



HEALING INVISIBLE WOUNDS

Wellness Center for Active Duty Soldiers

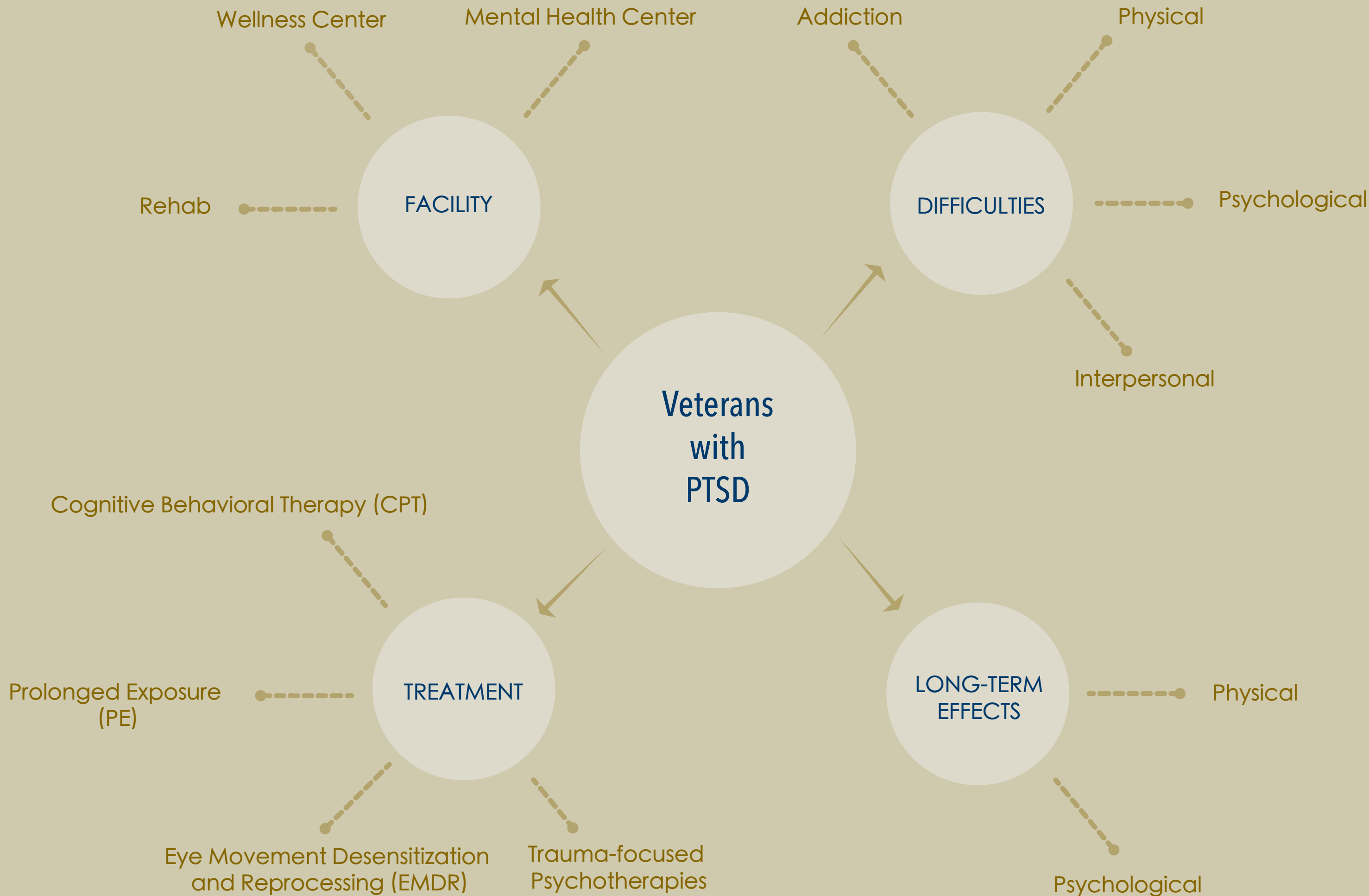
Kala Lewis

PTSD

“ Post traumatic Stress Disorder (PTSD) is an over expression of normal mental and physiological processes, namely the fight-or-flight response.”

PHASE 1

HEALING INVISIBLE WOUNDS



Mental Health For Soldiers (PTSD)

1

DIFFICULTIES

2

TREATMENT

3

LONG-TERM EFFECTS



1 DIFFICULTIES

Addiction:

- Alcohol: used as numbing agent to push away depression and lessen the memories of their traumatic event.
- Drugs: a result of self medicating one's self in order to lessen their untreated symptoms.
- Adrenaline:

Physical:

- Weight loss

Psychological:

- Depression and anxiety
- Issues with drugs or alcohol use
- Eating disorders
- Suicidal thoughts and actions
- Helplessness
- Guilt
-

What Are PTSD Triggers? (2001, September 11). Retrieved from <https://www.webmd.com/mental-health/what-are-ptsd-triggers#2>.

Post-traumatic stress disorder (PTSD). (2018, July 6). Retrieved from <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>.

Cognitive Behavioral Therapy (CPT):

- Frontline treatment for PTSD
- Activities with repetitive motion to them: walking, running, swimming, basketball, or dancing
- Non-traditional treatments: yoga, meditation, acupuncture and acupressure.

Prolonged Exposure (PE):

- Teaches you how to gain control by facing your negative feelings
- Doing some of the things you have avoided since trauma.

Eye Movement Desensitization and Reprocessing (EMDR):

- Helps you process and make sense of your trauma
- Type of hypnosis

Trauma-focused Psychotherapies:

- Focuses on the memory of the trauma
- Visualizing, talking, or thinking

Ketamine Infusions:

- Approved by the FDA as a safe anesthetic
- Serves as a novel and very fast-acting therapy for anxiety and PTSD

National Center for PTSD. (2018, August 8). Retrieved from https://www.ptsd.va.gov/understand_tx/tx_basics.asp.

2 TREATMENT

the

3 LONG LASTING EFFECTS

Physical:

- Fatigue

Psychological:

- Memory loss -
 - Short term memory
 - Memory gaps
- Triggers -
 - Seeing people or things that remind you of your trauma.
 - Reoccurring feelings and thoughts that you experienced during your trauma
 - Anniversaries
- Situational events:
 - Seeing or experiencing something that reminds you of your traumatic event

What Are PTSD Triggers? (2001, September 11). Retrieved from <https://www.webmd.com/mental-health/what-are-ptsd-triggers#2>.

Post-traumatic stress disorder (PTSD). (2018, July 6). Retrieved from <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>.

Type of Building

1

WELLNESS CENTER

2

REHABILITATION CENTER

3

MENTAL HEALTH CENTER

1

WELLNESS CENTER

Definition: An establishment that offers health services for the body and mind. Usually offers skin care services and body services such as fitness and weight-loss, personal training, nutrition consulting, medicine and healing services and beauty services.

- Purpose:
 - Help and prevent illness and simply promote a healthy lifestyle and state of mind
 - Provide information about health and prevention of illness
 - Advice, data, and knowledge about a number of different techniques to heal or prevent future illnesses and injuries
 - Guide people into living a better lifestyle

Moussa, J., & Fagan Ph. D, J. M. (2015). What Makes for a Successful Wellness Center. Retrieved from <https://pdfs.semanticscholar.org/e983/fccd18ead59778933e8635efb226b35a095a.pdf>

Definition: A facility providing therapy and training for rehabilitation. The center may offer occupational therapy, physical therapy, vocational training, and special training such as speech therapy. The center can target, substance abuse, criminal rehabilitation, physical injury recovery rehabilitation, physical and/or psychological deficits.

- Purpose:
 - To return a patient back to a normal, healthy condition, whether it is following an illness, injury, surgery or certain disorders.
 - Assisting the patient to compensate for deficits that cannot be reversed medically

Robert Wood Johnson University Hospital. (2015, April 28). Understanding the Purposes and Benefits of Rehabilitation. Retrieved from <https://patch.com/new-jersey/mendham-chester/understanding-purposes-and-benefits-rehabilitation-0>.

Rehabilitation. (OAD). Retrieved from <https://medical-dictionary.thefreedictionary.com/rehabilitation>.

2

REHABILITATION CENTER

3

MENTAL HEALTH FACILITY

Definition: Refers to a system of care within hospitals, institutions, clinics, evaluation facilities, mental health centers, colleges, universities, long-term care facilities, and nursing homes which cares for those with mental illnesses.

- Purpose:
 - Inpatient: Provides services to allow for patients to return to society and live the mentally healthy life they deserve.
 - Residential: longer-term care for individuals that is designed to be more comfortable and less like a hospital ward.
 - Outpatient: Provides the same care as an inpatient facility however, it provides a more loosely structured environment.

Peterson, T. (2015, October 13). Inpatient Mental Health Treatment Facilities: Who Needs One?, HealthyPlace. Retrieved on 2019, September 27 from <https://www.healthyplace.com/other-info/mental-illness-overview/inpatient-mental-health-treatment-facilities-who-needs-one>

Types of Mental Health Treatment Settings and Levels of Care. (OAD). Retrieved from <https://www.northtexashelp.com/mental-health-treatment-settings.html>.

Parkway, A. (2017, August 18). The Difference Between Inpatient vs. Outpatient Care: Alvarado Institute San Diego CA. Retrieved from <https://www.apibhs.com/blog/2017/8/18/the-difference-between-inpatient-vs-outpatient-care>.

Project Proposal

My project is called "Healing Invisible Wounds" and my client is the U.S. Department of Veteran Affairs. This center will target soldiers who suffer from PTSD and will aid them in their transition from their previous combat lifestyle back to civilian lifestyle. In 2018, 89% of Americans agreed that military-related PTSD severely impacts a person's ability to participate in normal daily activities and 88% of Americans agreed that PTSD in soldiers is a significant problem. With over half of Americans believing that the current public investment in mental health is not enough, the purpose of this wellness center is both relevant and significant. Unlike other wellness centers, Healing Invisible Wounds will serve as a twenty-four hour facility that functions as a continued program for soldiers before/after their "standard" therapy sessions have been completed and actual physical services will be provided. Upon completion further research from certified trauma therapists, I will gain an understanding of personal stories and statistics and science cannot convey. The center will be located in Port Orange, Florida near the Halifax River and home to two military bases. The building is roughly 13,000 sq/ft, three story building. It features large floor to ceiling windows, and on site parking. Though the large windows provide ample natural lighting, they could serve as an issue when it comes to providing the correct amount of privacy within building.

Project Goals

Provide physical clinical treatment

Male focused

Improve quality of sleep

Reduce social anxiety

Provide a safe environment for vulnerability

Create spaces that encourage new beginnings

The Infectiousness of Crowds: Crowding Experiences Are Amplified by Pathogen Threats

Often, crowding is defined as, "a state of psychological stress resulting from a high ratio of people to the amount of space in the surrounding environment." Although the perception of "crowding" is very subjective, recent studies have investigated its objective environmental qualities and have related it to "population and spatial density." "Density involves a direct judgment of the relationship between the number of people and the surrounding physical space, crowding involves a subjective affective response as a function of attributions of arousal to social density. For instance, people exposed to a dense environment who attributed their arousal to an annoying noise or a painting experienced less crowding and negative downstream consequences of crowding. As long as density is made a salient cue, even arousal generated by unrelated factors can produce crowding experiences crowding has historically included dimensions such as confinement." Negative range of outcomes crowding produces: increased discomfort, withdrawal from social interactions, heightened competition and aggression, interpersonal hostility, reduced shopper satisfaction, decrease in risk-taking and increase in prevention-focus orientation. "a person at a party may enjoy interactions with many others, but be uncomfortable with the distractions caused by the same number of people while studying. A crowded dance club may be exciting and fun whereas a crowded subway may be distressing. Similarly, expectations guide reactions to crowds. Accordingly, shoppers express more satisfaction when their expectations of store crowdedness are met than when crowdedness exceeds their expectations."

Wang, I. M., & Ackerman, J. M. (2018). The Infectiousness of Crowds: Crowding Experiences Are Amplified by Pathogen Threats. *Personality and Social Psychology Bulletin*, 45(1), 120-132. doi: 10.1177/0146167218780735

Privacy Attitudes and Privacy Behaviour: A review of current research on the privacy paradox phenomenon

"Surveys show that privacy is a primary concern for citizens in the digital age. On the other hand, individuals reveal personal information for relatively small rewards, often just for drawing the attention of peers in an online social network. This inconsistency of privacy attitudes and privacy behavior is often referred to as the 'privacy paradox.'" After setting up an internet study, Brown uncovered that, "while individuals expressed their concerns about their privacy being infringed, there were still willing to give personal details to online retailers as long as they had something to gain in return. Interviewees said they were afraid that too much information about them was collected, but this would not stop them from buying online." Studies have shown that the actual value of personal information is significantly lower than the actual value of personal information. The high concern for personal privacy that some people think they have, is reportedly too high. Psychologically, one might think that personal information is valuable and should not be shared in order to ensure personal safety. However, in reality, we don't value privacy as much as we think we do. Three aspects of privacy: Territorial privacy: the physical area surrounding a person, Privacy of a person: the protection of a person against undue interference such as physical search, Informational privacy: controlling whether and how personal data can be gathered, stored, processed, and disseminated.

Kokolakis, S. (2017). Privacy attitudes and privacy behaviour: A review of current research on the privacy paradox phenomenon. *Computers & Security*, 64, 122-134. doi: 10.1016/j.cose.2015.07.002

Statistics on PTSD in Veterans

Post traumatic Stress Disorder (PTSD) is an overexpression of normal mental and physiological processes, namely the fight-or-flight response. Symptoms include re-experiencing the initial trauma via intrusive thoughts, unwanted recollections and memories, nightmares and flashbacks; Avoidance of certain activities, particularly difficult emotions and places that remind the individual of the trauma; Increased arousal, such as feeling anxious or on edge all the time, being jumpy, having difficulty sleeping, being irritable, having angry outbursts or engaging in self-destructive behaviors; negative changes in mood and thinking that can include mood swings, difficulty focusing or concentrating, depression, isolation from friends and family and apathy. Symptoms must endure for at least a month before a diagnosis can be made, and not every patient with PTSD will experience all the symptoms. The theory of time of travel was said to be a possible factor in mental health of veterans. Originally, soldiers would return home on ships. During their travels, they would be in close proximity with other soldiers giving them the opportunity to decompress and make sense of what they have experienced. However, soldiers now return home on planes, making their time of travel anywhere between 48-72 hours giving significantly less time for decompression. Cognitive behavioral therapy is considered the frontline treatment for PTSD and medications can help some individuals as well.

Statistics on PTSD in Veterans. (n.d.). Retrieved from <https://health.usnews.com/conditions/mental-health/ptsd/articles/ptsd-veterans-statistics>.

Traumatic Stress

Traumatic stress is a normal reaction to a traumatic event such as a natural disaster, a car accident, a plane crash, violent crime, or terrorist attack. One does not have to be a direct victim in order to be under traumatic stress. Simply being a witness to an event, or even viewing photos or videos of the event to lead to this reaction. But whether you lived through the event itself, witnessed it in person, or experienced traumatic stress in the aftermath, there are plenty of ways to calm your nervous system and regain your emotional balance. The first step is to recognize the warning signs of traumatic stress. By the nervous system becoming overwhelmed by stress, a wide range of intense emotions and physical reactions are triggered which leads to unpredictable waves of happiness, eagerness, anxiety and numbness. Other normal emotional reactions of traumatic stress include: Shock/disbelief, fear, helplessness, guilt, anger, shame and relief. Normal physical reactions of traumatic stress are: Trembling/shaking, Pounding heart, rapid breathing lump in throat, feeling choked up, stomach tightening or churning, feeling dizzy or faint, cold sweats, racing thoughts. Seven tips for managing and reducing traumatic stress: minimize social media exposure, accept your feelings, challenge your sense of helplessness, get moving, reach out to others, make stress reduction a priority, and eat a healthy diet.

Traumatic Stress. (2019, June 11). Retrieved from <https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>.

