

MINDFUL OASIS

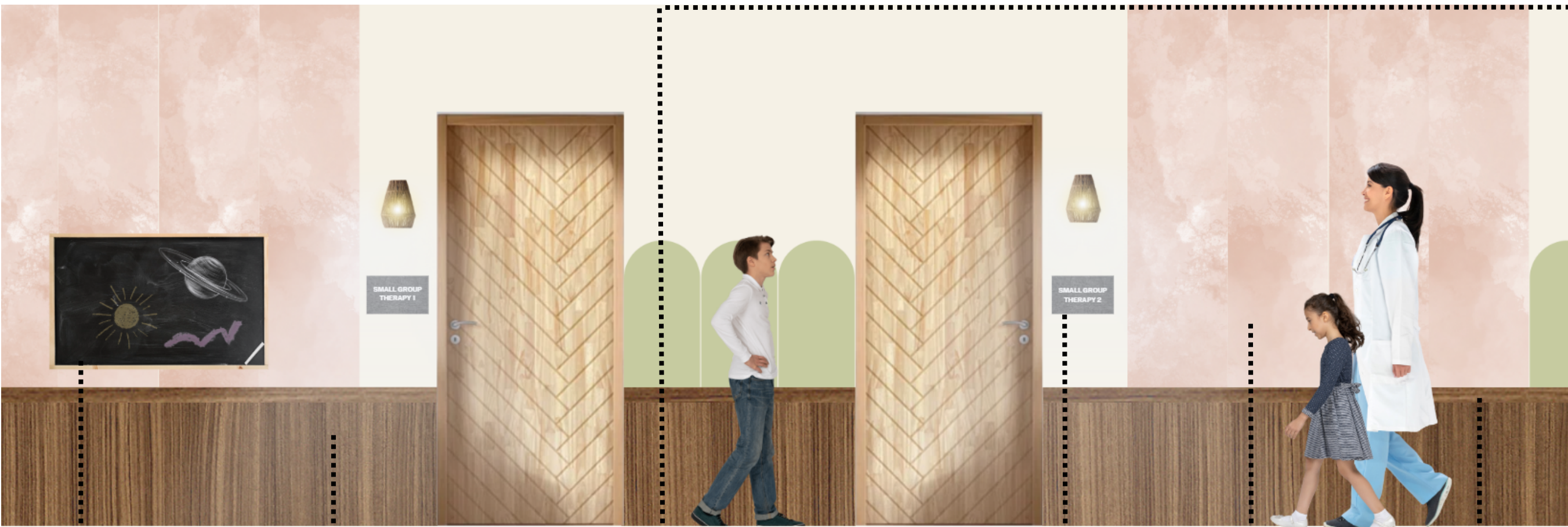


A **kind, holistic, hopeful** community where those tested by life's challenges discover the **strength** to **heal**.

RESEARCH



CORRIDOR ELEVATION



Community Chalkboard & Information
Oak Wainscot Panel
Wayfinding with Environmental Graphic Design
Specific Room Signage
Protective Wall Panel
Oak Hand Railing

VITALS & EXAM ROOM ELEVATION

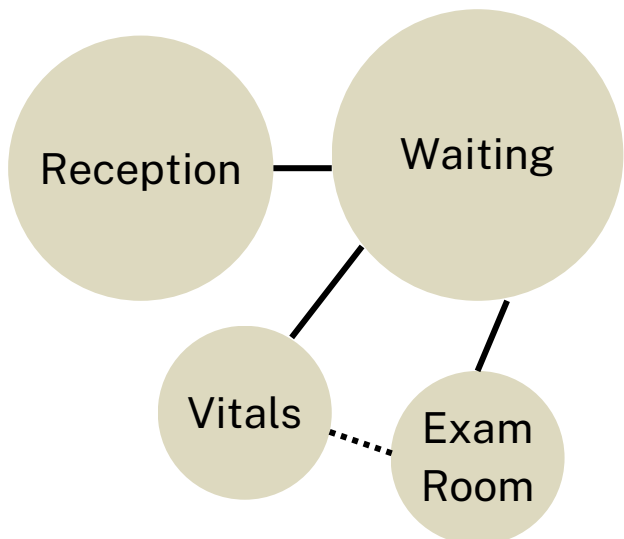


Natural Oak Cabinetry
PVC-Free Vinyl Seeting
Nature Inspired Wallcovering
Flexible & Movable Furniture
3000K Warm Light
Green Therapy & Biophilia

