NextGen 2021 Mental Health and Architecture

Scott Bales

Jacob Richie

Hannah Shultz

Samia Mansour
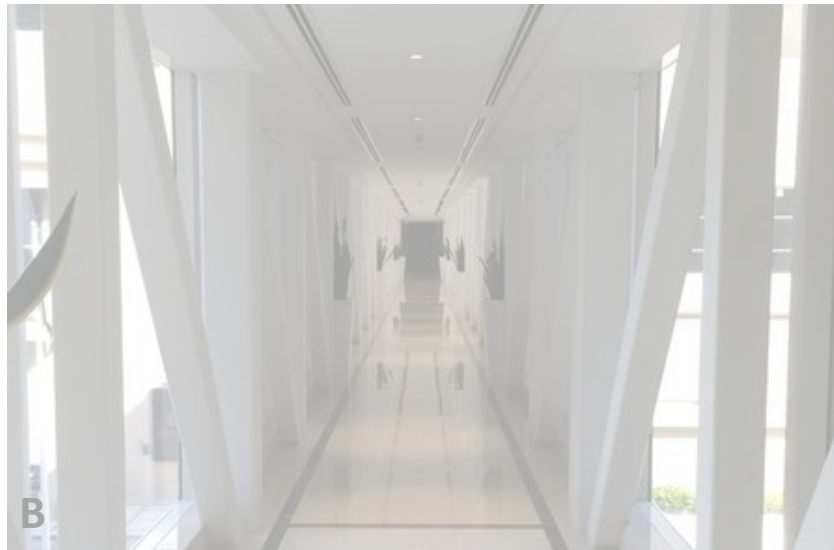
A

B

Which space provides outpatient addiction services for recovering adults?

A

B

Which space provides outpatient addiction services for recovering adults?

A

B

Which private corridor is from an inpatient hospital serving mental and behavioral health patients?
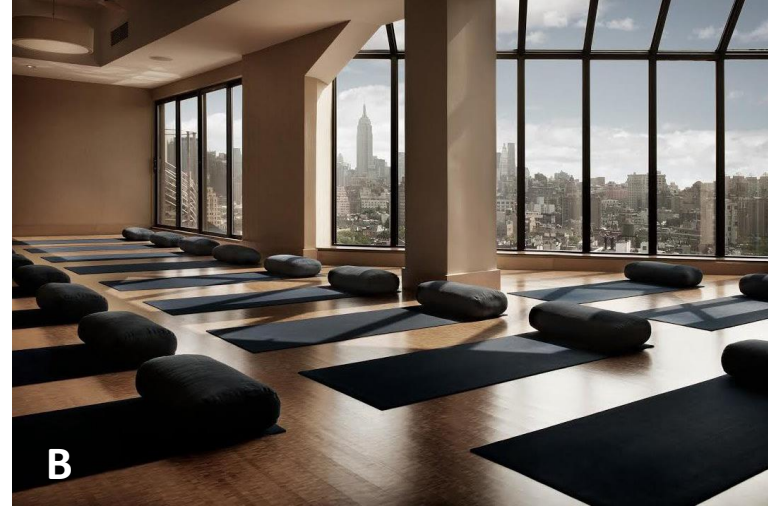
A