The Infectiousness of Crowds

Today, research examining socioecological and environmental influences on human behavior has breathed new life into this and related topics. Often, crowding is defined as, "a state of psychological stress resulting from a high ratio of people to the amount of space in the surrounding environment." Although the perception of "crowding" is very subjective, recent studies have investigated its objective environmental qualities and have related it to "population and spatial density." "Density involves a direct judgment of the relationship between the number of people and the surrounding physical space, crowding involves a subjective affective response as a function of attributions of arousal to social density. For instance, people exposed to a dense environment who attributed their arousal to an annoying noise or a painting experienced less crowding and negative downstream consequences of crowding. As long as density is made a salient cue, even arousal generated by unrelated factors can produce crowding experiences crowding has historically included dimensions such as confinement." "Crowding is elevated by group-specific factors, such as the composition of the social environment and person-specific factors, such as current motivations. Active goals can boost perceptions of crowding when those goals conflict with aspects of the social setting (Cozby, 1973).

Wang, L. M., & Ackerman, J. M. (2018). The Infectiousness of Crowds: Crowding Experiences Are Amplified by Pathogen Threats. *Personality and Social Psychology Bulletin*, 45(1), 120-132. doi: 10.1177/0146167218780735

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Sha Wellness Clinic



The Sha Wellness Clinic is located in L'Albir, Alicante, Spain overlooking the shadows of the Sierra Helada mountains and the bay of Altea. The clinic provides programs in wellness, fitness, recovery, rejuvenation, stress relief and corporate and lastly, weigh-control and detox. The wellness and recovery programs relate the most with my project.

Wellness Program: Essence and Discovery.

Essence: "To teach new lifestyle habits with the aim of improving general health, and to continue the learning process after the individual returns home – thanks to the knowledge and healthy lifestyle habits acquired at SHA. To achieve a state of perfect relaxation and disconnection in an ideal setting."

Discovery: "To learn new, healthy lifestyle habits, and to continue the learning process after the individual returns home, thanks to the knowledge and healthy lifestyle habits acquired at SHA. To achieve a state of perfect relaxation and disconnection in a conducive setting."

Recovery Program: Sleep Recovery and Life Reset.

Sleep Recovery: To recognise the causes that trigger periods of insomnia and, using a diagnostic approach, to develop more effective strategies to gradually and naturally re-establish restorative sleep, thereby regaining normal energy levels. To teach techniques and new lifestyle habits to enable the individual to prevent the insomnia recurring, and to maintain the quality of sleep achieved.

them to strengthen their resolve to quit smoking and so prevent possible relapses.

Life Reset: To teach new, healthy lifestyle habits with the aim of optimising all physical and mental functions, and improving the quality of life – in addition to equipping the individual with the tools needed to achieve a substantial and lasting improvement.

St Lucie County PTSD Clinical Team



The St Lucie County PTSD Clinical Team (PCT) Outpatient Program is located in Port St. Lucie, Florida. It is an outpatient facility that specializes in "treatment for veterans who are having difficulty coping with the effects of having experienced combat or sexual trauma while in the military." Their goals are as follows:

- Promoting the development of healthy, effective coping skills to enhance the personal, family, and vocational functioning of veterans.
- Providing an environment in the community conducive to the development of trust and healing the effects of combat and sexual trauma.
- Veterans who experienced combat trauma or sexual trauma while serving in the military, and desire treatment to help deal more effectively with the effects of the trauma.
- Treatment Services Available:
 - Group Therapy
 - Individual Therapy
 - Medication and Medication Management
 - Family Education and Counseling
 - Emergency services are not available at the PCT Clinic.

WELL BUILDING STANDARDS

"The International WELL Building Institute™ (IWBI™) is leading the global movement to transform our buildings and communities in ways that help people thrive." Their mission is "to improve human health and wellbeing through the built environment"

A performance-based system for measuring, certifying, and monitoring features of the built environment that impact human health and wellbeing, through:



Levels of certification: Registered, Pre Certified, Certified Silver, Certified Platinum, Certified Pilot, Certified na, Certified Compliance, Certified Gold

Core Values:

Integrity: Act with high moral principle. Adhere to the highest professional standards. Maintain the trust and confidence of all with whom I engage.

Commitment: Work diligently to serve Veterans and other beneficiaries. Be driven by an earnest belief in VA's mission. Fulfill my individual responsibilities and organizational responsibilities.

Advocacy: Be truly Veteran-centric by identifying, fully considering, and appropriately advancing the interests of Veterans and other beneficiaries.

Respect: Treat all those I serve and with whom I work with dignity and respect. Show respect to earn it.

Excellence: Strive for the highest quality and continuous improvement.

Be thoughtful and decisive in leadership, accountable for my actions, willing to admit mistakes, and rigorous in correcting them.

CLIENT:

U.S. Department of Veteran Affairs:
VA Health Care

"CARING" "DEDICATED" "INNOVATIVE"

"You are not alone"

Mission Statement: To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan"

TERMINOLOGY TOPIC SPECIFIC

VA: Department of Veteran Affairs new name of the Veterans Administration

VBA: Veterans Benefits Administration

VHA: Veterans Health Administration, the new name of Veterans Health Services and Research Administration and is the largest of the three administrations that comprise VA. VHA continues to meet Veterans' changing medical, surgical and quality-of-life needs. New programs provide treatment for traumatic brain injuries, post-traumatic stress, suicide prevention, women Veterans and more.

NCA: National Cemetery Administration

GI Bill: signed into law June 22, 1944 by president Franklin D. Roosevelt immediately following World War 2. It provided educational assistance to servicemembers, veterans, and their dependents. This bill was in act until the Post-9/11 GI Bill took its place.

Post-9/11 GI Bill: provides the same benefits of the GI Bill as well as the Yellow Ribbon Program, which pays all resident tuition and fees for a public school and the lower of the actual tuition & fees or the national maximum per academic year for a private school, and the Transfer of Entitlement Option which allows Servicemembers to transfer all or some unused benefits to their spouse or dependent children.

Executive Order 5398: signed by President Herbert Hoover on July 21, 1930 to consolidate and coordinate Government activities affecting war veterans. This order also elevated the Veterans Bureau to a federal administration, and creating the Veterans Administration. It was the second consolidation of federal Veterans programs.

Veterans Bureau: created by congress in 1921 in order to consolidate all of the current veterans programs due to the Bureau of Pensions of the Interior Department: an agency of the federal government between 1832 to 1930. Sole purpose was to transfer pension duties directly to the U.S. Department of Interiors

TERMINOLOGY

TOPIC SPECIFIC

the Bureau of Pensions of the Interior Department: an agency of the federal government between 1832 to 1930. Sole purpose was to transfer pension duties directly to the U.S. Department of Interiors.

the National Home for Disabled Volunteer Soldiers: On March 3, 1865—a month before the Civil War ended and the day before his second inauguration—President Abraham Lincoln signed a law to establish a national soldiers and sailors asylum. Renamed as the National Home for Disabled Volunteer Soldiers in 1873, it was the first-ever government institution created specifically for honorably discharged volunteer soldiers.

National Homes: “soldiers’ homes” or “military homes” homes given to soldiers sailors under the National Home for Disabled Volunteer Soldiers law. Only soldiers who fought for the Union Army—including U.S. Colored Troops—were eligible for admittance.

Bureau of War Risk Insurance and Public Health Service: Treasury agencies that were in charge of operating hospitals specifically for returning World War I Veterans. They leased hundreds of private hospitals and hotels for the rush of returning injured war Veterans and began a program of building new hospitals.

TERMINOLOGY

TOPIC SPECIFIC

Prolonged Exposure (PE): Teaches you how to gain control by facing your negative feelings. It involves talking about your trauma with a provider and doing some of the things you have avoided since the trauma.

Cognitive Processing Therapy (CPT): Teaches you to reframe negative thoughts about the trauma. It involves talking with your provider about your negative thoughts and doing short writing assignments.

Eye Movement Desensitization and Reprocessing (EMDR): Helps you process and make sense of your trauma. It involves calling the trauma to mind while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).

Trauma-focused Psychotherapies: Trauma-focused psychotherapies are the most highly recommended type of treatment for PTSD. "Trauma-focused" means that the treatment focuses on the memory of the traumatic event or its meaning. These treatments use different techniques to help you process your traumatic experience. Some involve visualizing, talking, or thinking about the traumatic memory. Others focus on changing unhelpful beliefs about the trauma. They usually last about 8-16 sessions.

Psychotherapy: "talk therapy" when a person speaks with a trained therapist in a safe and confidential environment to explore and understand feelings and behaviors and gain coping skills.

TERMINOLOGY DESIGN SPECIFIC

Biophilic Design: The deliberate use of both direct and indirect lighting/access to nature, space planning and place conditions in order for the user to have a heightened connection to nature.

Design Psychology: The practice of using psychology to make decisions regarding architecture, interior design, and space planning. It is a fairly new discipline, but one that has close ties to other areas of psychology, particularly human factors psychology, environmental psychology, and industrial-organizational psychology. Naturally, design psychology also has close ties with the fields of architecture and interior design as well.

TERMINOLOGY

TYPICAL DESIGN GOALS AND/OR CONSIDERATIONS

Taking into consideration the sensitive, overly heightened senses of the veterans by:

Providing ample activities without overcrowding

Plenty of acoustic materials to reduce sound travel

Grouping similar workspaces together

TRENDS AND EMERGING ISSUES

Ketamine Infusions:

"One treatment approach that's recently gotten a lot of buzz as being helpful for veterans is ketamine infusions. Ketamine was originally approved by the FDA as an anesthetic, and it's frequently used in children because it's considered very safe. Lately, though, it's been gaining a lot of attention as a novel and very fast-acting therapy for anxiety and PTSD."

- Ken Yeager, director of the Stress, Trauma and Resilience (STAR) Program at The Ohio State University.

TERMINOLOGY DESIGN SPECIFIC

TYPICAL LOCATIONS

Wellness centers are typically found in suburban, secluded areas in order to provide privacy, plenty of land for outdoor activities such as hiking or meditation and to create a sense of seclusion for the clients to fully focus on their personal growth.

Common community adjacencies include:

- Residential areas

- Open landscapes

- Forrest

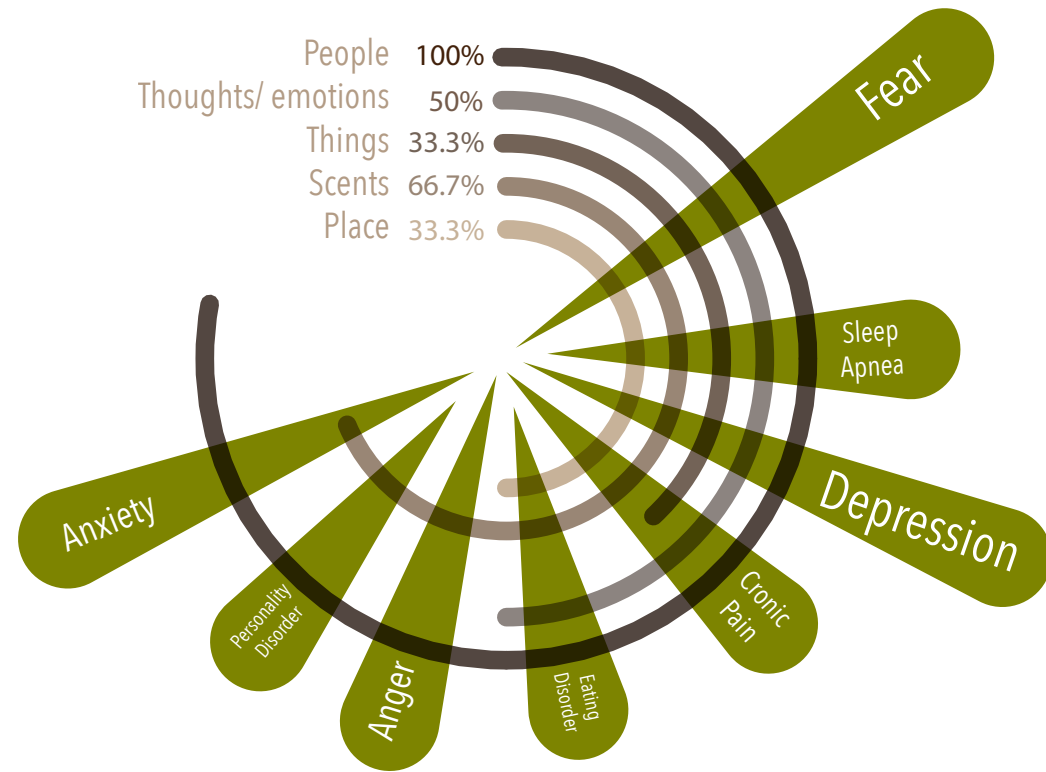
- Large body of water

- Desert

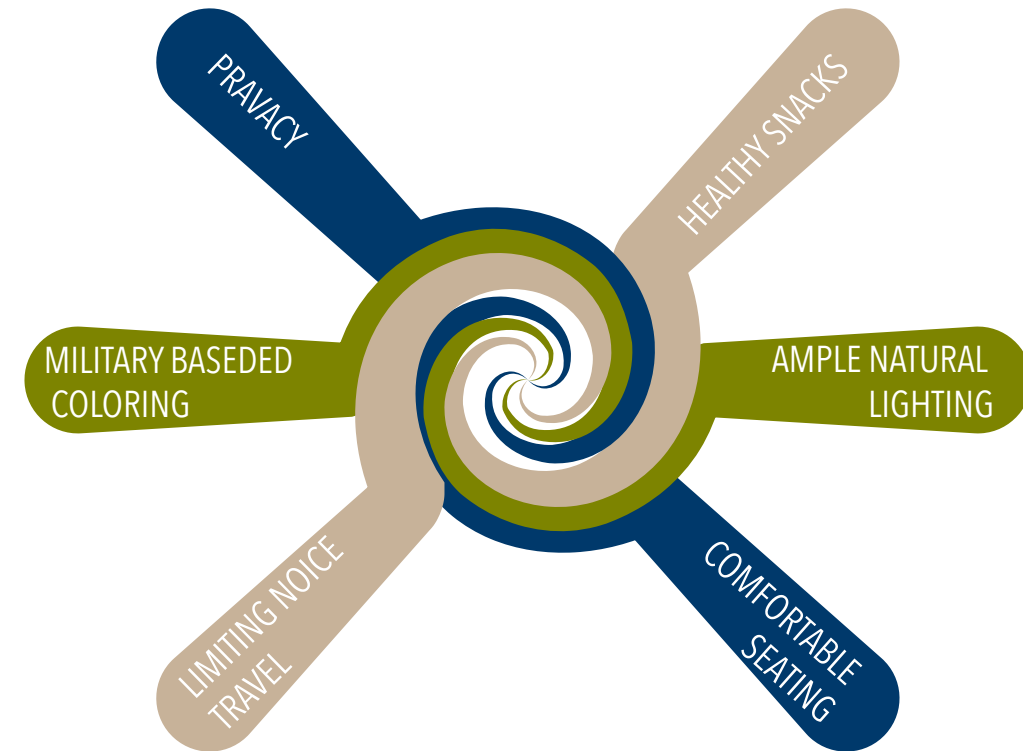
PHASE 2

HEALING INVISIBLE WOUNDS

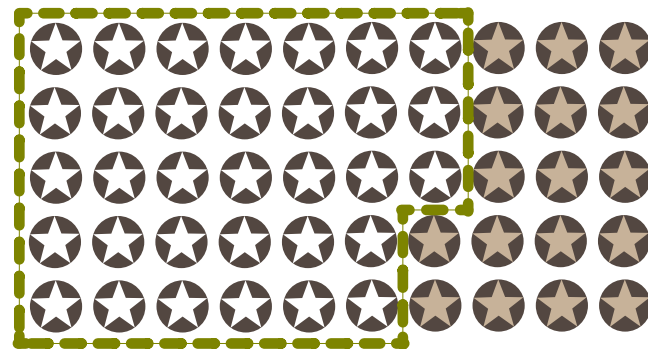
COMMON TRIGGERS AND SYMPTOMS OF PTSD



KEY ENVIRONMENTAL FACTORS THAT I SHOULD CONSIDER WHEN DESIGNING MY CENTER



66% OF SOLDIERS RECOVERING AFTER TREATMENT

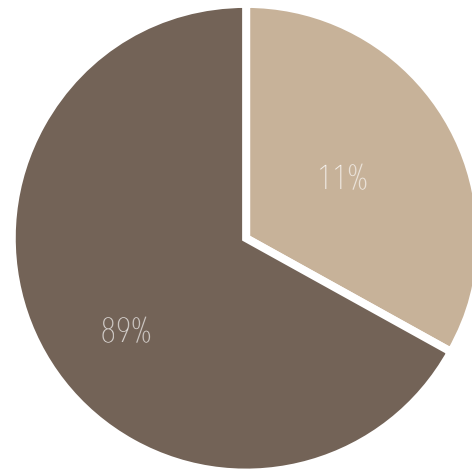


LESS THAN 30% OF SOLDIERS MAKE LITTLE TO NO PROGRESS AFTER RECEIVING TREATMENT FOR PTSD.