CONCEPT STATEMENT

The goal of the reception, waiting, vital, and exam room is to create a **mindful, holistic, and community-focused** space. We strive to provide a calming and welcoming environment that promotes **relaxation, connection**, and overall well-being for patients and staff. By incorporating natural elements, such as plants and natural light, we aim to create a sense of **tranquility and harmony**. The use of warm colors, comfortable seating, and soothing artwork and proper lighting will further enhance the **healing** atmosphere. Our vision is to foster a sense of community and support, where individuals feel **safe, heard, and valued** throughout their journey to mental wellness.

BUBBLE DIAGRAM



GREEN THERAPY

Incorporating green therapy helps to meet the **WELL Mind Concept**. Research provides support for the beneficial effects of green care on physiological parameters. Multiple experiments have linked viewing natural scenes with positive health benefits such as decreased heart rate, blood pressure, and pain.



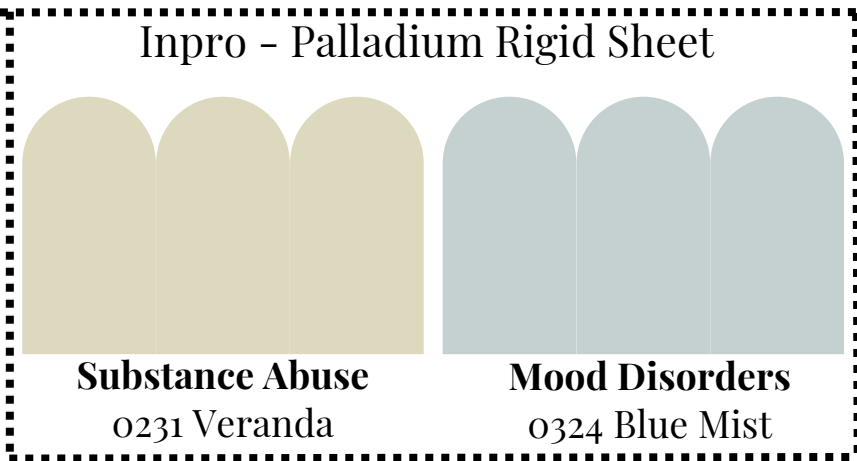
ENLARGED FLOOR PLAN



The floor plan arrangement is oriented to reduce solar gain and capture prevailing breezes, which allows for double the amount of **natural ventilation**.