B

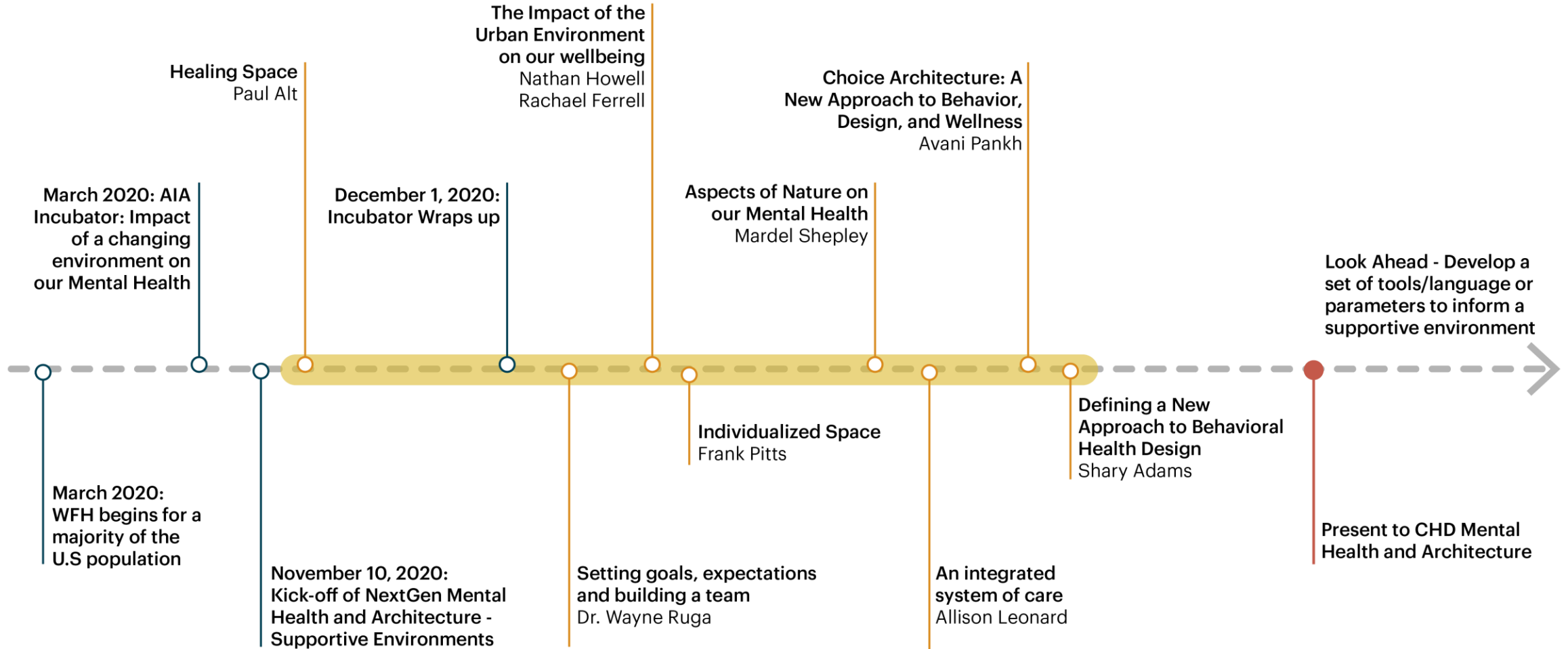Which private corridor is from an inpatient hospital serving mental and behavioral health patients?

A

B

Which pair of images is from a private gym?

Which pair of images is from a private gym?

Project Timeline

March 2020: AIA Incubator: Impact of a changing environment on our Mental Health

March 2020: WFH begins for a majority of the U.S population

Healing Space
Paul Alt

December 1, 2020: Incubator Wraps up

November 10, 2020: Kick-off of NextGen Mental Health and Architecture - Supportive Environments

The Impact of the Urban Environment on our wellbeing
Nathan Howell
Rachael Ferrell

Setting goals, expectations and building a team
Dr. Wayne Ruga

Individualized Space
Frank Pitts

Aspects of Nature on our Mental Health
Mardel Shepley

Choice Architecture: A New Approach to Behavior, Design, and Wellness
Avani Pankh

An integrated system of care
Allison Leonard

Defining a New Approach to Behavioral Health Design
Shary Adams

Look Ahead - Develop a set of tools/language or parameters to inform a supportive environment

Present to CHD Mental Health and Architecture

Goals and Considerations

o Considerations for designing supportive environment that have a direct impact on personal and social mental health. It is important for all designers and stakeholders to deeply and intrinsically understand the fact that we are not only designing for function but also our well-being

o Supportive environments encourage a wide range of design considerations to find and design places to promote positive mental health and well-being/wellness.

o In good times or times of crisis, as well as in normal conditions it is important that the built environment not negativly impact our mental health and that supportive design not be limited to clinical settings but shall have the flexibility to address design in all settings to improve wellbeing.

o Our ultimate goal - Create a set of tools to inform the design of environments in support of our mental health.

Mental Health & Behavioral Health

o Behavioral health
  o How an individual's behavior affects their health
    o Includes both physical and mental health
o Mental health
  o Mental wellbeing that can be a result of many factors including:
    o Behavior
    o Environment
    o Biology

How does this Impact the Built Environment

o People with a mental illness are 75x more reactive to the negative stimulus in the built environment

o Consider the role of the architect outside the building design

  o Zoning, urban planning, etc.

o Transitions throughout the built environment. (Interconnections)