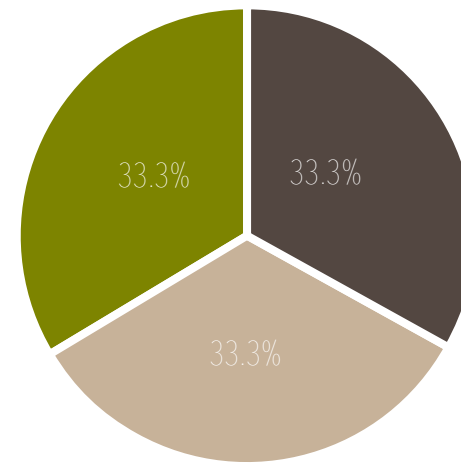
I SURVEYED CERTIFIED TRAUMA THERAPIST AND THESE ARE THE RESULTS TO A FEW QUESTIONS

Does gender influence how you treat PTSD?



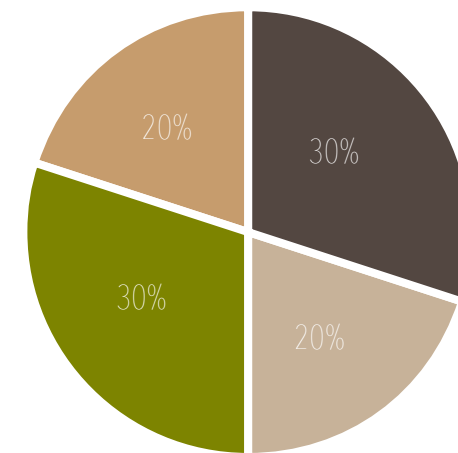
- No
- Yes

How many years have you been in professional practice?



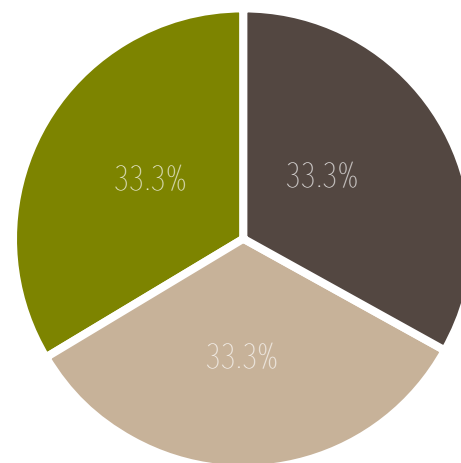
- 6-10
- 21+
- 31+

What do your clients struggle the most with?



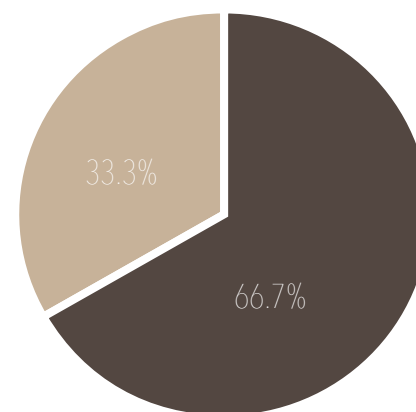
- Reactivity Symptoms
- Avoidance
- Flashbacks
- Mood Swings

Estimated percentage of how many clients do take home activities.



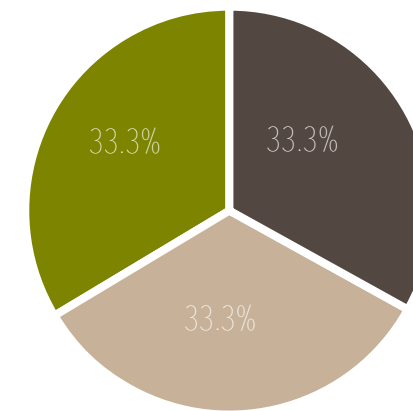
- 60-70%
- 80-90%
- 100%

About how many sessions does each client have?



- 5-10
- 11-20

About how long is a client under your care?



- 2-4 months
- 5-10 months
- 11+ months



HASSAN CAMPBELL

AGE: 36
OCCUPATION: ARMY
STATUS: SINGLE
LOCATION: JACKSONVILLE, FL



VALUES



GOALS

- Increase Social Circle
- Reduce Anxiety
- Mend Broken Relationships
- Learn new coping mechanisms for PTSD
- Build confidence

FRUSTRATIONS

- Interpersonal Relationships
- Anger Management
- Inability to Open Up
- Instability

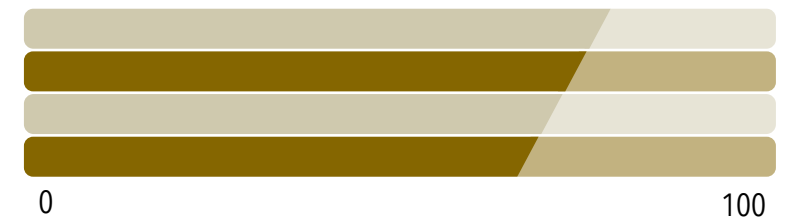
EXPERIENCES

- Has been stationed in over 30 countries
- Served in both Iraq and Afghanistan
- Witnessed the death of 7-10 close friends during combat
- Suffered an injury to the left knee

PERSONALITY



Post Traumatic Stress Disorder (PTSD) Severity



"...It is a proud privilege to be a soldier – a good soldier ... [with] discipline, self-respect, pride in his unit and his country, a high sense of duty and obligation to comrades and to his superiors, and a self confidence born of demonstrated ability."
- George S. Patton Jr.



JUSTIN KIM

AGE: 30
 OCCUPATION: AIR FORCE
 STATUS: MARRIED
 LOCATION: JACKSONVILLE, FL



U.S. AIR FORCE

VALUES

Integrity First

Service Before Self

Excellence in All I do

GOALS

- Increase Social Circle
- Reduce Anxiety
- Mend Broken Relationships
- Learn new coping mechanisms for PTSD
- Build confidence

FRUSTRATIONS

- Interpersonal Relationships
- Anxiety
- Inability to Open Up
- Insomnia

EXPERIENCES

- Has been stationed in over 23 countries
- Served in Afganistan
- Numerous nuclear missions
- Witnessed the death of civillians

PERSONALITY

EXTRAVERT

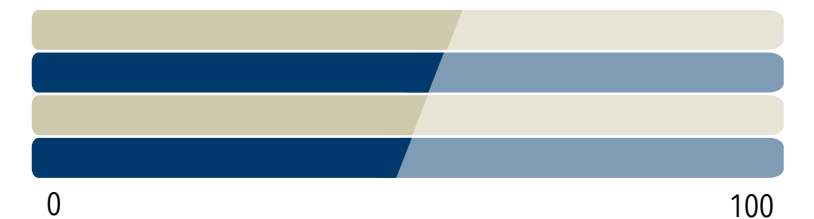
INTROVERT

JUDGER

OVERTHINKER

ANXIOUS

Post Traumatic Stress Disorder (PTSD) Severity



"The soldier is the Army. No army is better than its soldiers. The Soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country"
 - George S. Patton Jr.



CHRISTOPHER THOMAS

AGE: 42
OCCUPATION: MARINES
STATUS: MARRIED
LOCATION: JACKSONVILLE, FL



VALUES



GOALS

- Increase Social Circle
- Reduce Anxiety
- Mend Broken Relationships
- Learn new coping mechanisms for PTSD
- Build confidence

FRUSTRATIONS

- Interpersonal Relationships
- Anger Management
- Paranoia
- Insomnia

EXPERIENCES

- Has been stationed in over 23 countries
- Served in Iraq and Afganistan
- Engaged in house-to-house combat
- Witnessed the death of civillians

PERSONALITY



Post Traumatic Stress Disorder (PTSD) Severity



“Men do not fight for flag or country, for the Marine Corps or glory or any other abstraction. They fight for one another. And if you came through this ordeal, you would age with dignity.”
- William Manchester

THE 5 E'S

ENTICE → ENTER → ENGAGE → EXIT → EXTEND

HASSAN CAMPBELL



ENTICE

ENTER

ENGAGE

EXIT

EXTEND



Saw an ad on social media and was intrigued by the high emphases of Increasing one's social circle and the "Non-traditional" coping mechanisms of PTSD.

Due to Hassan being an anxious extrovert, he would benefit the most by using an electronic method of signing in while being able to observe potential social interacting opportunities.

He will interact with multiple small groups in order to gain confidence in his social skills and participate in workshops that pertain to self-love and forgiveness to help manage his anger and also build more confidence.

By the time it is time to leave, Hassan would have become somewhat comfortable in this new environment and will want moderate interactions with the staff members to help subside any over-thinking that he might have.

After he has left the center, Hassan would most benefit from signing up for a subscription to receive emails about regular meetings and events in order to provide him a scene of stability and consistency.

JUSTIN KIM



U.S. AIR FORCE

ENTICE



A friend recommended the center to Justin in order for him to receive help for his PTSD symptoms, his insomnia and for him to interact with others with similar attributes.

ENTER



By being an extreme introvert, Justin would prefer to not be overwhelmed with intense human interaction and use technology when signing in, plenty of info graphics way-finding through out the center.

ENGAGE



He will socialize with very small groups of people due to his shy nature and anxiety as well participate in meditation and acupuncture sessions to aid with his insomnia.

EXIT



When leaving the centering, Justin would best benefit from minimal interactions with the staff and small talk with a few friendly faces that he recognizes from his sessions.

EXTEND



Justin would most benefit from being sent an email with room numbers paired with a map of the center so that he can pin point the exact location of his future sessions to prevent him from feeling overwhelmed and anxious.

CHRISTOPHER THOMAS



ENTICE

ENTER

ENGAGE

EXIT

EXTEND



Christopher's wife researched wellness centers for PTSD and found this one. They both loved to emphasis put on interpersonal relationships with other soldiers and a variety of workshops that he can explore.

Due to his older age and his balance of introvert and extrovert qualities, Chris would prefer being greeted by a staff member and then handed a pamphlet with extra information paired with way-finding.

Christopher will want to challenge himself by going outside of his comfort zone and engaging with large groups of people and signing up for one on one sessions.

When leaving the center, Christopher will want plenty of social interaction with the staff and other soldiers along with clear way-finding.

He will most benefit from receiving letters in the mail from the center as well as phone calls from a staff member in order to receive information about future events and workshops to aid in his social interaction progress.

PHASE 3

HEALING INVISIBLE WOUNDS

PROGRAM

Lobby/ Reception
 Meeting space
 Private Workspaces
 Touchdown Spaces
 Meditation Rooms
 Restrooms
 Office Space for Staff
 Break Room for staff
 Lounge

Group Workspaces
 Culinary Space
 Gymnasium
 Regular Gym
 Woodshop
 Auditorium like spaces



USER

FUNCTION



SPACES	SIZE	FURNITURE & EQUIPMENT	NEEDS (adjacencies, daylight, service entries)
Lobby/ Reception	S	Custom desk, seating / iPads	In front of building/ entrance. Next to: Meeting space for new clients Natural lighting
Meeting space	S	Seating, tables, podium / Screen	In front of building/ entrance. Next to: Lobby/ reception
Private Workspaces	M	Seating / Screens	Towards the front of the building Near: Group workspaces Auditorium like spaces
Touchdown Spaces	M	Seating, Touch screens	Near private workspaces and Meditation rooms Natural lighting
Meditation Rooms	M	Storage	Next to private workspaces
Restrooms	S	Toilet, sink	Next to elevators
Office Space for Staff	S	Desk, chair, table / Computers	Near the meeting room for new clients
Break Room for staff	S	Table, chairs, lockers, storage / Sink, microwave, refrigerator	Near lounge or near office space
Lounge	XL	Seating, tables, storage / TV, microwave	Center of the building Natural lighting
Auditorium like spaces	L	Podium, seating / screens	Middle of the building next to Private workspaces Group workspaces
Group Workspaces	M	Seating, large tables / Screens, TV	Towards the front of the building Near: Private workspaces Auditorium like spaces
Culinary Space	L	Counters, tables, chairs, built-in shelving / Screens	Near the lounge
Gymnasium	L	Lockers, storage	Back of building Next to: Regular gym Woodshop
Regular Gym	L	Storage, mirrors, lockers	In the back of building Next to: Gymnasium Woodshop
Woodshop	L	Counters, tables, chairs, built-in shelving	Back of the building Next to: Gymnasium Regular gym

Transition Spaces & Dead Spaces

Integration of Technology

- Screens on the walls to view upcoming events, workshops and promotions

Small Group Seating Areas

- 2 chairs a small table

Words of Affirmation of the walls

- Decor

Basketball

Cooking Classes

Breathing Exercises

Woodshop

Supervised workouts (in gym)

Opportunities to Improve

Pay close attention to noise travel and seating arrangements

- Grouping louder activities together and placing them towards the back
- Very comfortable seating and placement of seating
 - Backs of seating not facing a walkway or doors
- Providing touchdown spaces for those who begin to feel overwhelmed
- Plenty of wayfinding
 - Lighting, decor, finishes, furniture

Applying these findings to my space will not only allow for it to be aesthetically pleasing, but functionable and specifically curated space for soldiers to receive help and feel comfortable while receiving it.

Potential Weaknesses

Gymnasium (basketball)

- Classes could take place at specific times allowing for remainder of the day to have supervised "freeplay"
- Additional Programmatic Considerations:
 - Multiple hoops to allow for more players/games

Culinary (Classes)

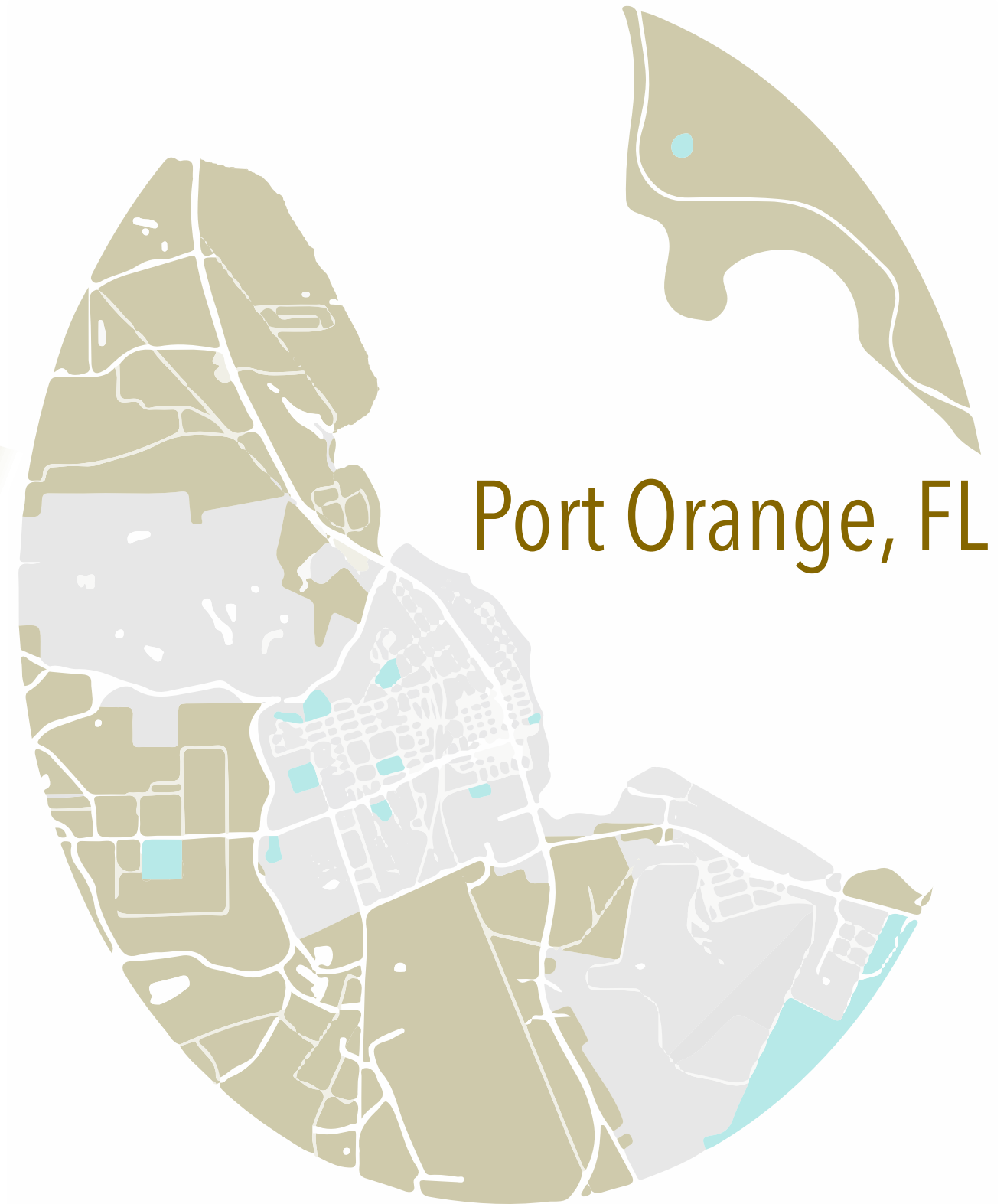
- Classes could take place at specific times to allow for kitchen staff to be able to cook meals/ horderves for the soldiers. This allows for the space to be adequately utilized.
- Additional Programmatic Considerations:
 - Individual work stations (for classes) can be turned into prepping space for staff, extra storage