Public Spaces	Patient Spaces
1 Waiting	3 Vitals
2 Reception	4 Exam Room

WAYFINDING

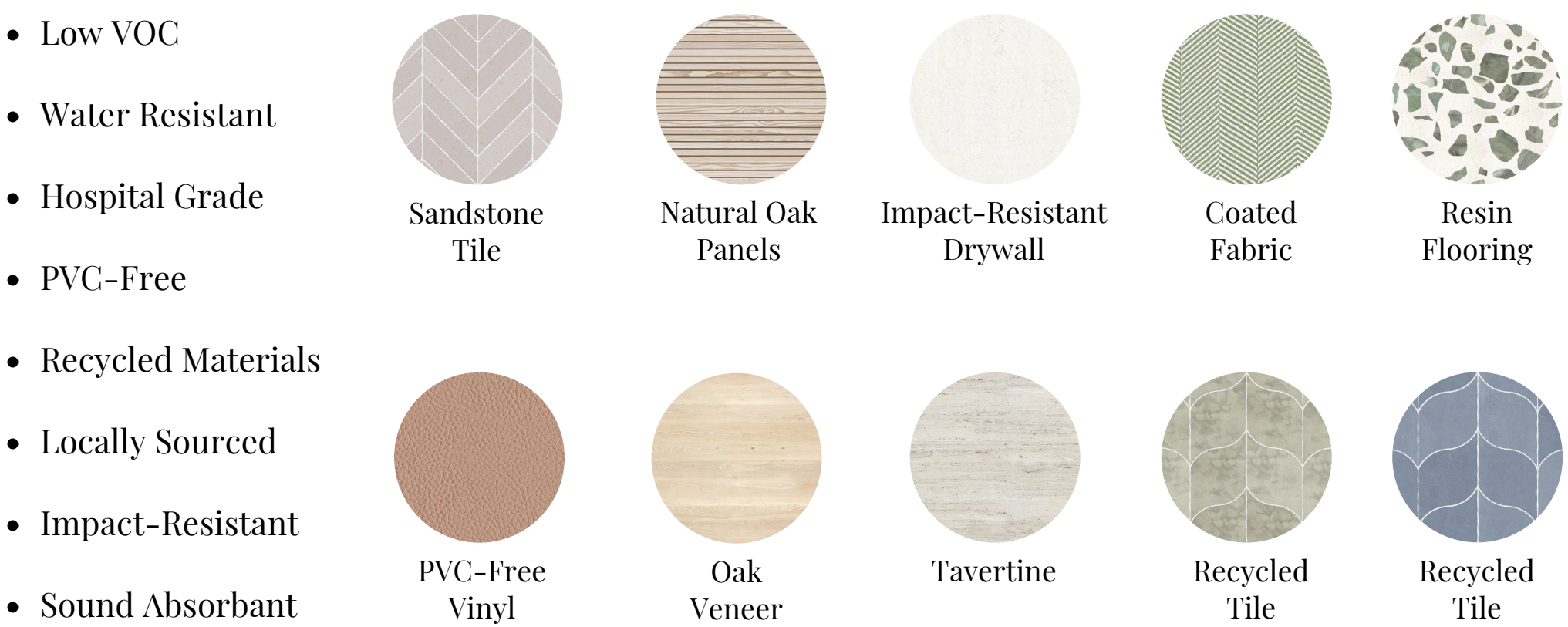


Environmental graphic design is used to differentiate the mood disorder and substance abuse specialties. Studies show a link between **green spaces** and **reduced craving strength** for those with substance abuse issues, therefore, the substance abuse spaces have green protective panels along the walls as well as green tile details on the floor. The mood disorder spaces have blue panels and tile as it **promotes relaxation and expression of inner feelings**.

FURNITURE



MATERIALS



RECEPTION



By incorporating elements of **comfort, nature, and community**, the reception sets the tone for the healing journey right from the moment patients walk through the door. The space is adorned with a lush **moss wall** and **natural materials**, such as wood and stone, to evoke a sense of calmness and connection to the outdoors. Patients in a behavioral health clinic with exposure to **nature** experienced **lower levels of stress** and reported **higher levels of well-being** compared to those without such views.

WAITING



The waiting area design and creates a serene and inviting atmosphere by the incorporation of elements of nature. To foster **community**, comfortable seating arrangements are available for patients to **engage in conversations** or simply **find solace in the company of others**. The homelike furniture, nature art, and window views are found to **decrease patient aggression**.

EXAM ROOM



In the exam room, we prioritized **privacy and comfort**. The soft lighting and warm colors create a soothing ambiance, helping patients feel at ease. The nature themed wallpaper improves patients' experiences by **positively distracting patients from their concerns**. As a result of using moveable furniture and a private room, there is **reduction in patients acting out** and an **increased feeling of belonging, competence, and satisfaction** for staff.