervous system activity. Also positivity impacted concentration and improved perception of temporal and spatial pleasure.

MATERIAL CONNECTION WITH NATURE

Benefits: Decreased diastolic blood pressure, improved creative performance, and improved comfort.



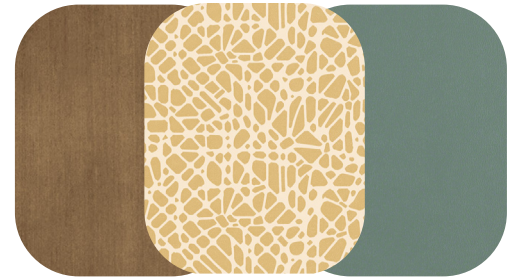
Wall Finishes



Floor Finishes



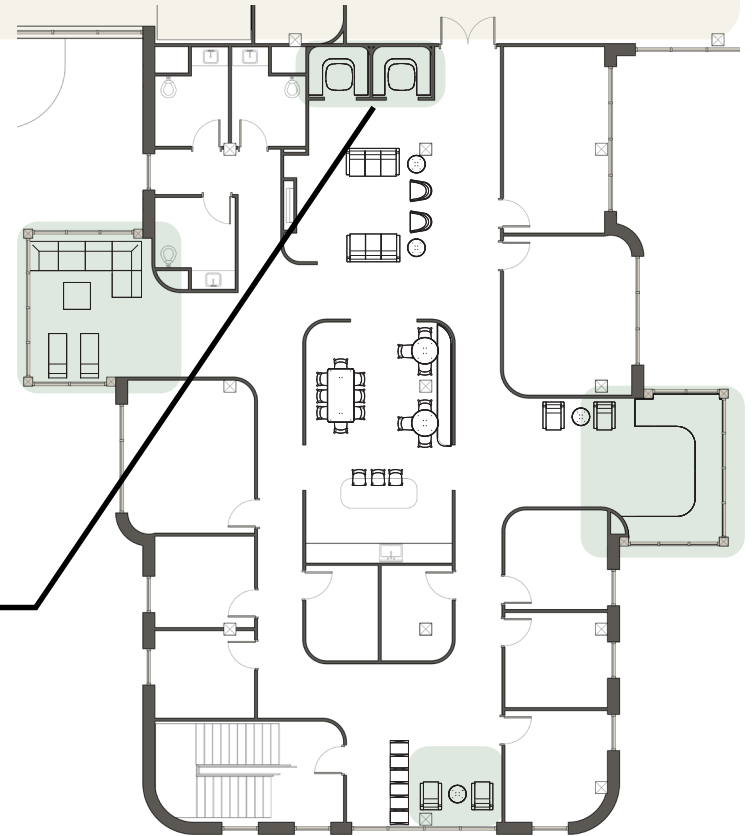
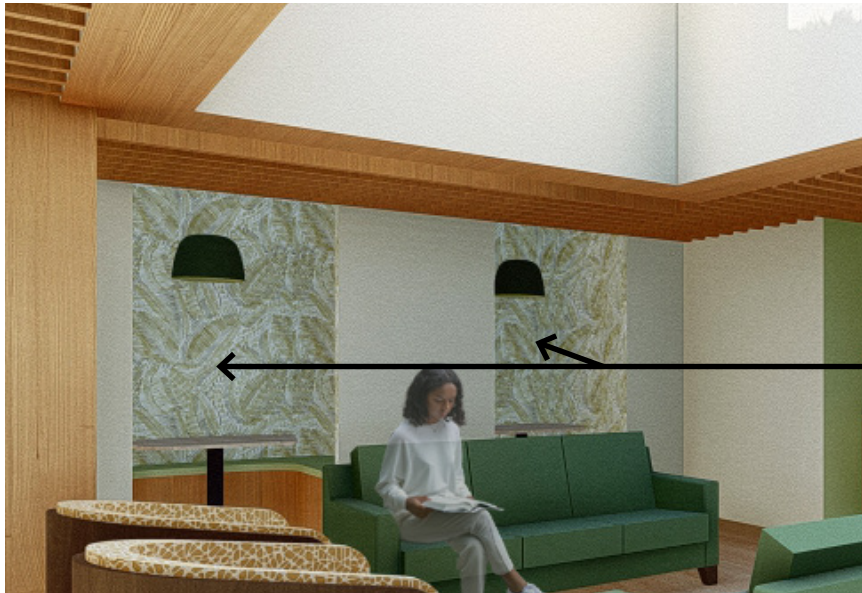
Furniture Finishes



Furniture Finishes

REFUGE

Benefits: Improved concentration, attention, and perception of safety



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