Auditorium like Space (guest speaker)

- When there isn't an event, the space won't be utilized. In addition to group workshops, there can be large seminars where a staff member can hold longer sessions.
- Additional Programmatic Considerations:
 - Space can be divided to allow for the smaller seminar sessions (assuming that the guest speaker events will be more populated)



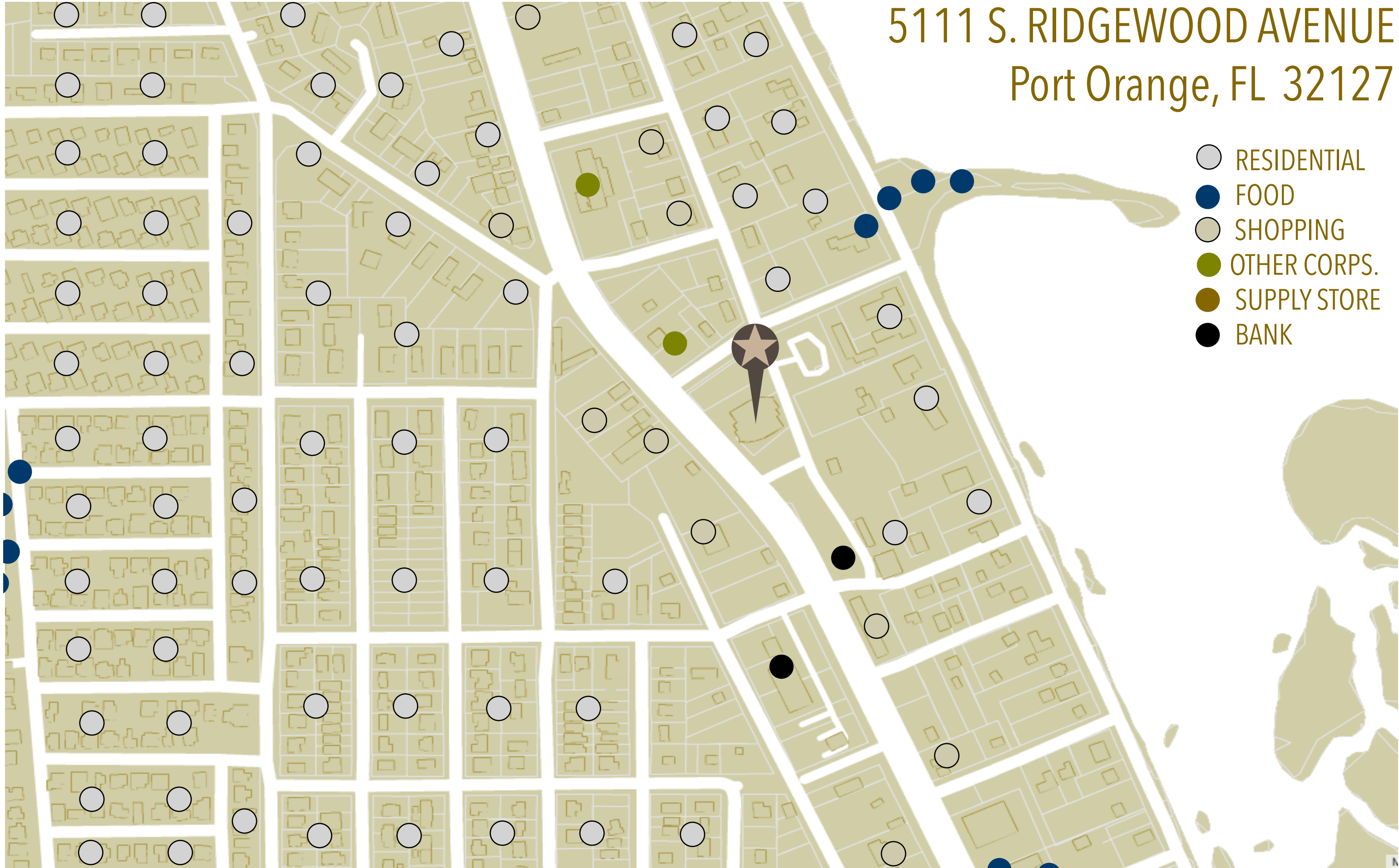
FLORIDA, USA



Port Orange, FL

5111 S. RIDGEWOOD AVENUE

Port Orange, FL 32127



HISTORY

Port Orange, FL was inhabited by The Timucuan and Seminole Indians, and with Dr. Andrew Turnbull's New Smyrna Colony during Florida's Plantation period in 1768. In 1804, Patrick Dean was granted 995 acres from the Spanish Crown where he then built the historic The Dunlawton Sugar Mill.

After the Civil War, Dr. John Milton Hawks, an abolitionist and United States Army Surgeon, along with other Union Army officers formed the Florida Land and Lumber Company and brought 500 freed slaves to public lands along the Halifax River, in 1866. Just a year later, Dr. Hawks renamed the settlement to Orange Port in February 1867.

<https://www.port-orange.org/270/City-History>

.CULTURE

Port Orange, FL is a lively town that fully embraces the importance of art, community and history. This town was most remembered for its citrus, lumber, boat building, oystering, ranching, and farming. The citizens proudly celebrate the city's Native American roots by hosting festivals and establishing numerous non-profit organizations that aid in supporting the community.

COMMUNITY

Port Orange, FL encompasses 29 square miles and is populated with about 56,060 people. The city consists of gated communities and expanding commercial development. This community calls itself, "city of the twenty-first century" because it is seamlessly blends the historic remnants from its past with the up and coming modern traditions and architecture.

<https://www.port-orange.org/270/City-History>

VERNACULAR ARCHITECTURE



SITE ORGANIZATION

The site is somewhat evenly divided by a highway, main roads and sub-streets into blocks. All residential structures are grouped together on the left side of the map. Transitions into commercial corporations then back to residential near the bank of the river.



COMMERCIAL

RESIDENTIAL

Surroundings

ACROSS THE RIVER: LESS THAN 8 MIN DRIVE FROM SITE

HOTELS

RESTAURANTS

COMMERCIAL CORPORATIONS

FOOD 3-8 MIN DRIVE

STEAK RESTAURANTS

CHINESE RESTAURANTS

LOUNGES

FAST FOOD

ON SITE PARKING

PUBLIC PARKING ACROSS FROM THE BRIDGE

SHOPPING

CLOTHING

FURNITURE

BICYCLES

OTHER CORPS.

HAIR SALON

MECHANIC

PEST CONTROL

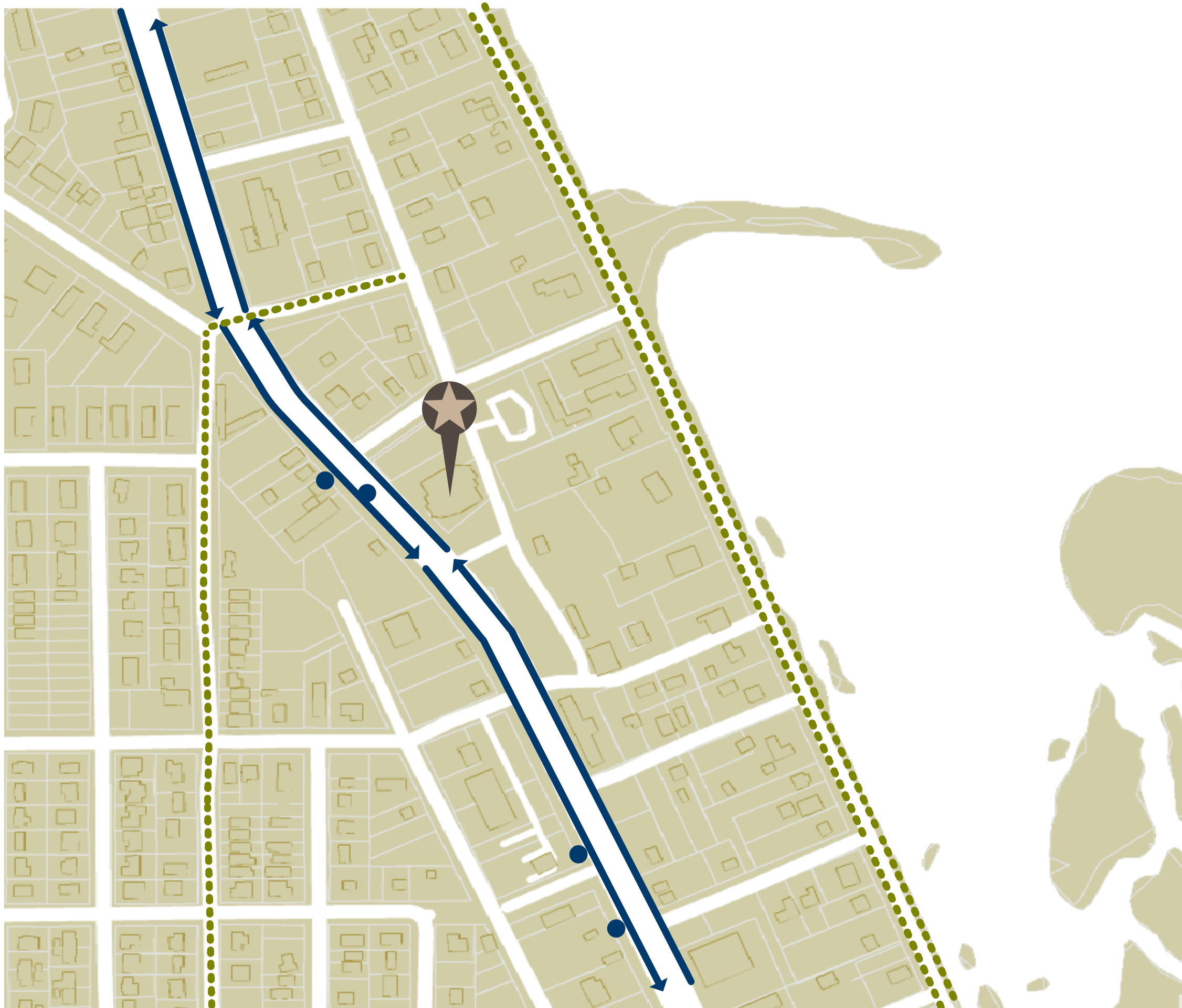
MARINE SUPPLY

HARDWARE

FLEA & FARMERS MARKET

MAJOR ROADWAYS

- ———▶ TRANSPORTATION
- · — · — · PEDESTRIAN
- VEHICULAR
- ▶ BICYCLING
(1.2 MILES FROM SITE)



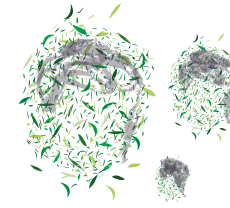
SITE CIRCULATION



POINT OF ENTRY BY VEHICLE



POINT OF ENTRY BY FOOT



FOLIAGE

Typography

Geographical coordinates: Longitude: -80.979660 Latitude: 29.128500

2 mile radius: essentially flat

10 mile radius: essentially flat, Halifax River 10.6 miles east of the site

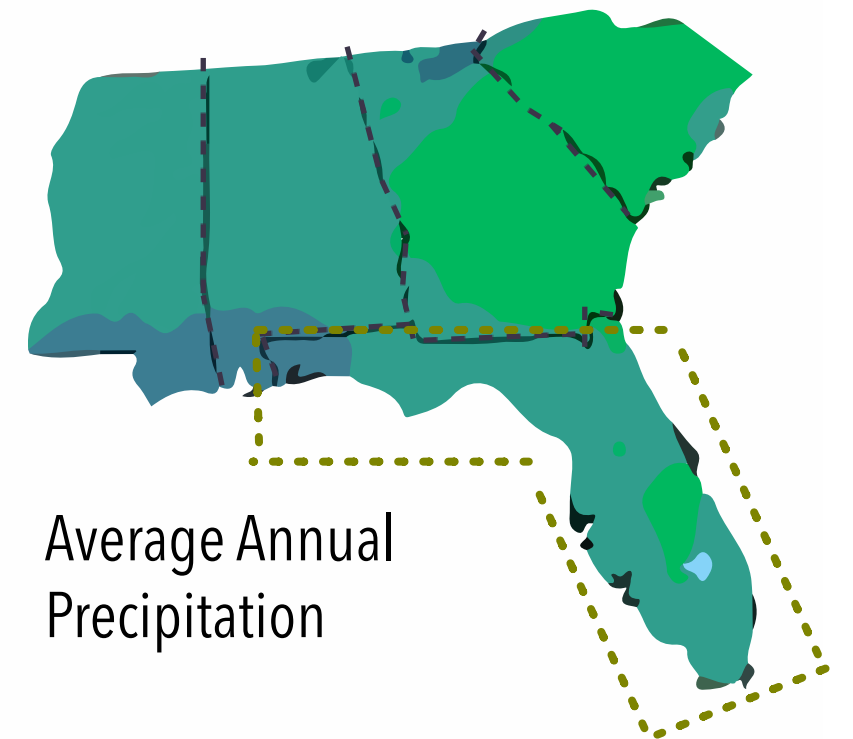
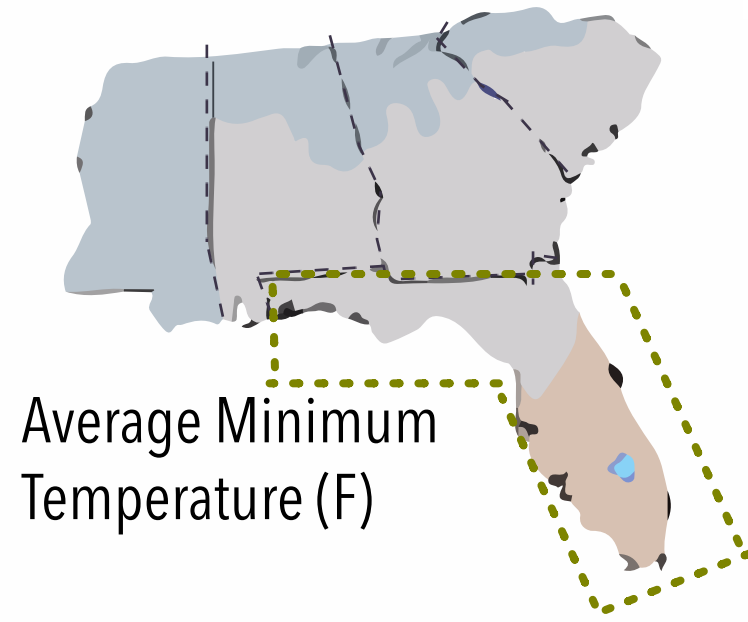
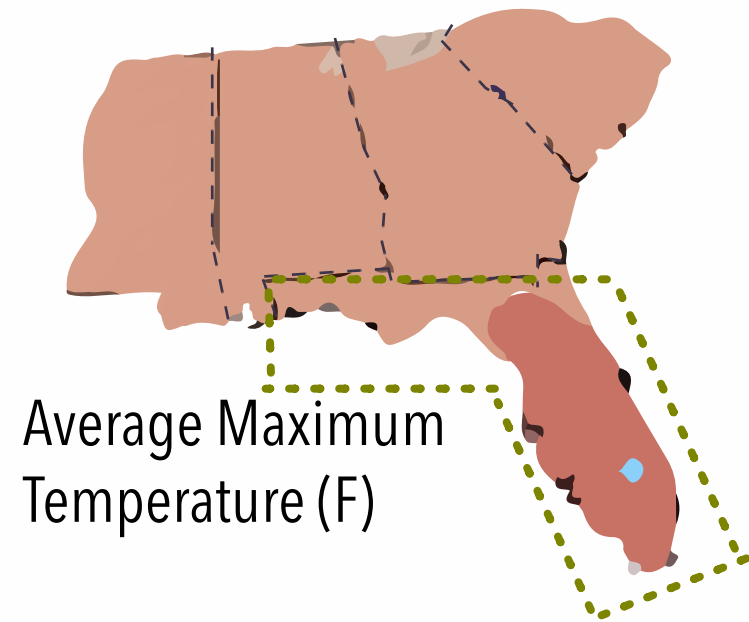
50 mile radius: essentially flat, Halifax River miles east of the site

