MINDFUL OASIS



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

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.

RESEARCH



Mindful Oasis focuses on functionality and pays attention to the psychological needs of the patients through the WELL Light Concept. 3000K warm light is used throughout the vital and exam rooms to eliminate stress and create a more serene and calming environment in a clinic setting. The reception and waiting areas use 4000K light sources for a brighter interior space. The waiting room is placed next to large windows for **natural daylight** and **sun exposure**, which are both associated with improved depressive symptoms along with mood, energy, and sleep quality. Daylight also is proven to **reduce the length of stay** for patients.

CONCEPT STATEMENT



Research has shown that incorporating healing environments in behavioral health clinic design can reduce stress and **improve mood**. Mindful Oasis enhances the relation between inside and outside by integrating the **green** landscape . This relationship between green space and natural materials ignites all the senses and which then creates a more "homely" atmosphere. Patients in behavioral health clinics with biophilic design elements reported higher levels of satisfaction and perceived the environment as more healing and supportive. Positive aspects of the environment, such as organization, nature artwork, and landscapes can help to reduce stress, pathological behaviors, and aggression. The healing environment supports the WELL Mind Concept.



To meet the WELL Community Concept, Mindful Oasis focuses on community involvement, which can provide a support system and a sense of understanding, reducing feelings of isolation and stigma in patients. This is achieved through comfortable seating areas, and spaces that encourage social interaction. Throughout the space, the furniture arrangements in which chairs face toward one another, along with the presence of nature inspired art, increase social **interaction**. We kept the mood disorder and substance abuse services in their own individual areas on the floor plan to promote connection among patients within each specialty. Connection helps patients feel supported, improve mood, and reduce stress levels.

CORRIDOR ELEVATION



Community **¹** Chalkboard ℰ Information

Natural

Oak Wainscot Panel

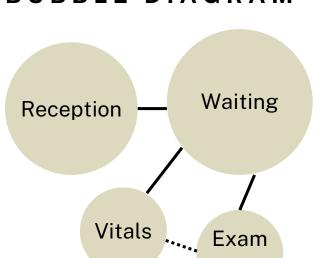
• Wayfinding with **Environmental** Graphic Design

Specific Signage

Wall Panel

Protective Hand Railing

BUBBLE DIAGRAM



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.



GREEN THERAPY







RECEPTION

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**.

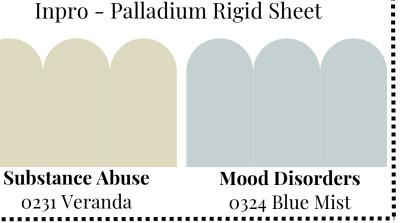
Public Spaces 1 Waiting

2 Reception

3 Vitals 4 Exam Room

Patient Spaces

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



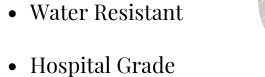
• PVC-Free

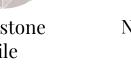
• Locally Sourced

• Impact-Resistant

Sound Absorbant









Panels



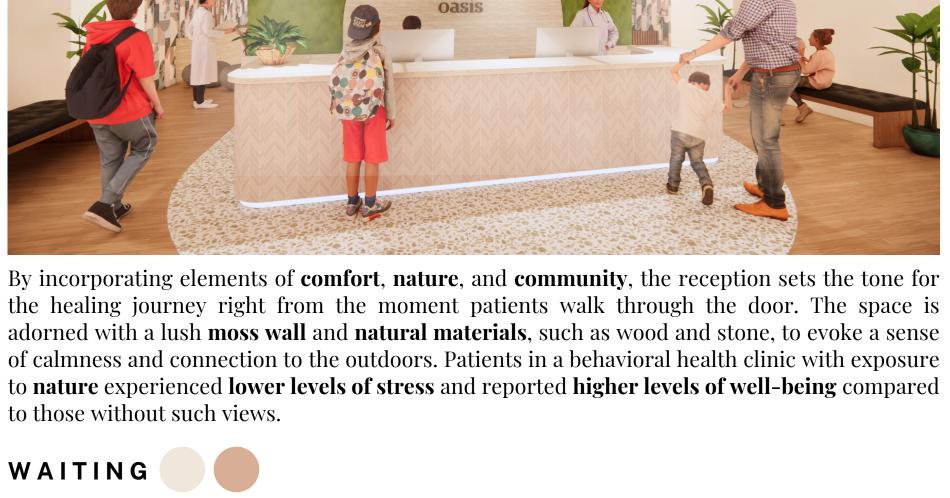
Drywall











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.

VITALS & EXAM ROOM ELEVATION



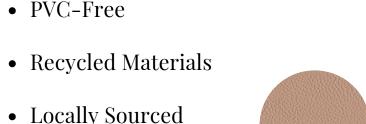
PVC-Free Seeting

Nature Inspired Wallcovering

Flexible **₿** & Movable Furniture

3000K Warm

: Green Therapy & Biophilia



PVC-Free

Vinyl









Recycled

Tile