  o Home, office, car, street

o Equity in design

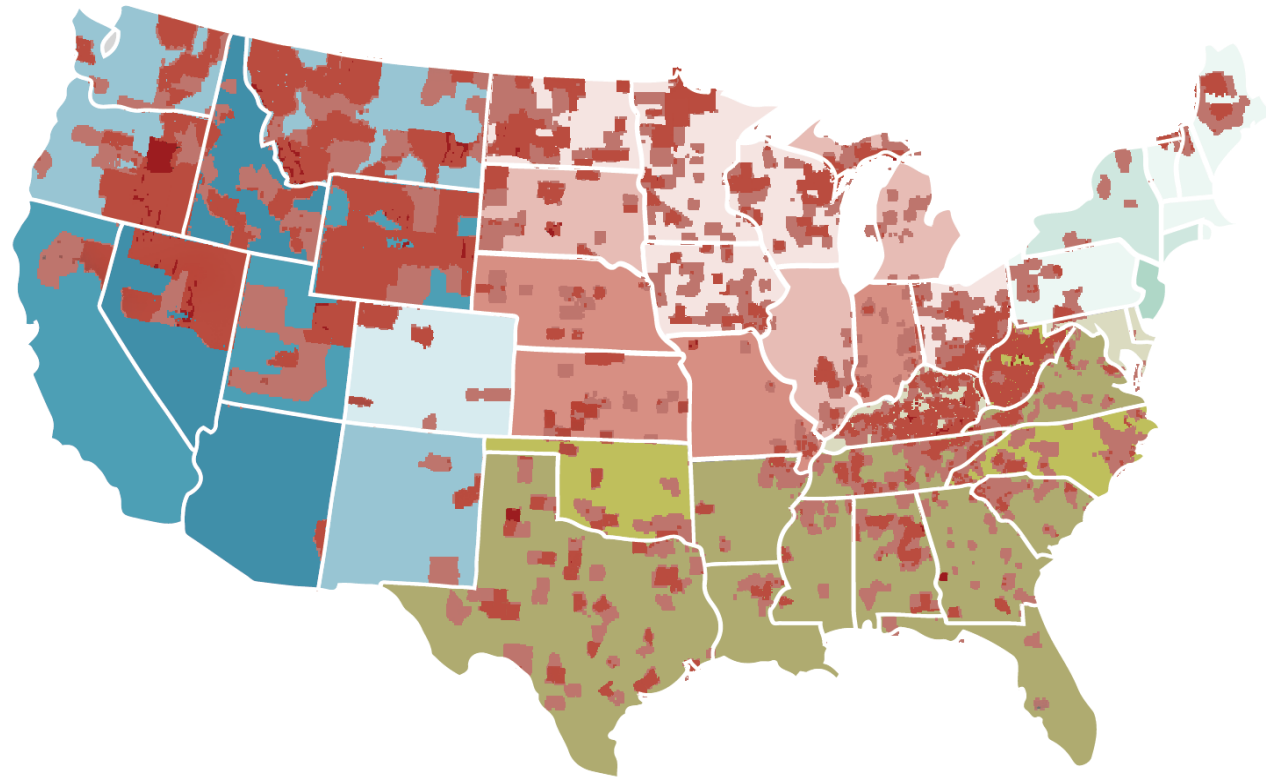o Physical vs Non-physical

Where we have been – where are we going

- o Promote Spontaneous Choice
    - o 9 principles
    - o Environments that support individual choice

- o Design for Neurodiversity

- o Design better than "home-like"

- o Can we design our way out of the stigma?

- o Make design decisions based on the mental health imperative

The Better Built Environment

o Where does the continuum for supportive mental health environments start:
  o Home
  o School
  o Office
  o Grocery

o How can we ensure these environments provide accessibility for mental health ?

o Design Guidelines
  o Parameters based on current knowledge

The Pandemic Impact

o Regional differences already existed in access to mental healthcare

o No one-size-fits-all solution to mental health

o The changing landscape of pandemic hotspots across the country

o How can we encourage and support resiliency among our communities?

ACCESS TO MENTAL HEALTHCARE

HIGHEST RANKED   LOWEST RANKED

NORTHEAST
MIDWEST
SOUTH
WEST

Graphic adapted from: Hellebuyck, M., Nguyen, T., Fritze, D. (2018). The State of Mental Health in America 2019. Alexandria, VA. Mental Health America. The New York Times. (2020). Coronavirus in the U.S: Latest Map and Case Count. The New York Times. Retrieved from https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html. (2021)

Supportive Environments

o **Guidelines**
  o Elevate the need of supportive environments by developing Building Code Requirements for non-clinical & clinical settings.

o **PHP / IOP**
  o Continuum of Care
  o Transition
  o Extended observation units
  o Tele-psychiatry
  o Communal Living

o **Clinical**
  o Dedicated spaces: Behavioral Health and Wellness Centers
  o Introduction of Crisis Stabilization Units

o **Non-Clinical**
  o Built Environment
  o Community Integration
  o 80% diagnosis
  o COVID-19 Practices to keep

Do these safety responses make you feel safe?

Takeaway & Look Ahead

- Call to action – Join the AAH NextGen group

- Build a more diverse committee

- Mental wellness at the forefront of design thinking in clinical and non-clinical settings - Equity/inclusivity in designing the built environment for wellbeing

- Pandemic response

- Safety fatigue

- Variety of responses
  - The right space for the right response