Site Orientation

Entrance: South East
Only building on the block

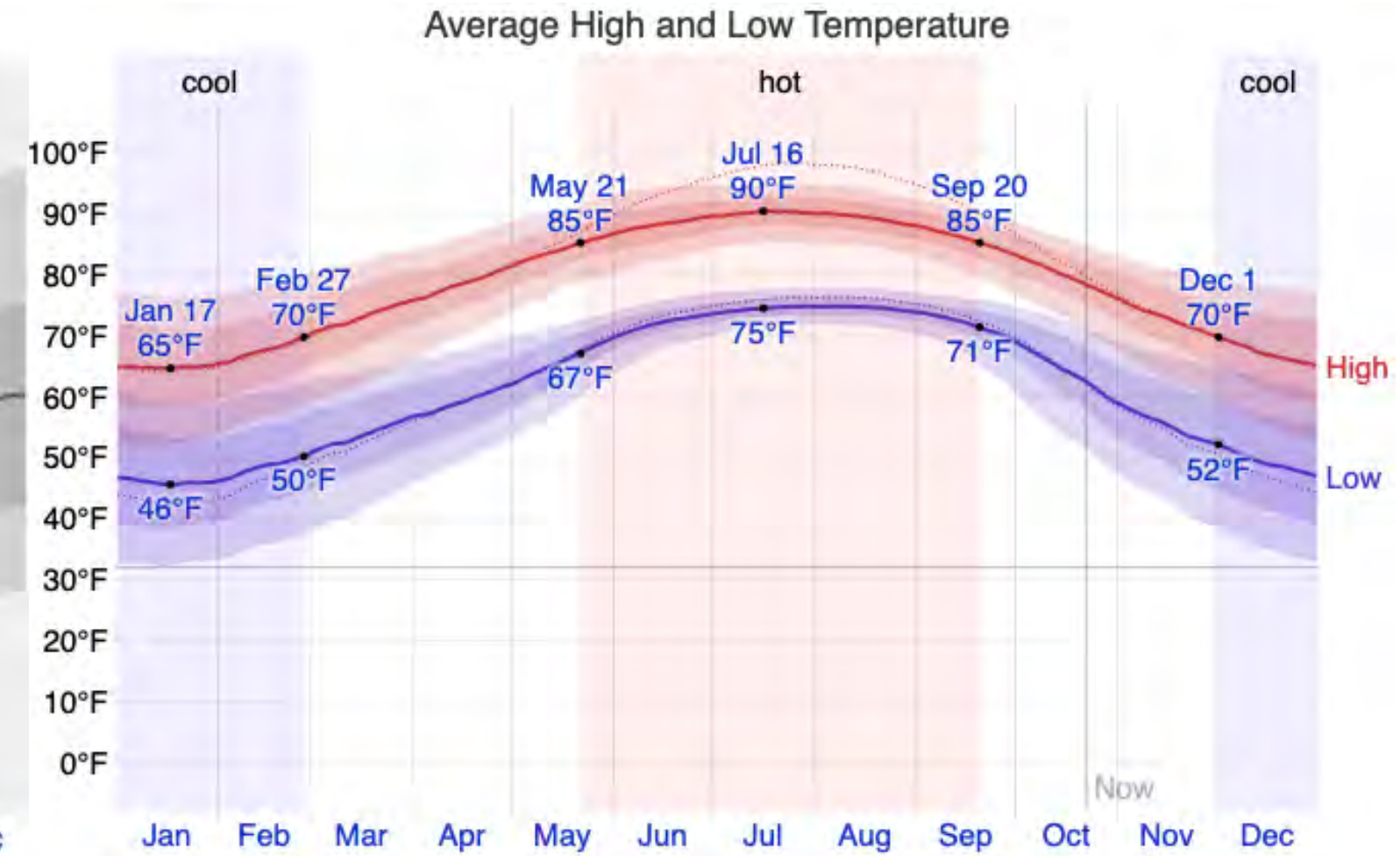
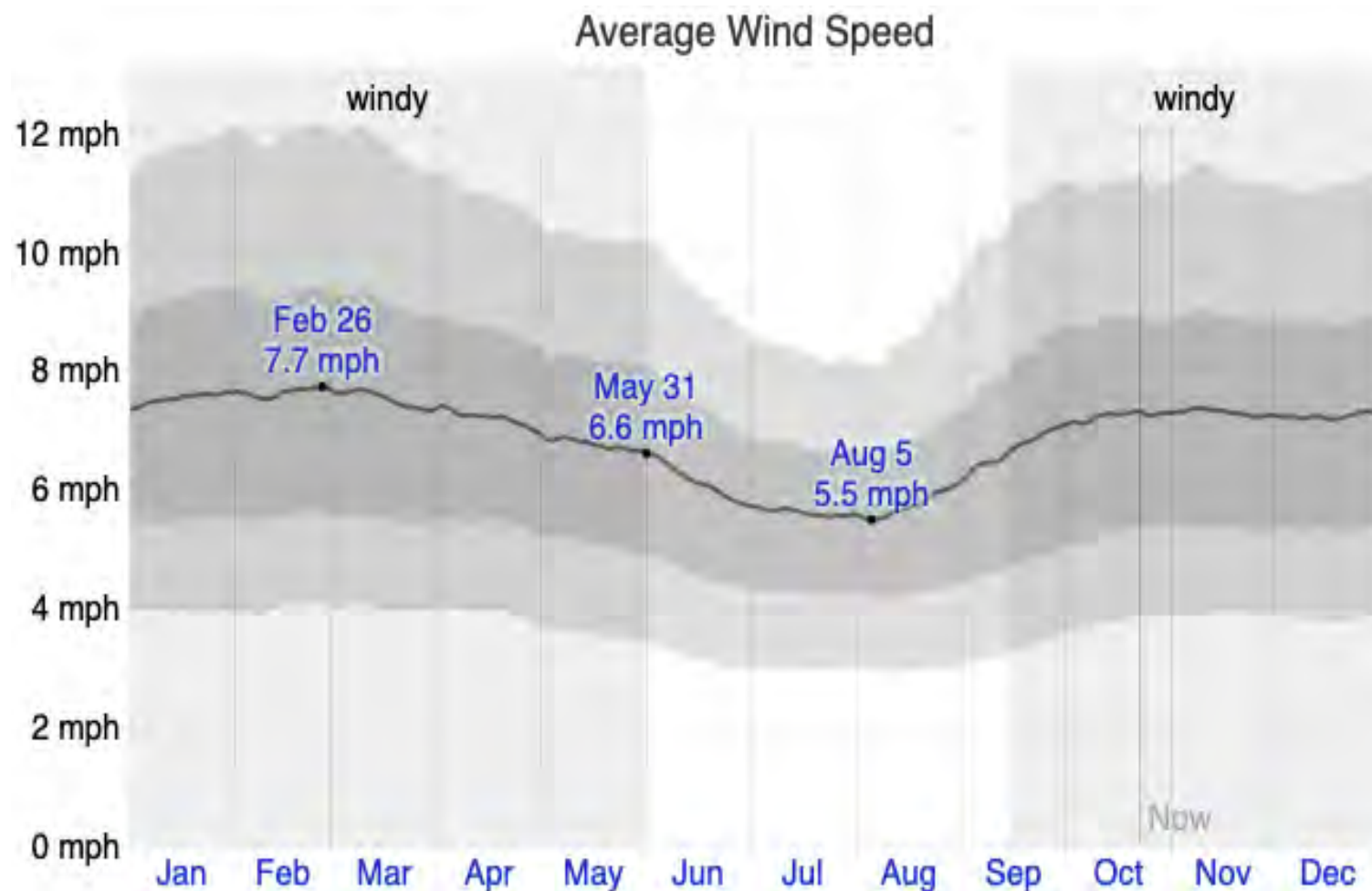
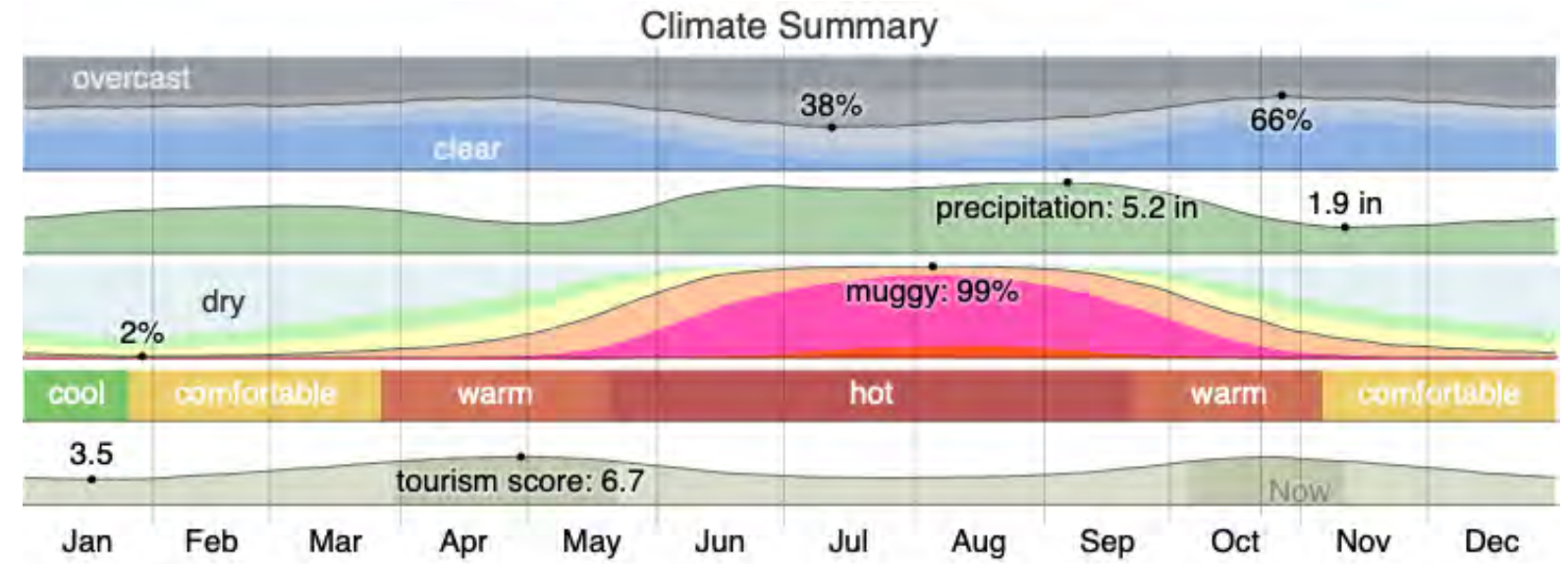
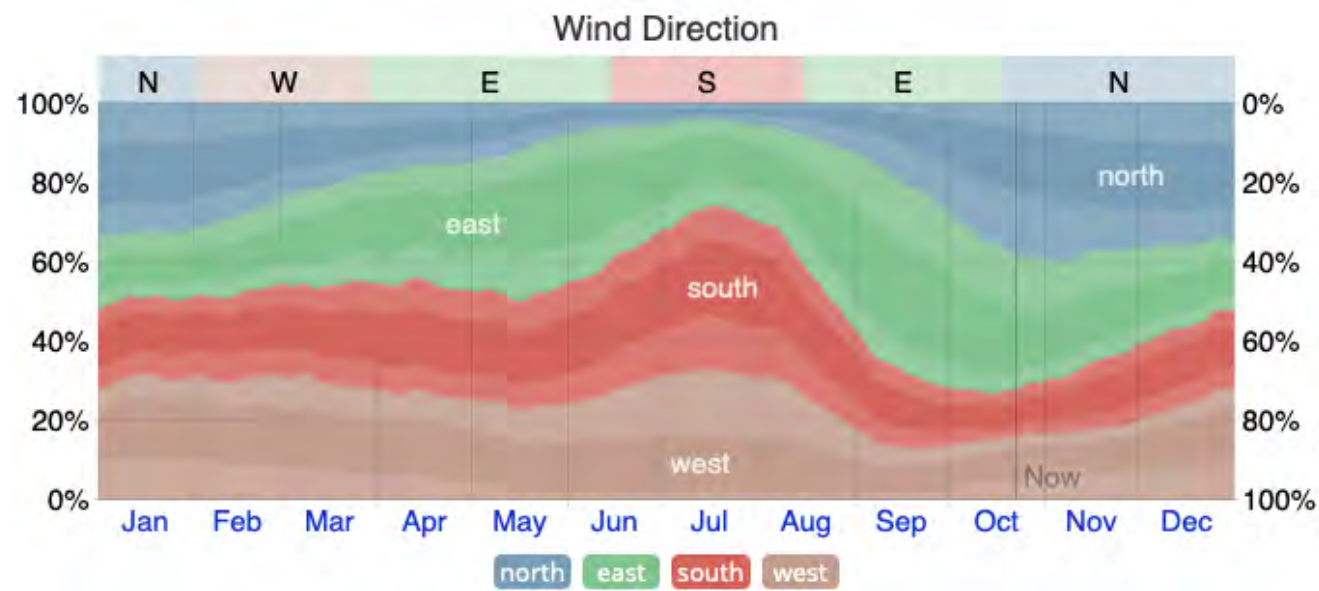
MACRO CLIMATE

FLORIDA



MICRO CLIMATE

PORT ORANGE, FLORIDA



NOISE MAP

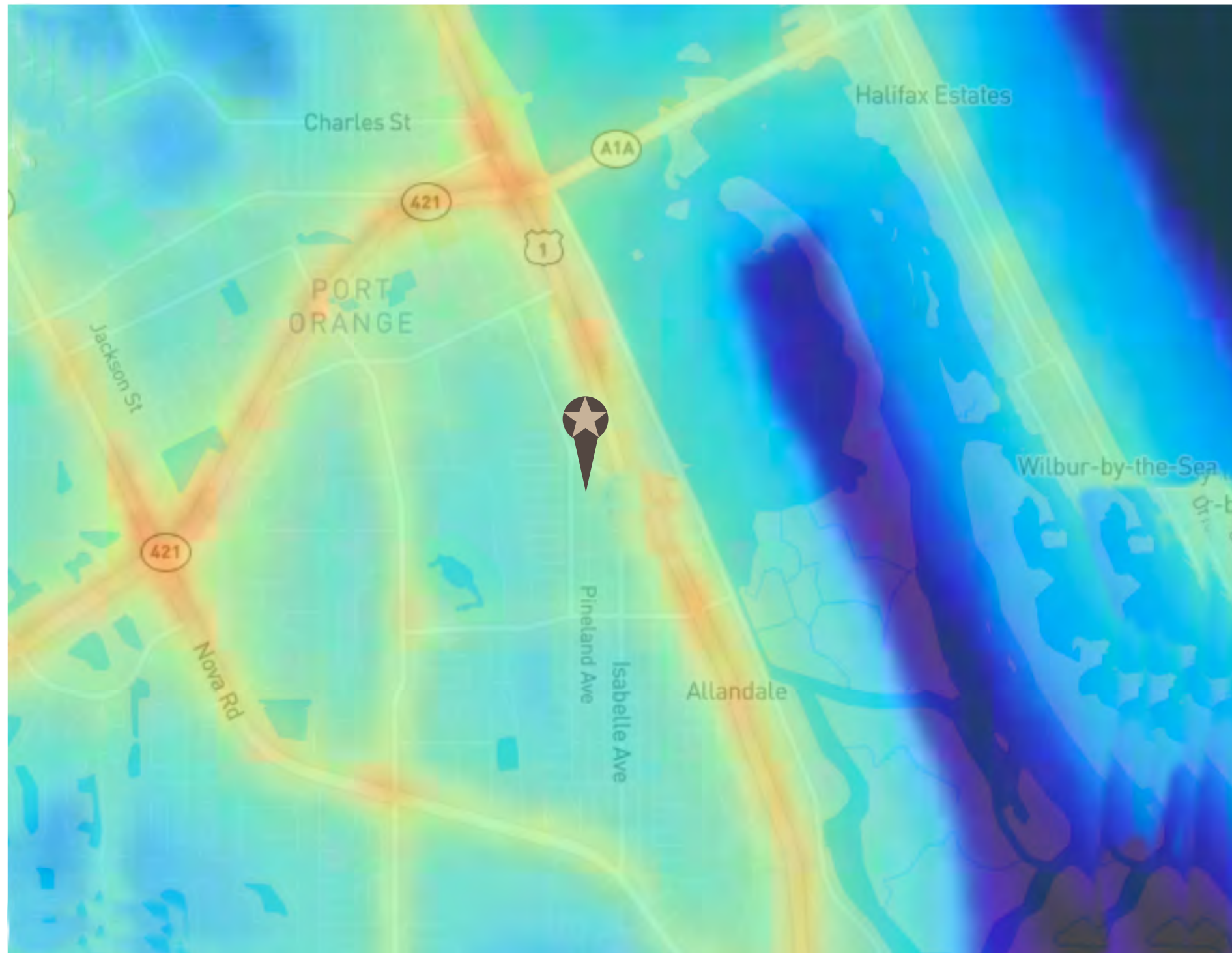
PORT ORANGE, FLORIDA



Sound score: 70 Active

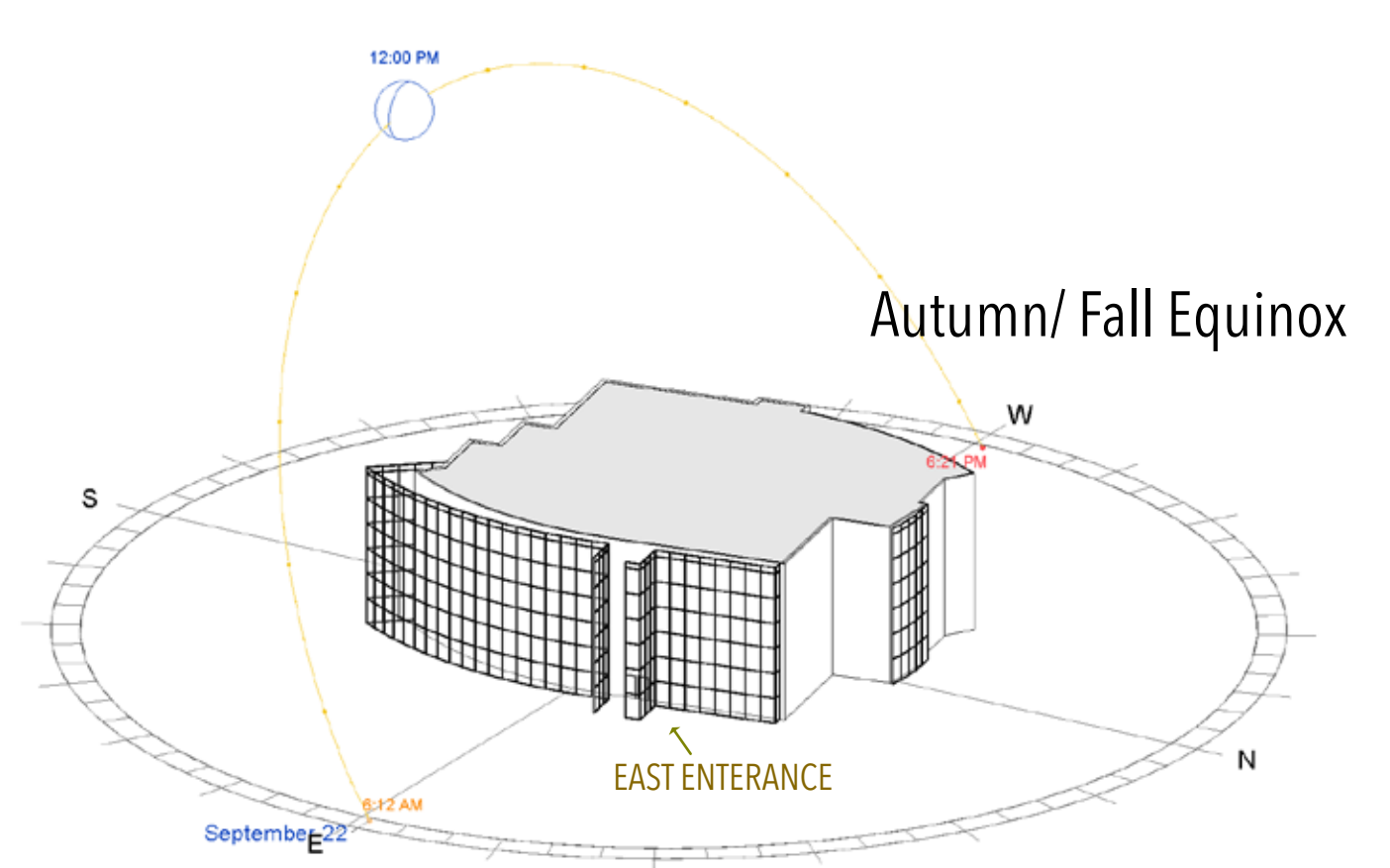
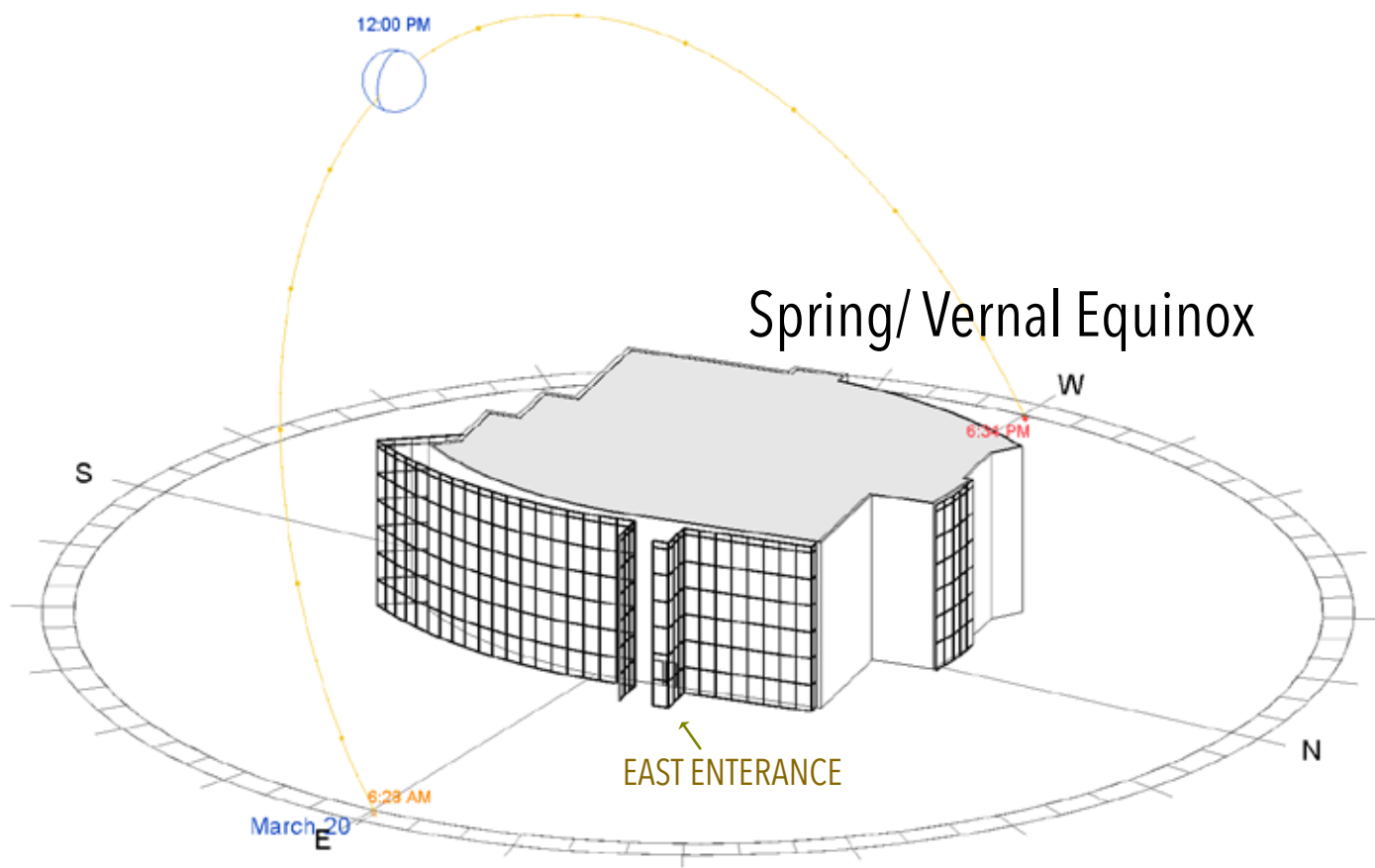
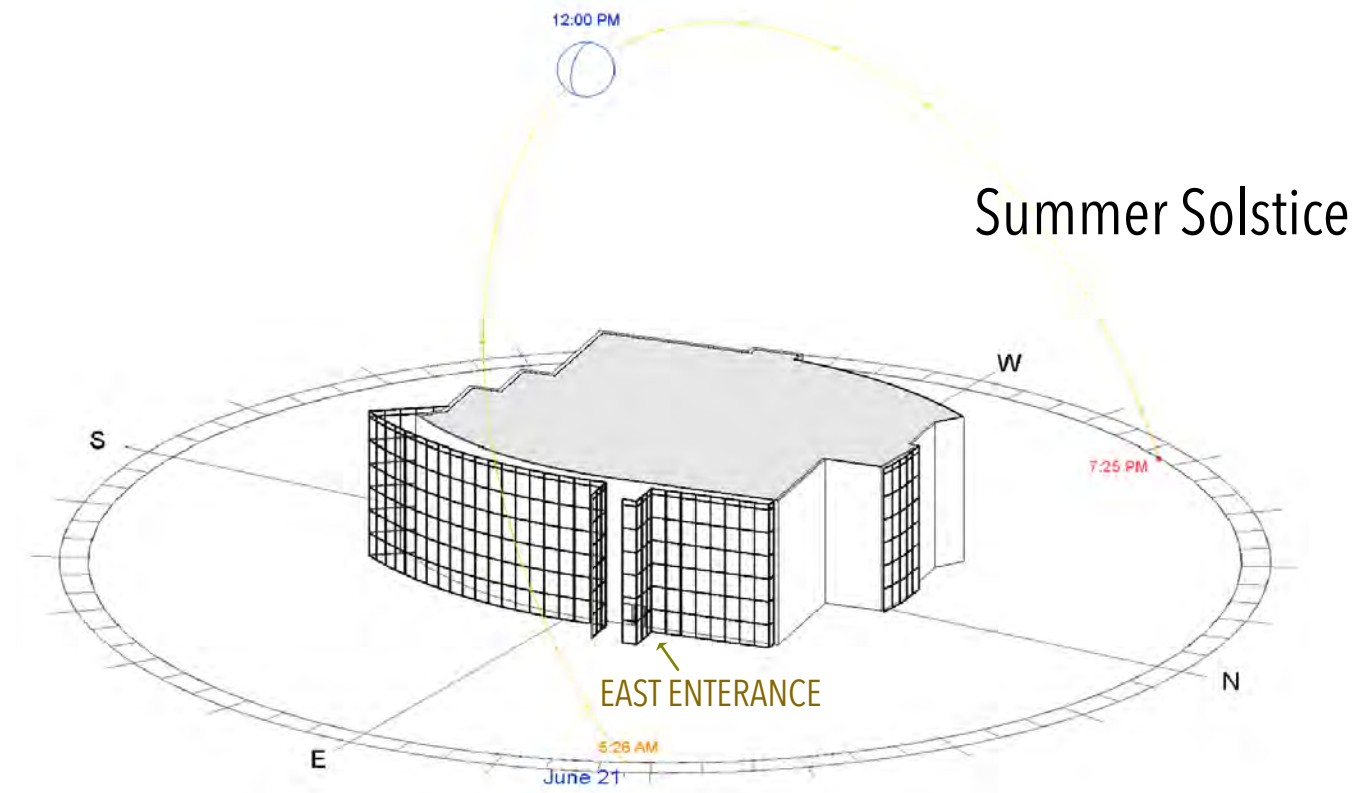
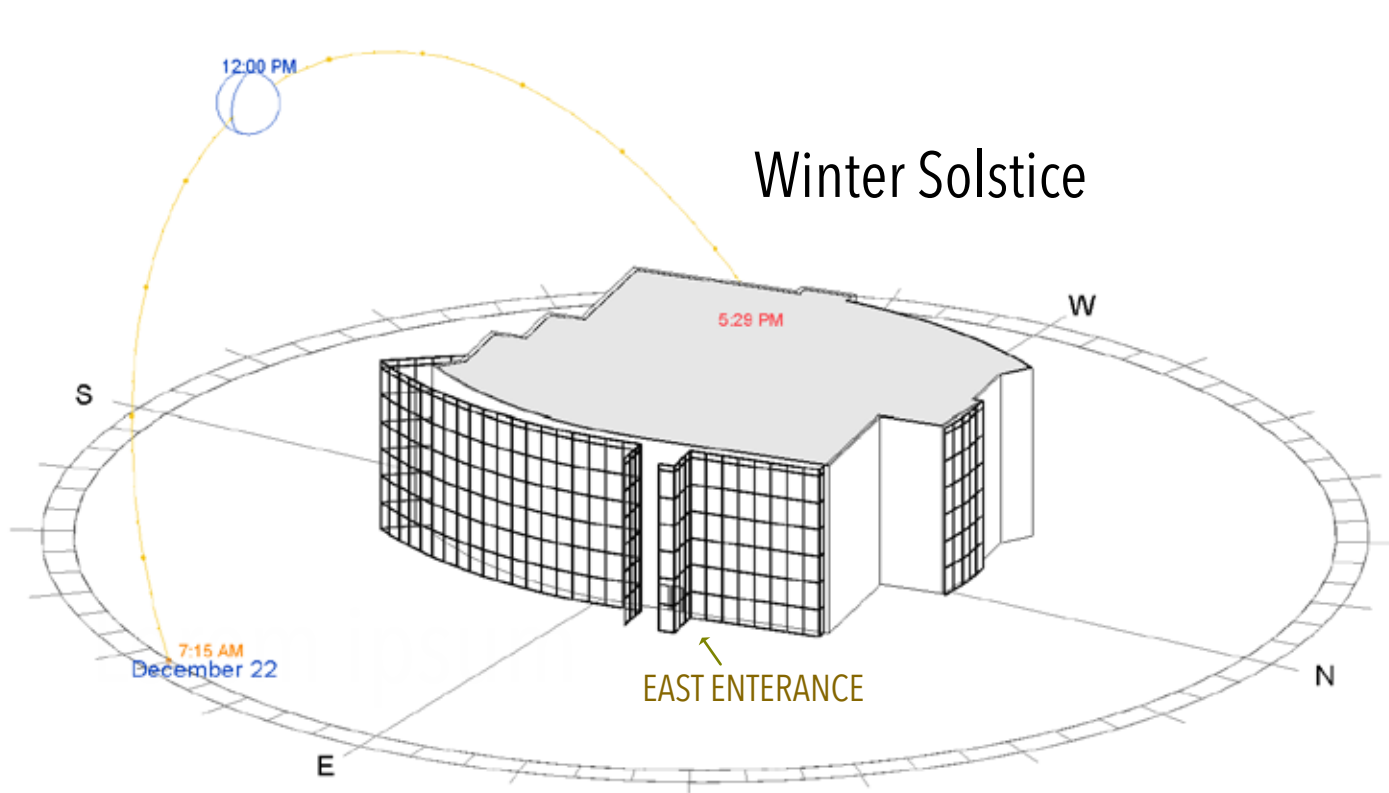
SOURCE OF NOISE

- Halifax River
- A1A Highway
- Buses
- Vehicular traffic



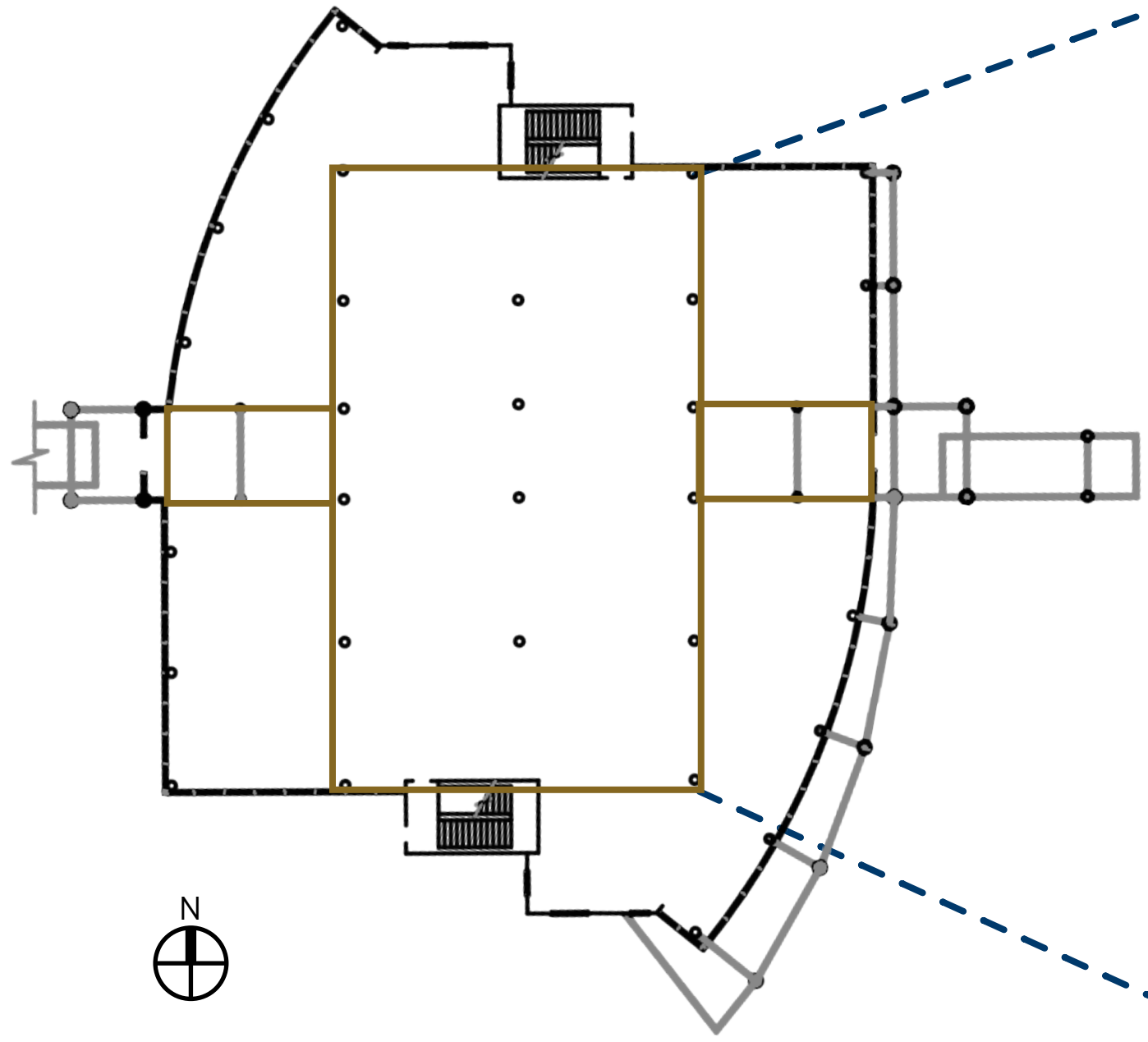
SUN PATH

5111 South Ridgewood Avenue, Port Orange, FL



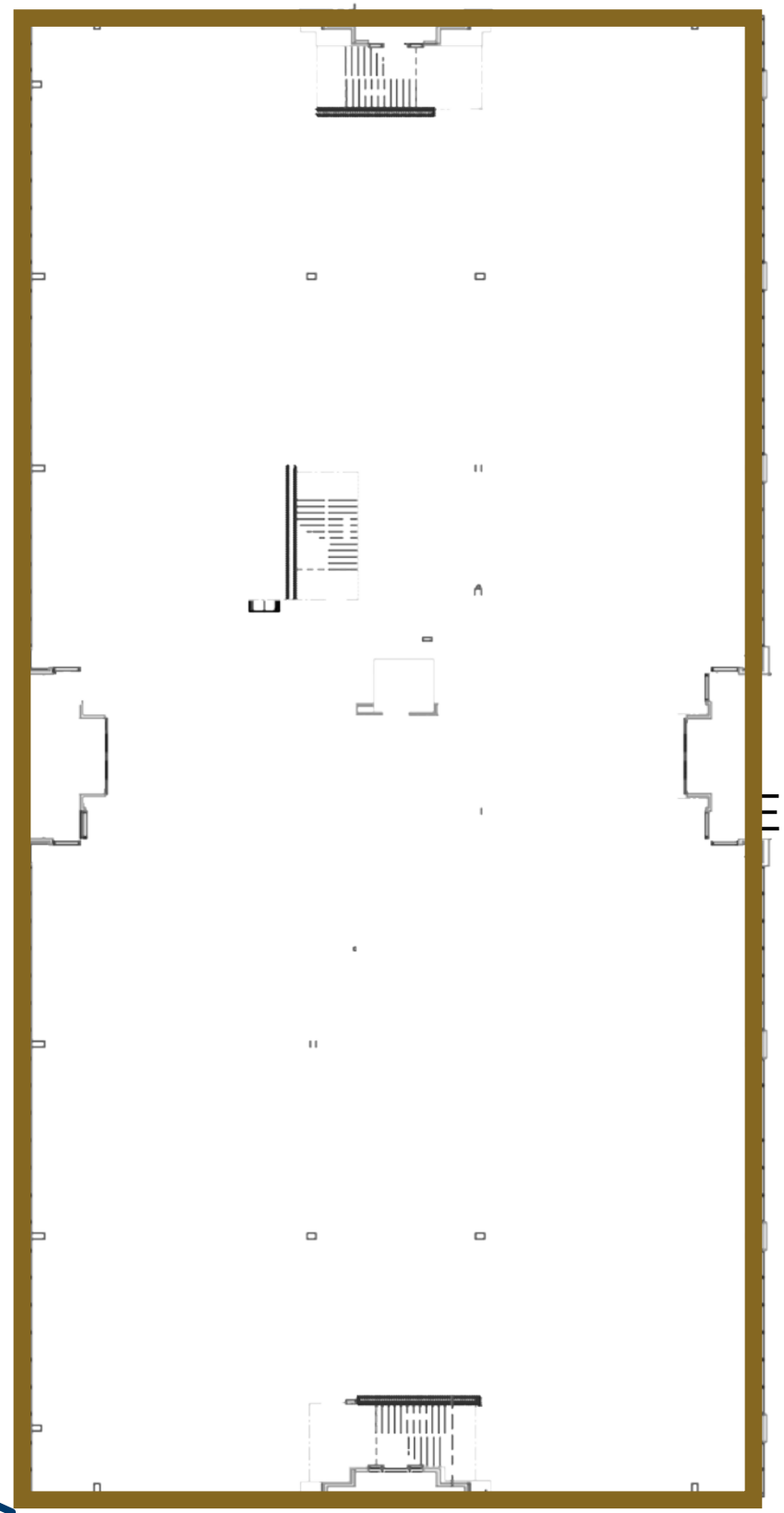
VIEWS

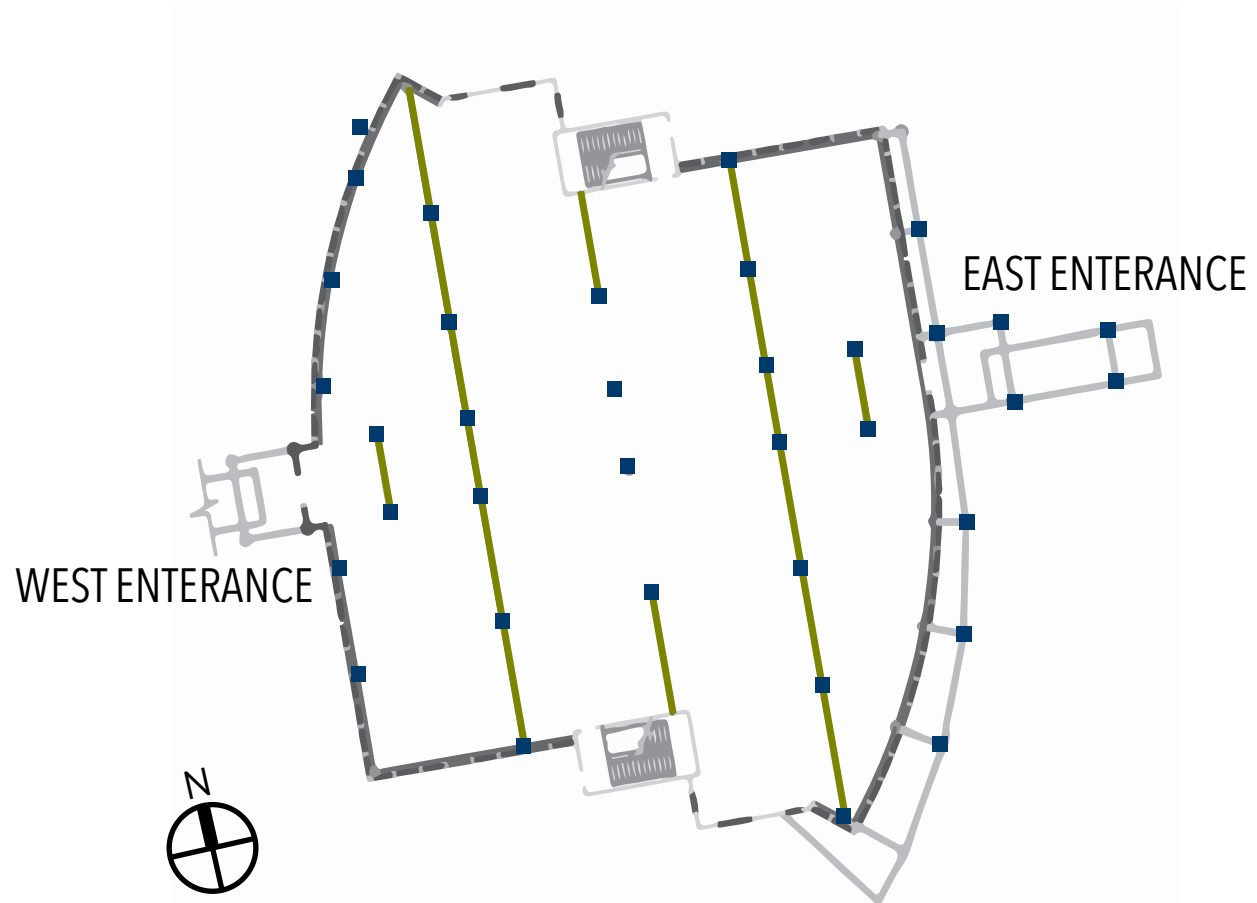




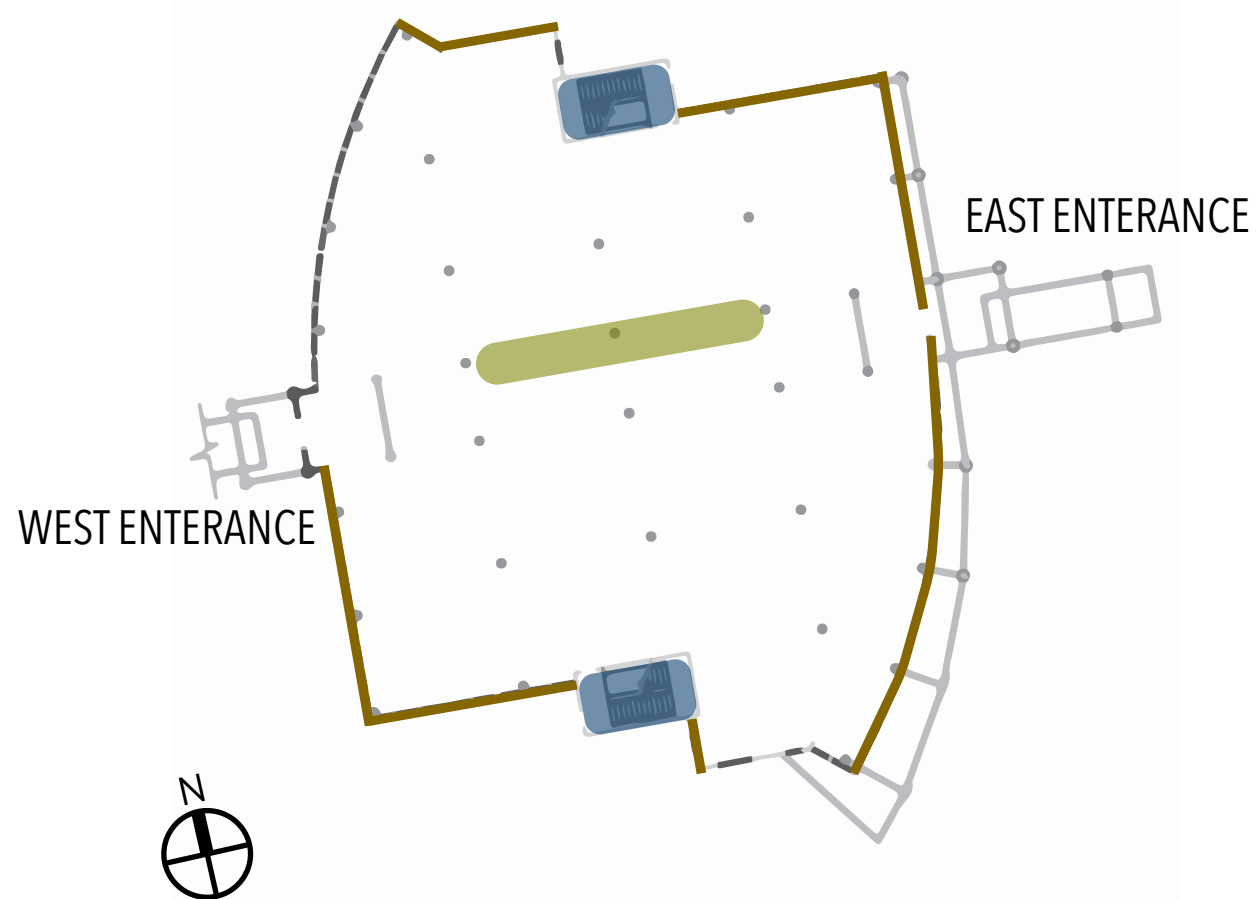
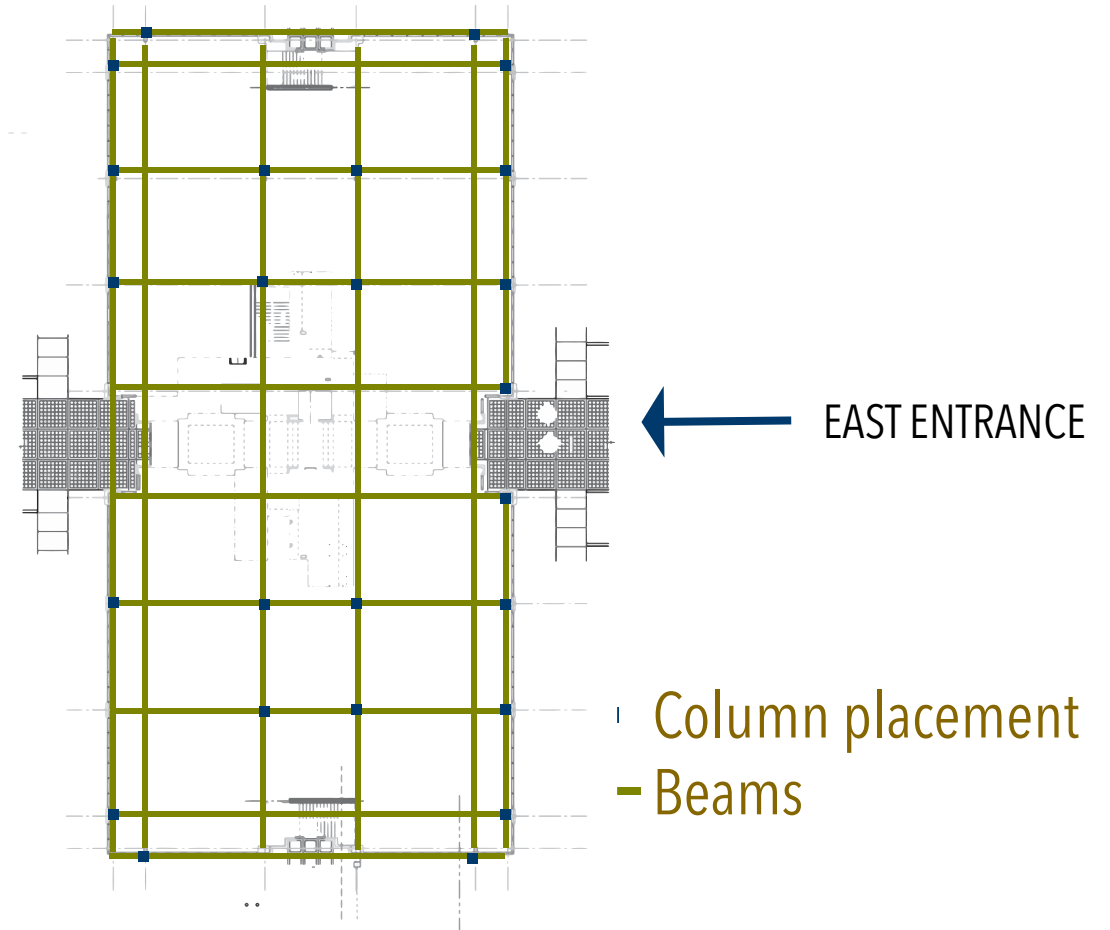
WEST
ENTRANCE →

← EAST
ENTRANCE

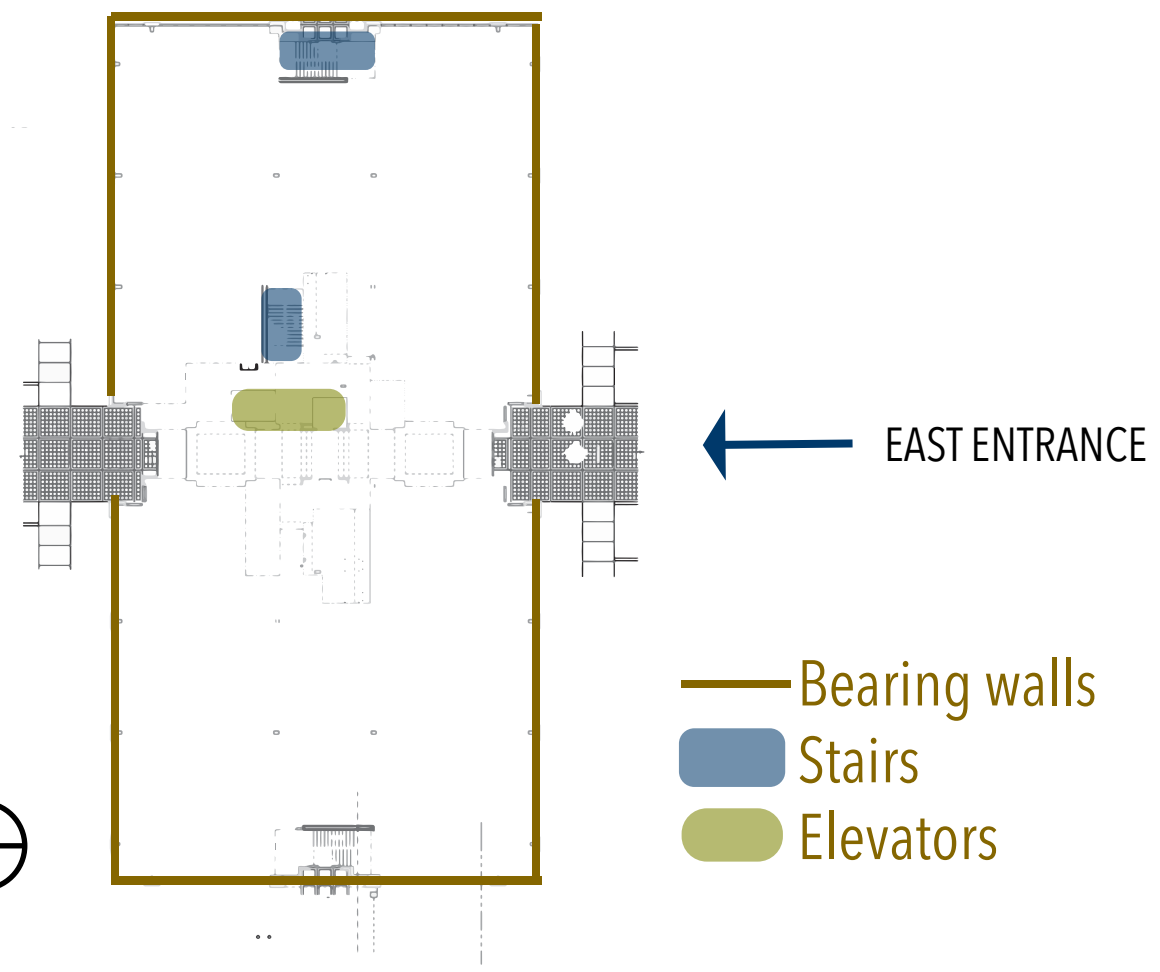


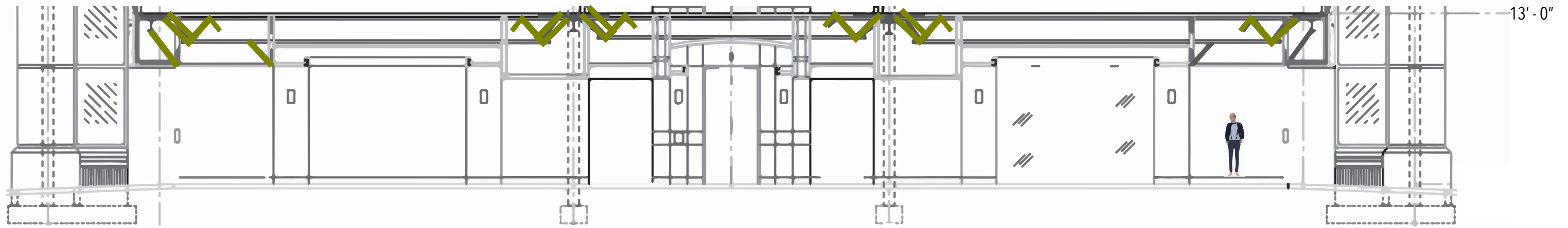


WEST ENTRANCE →



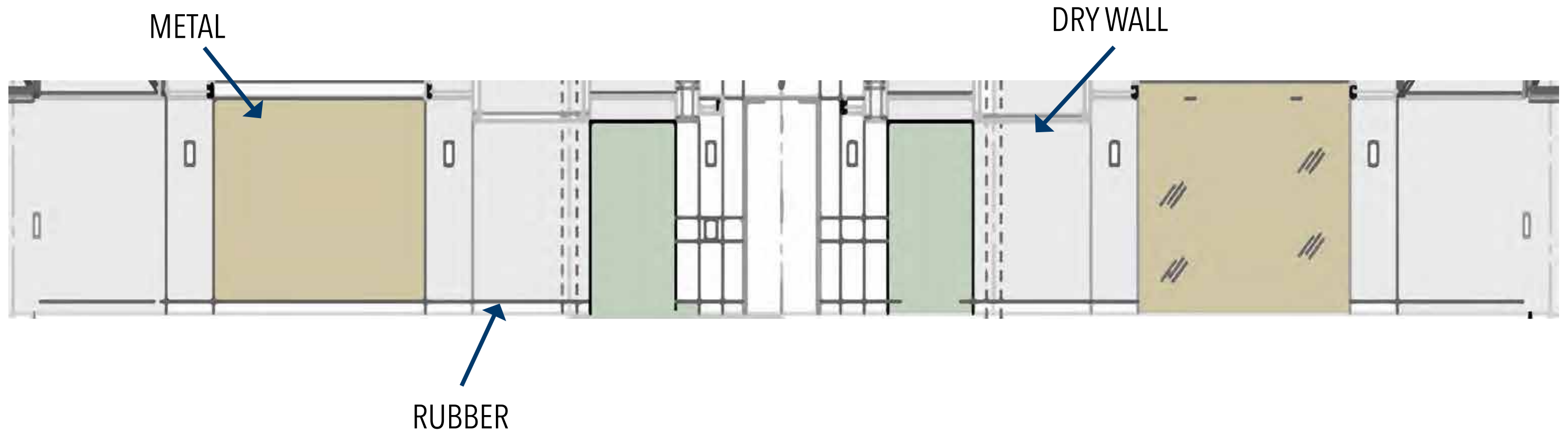
WEST ENTRANCE →



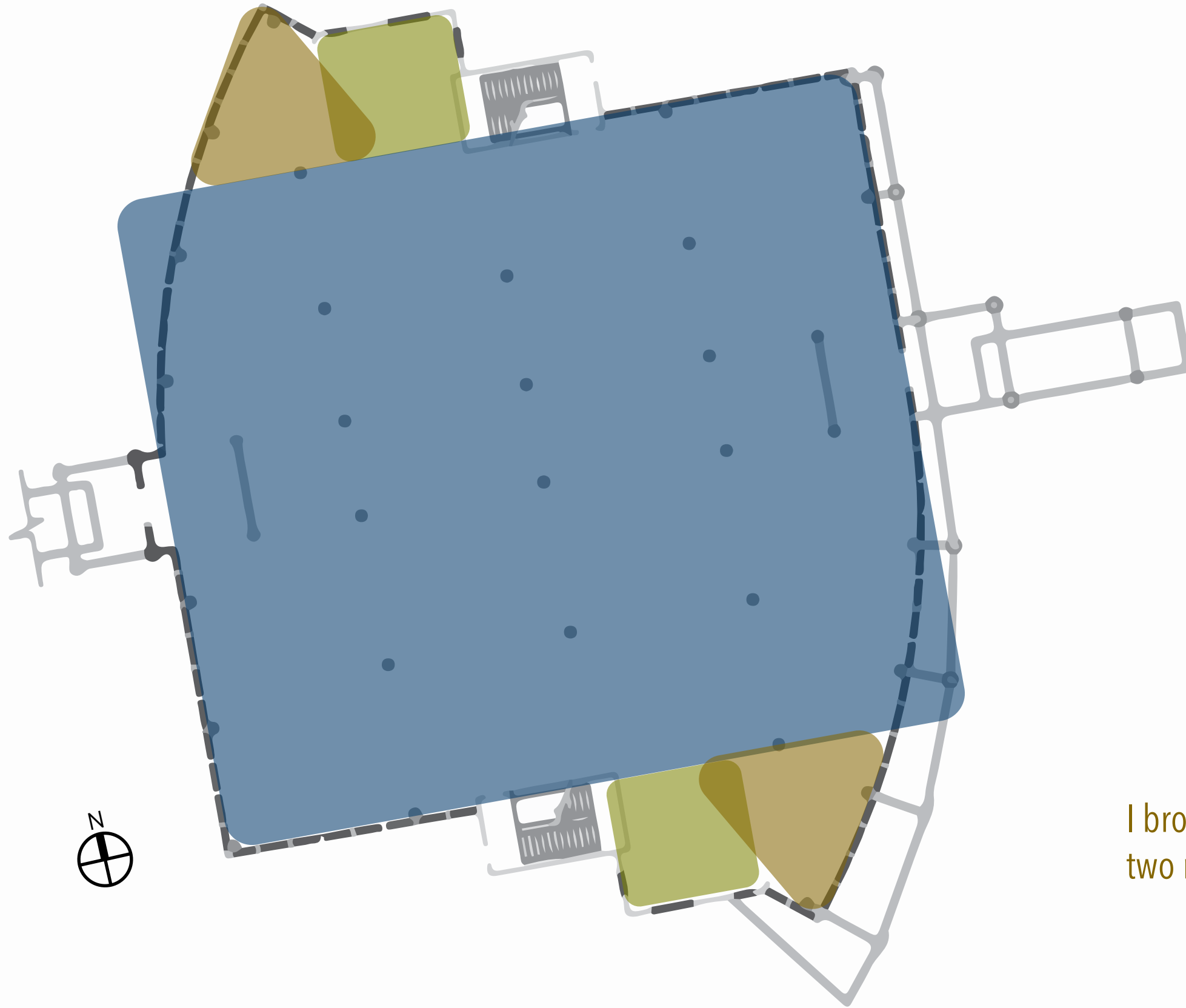


— Trusses

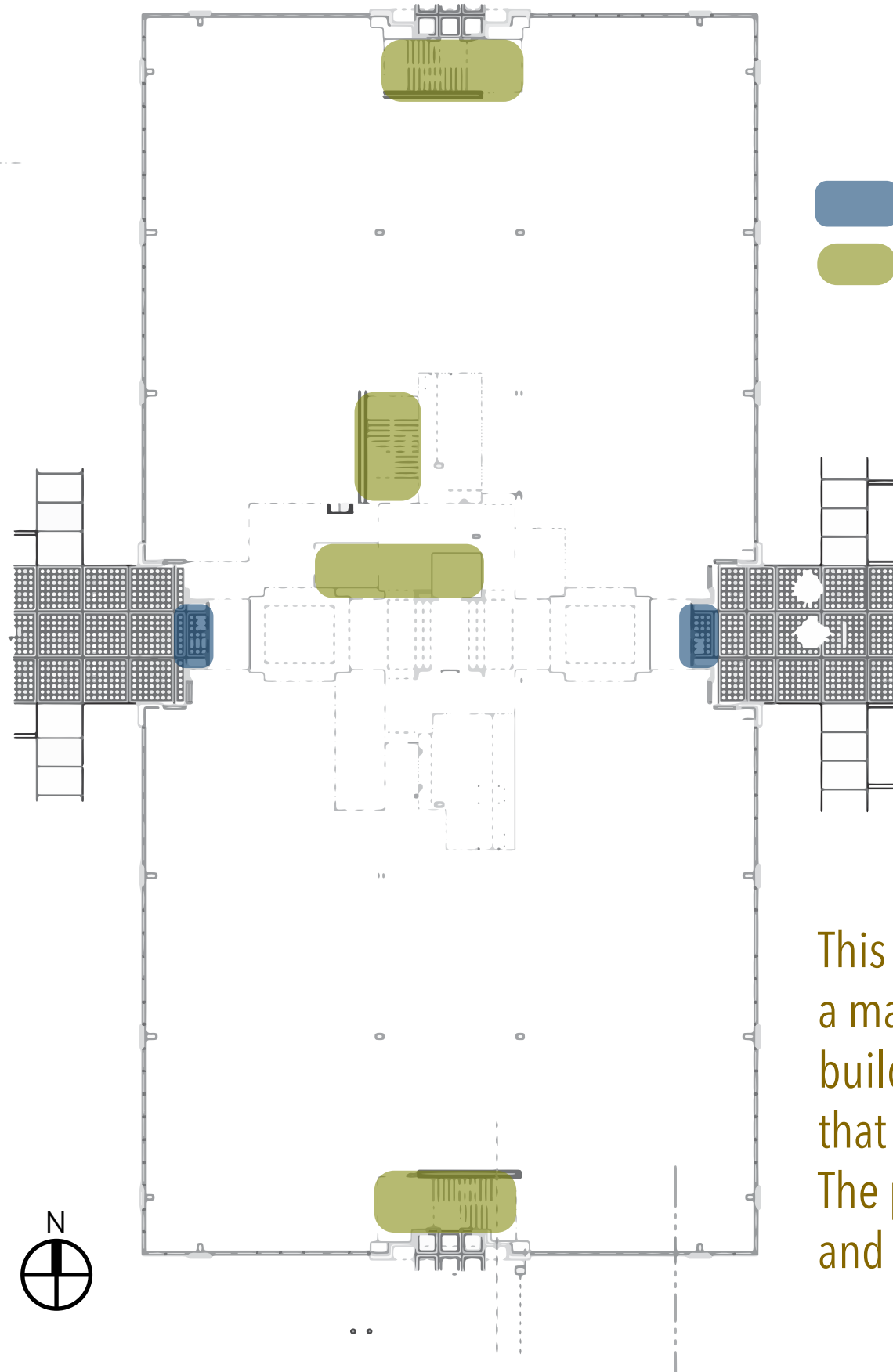
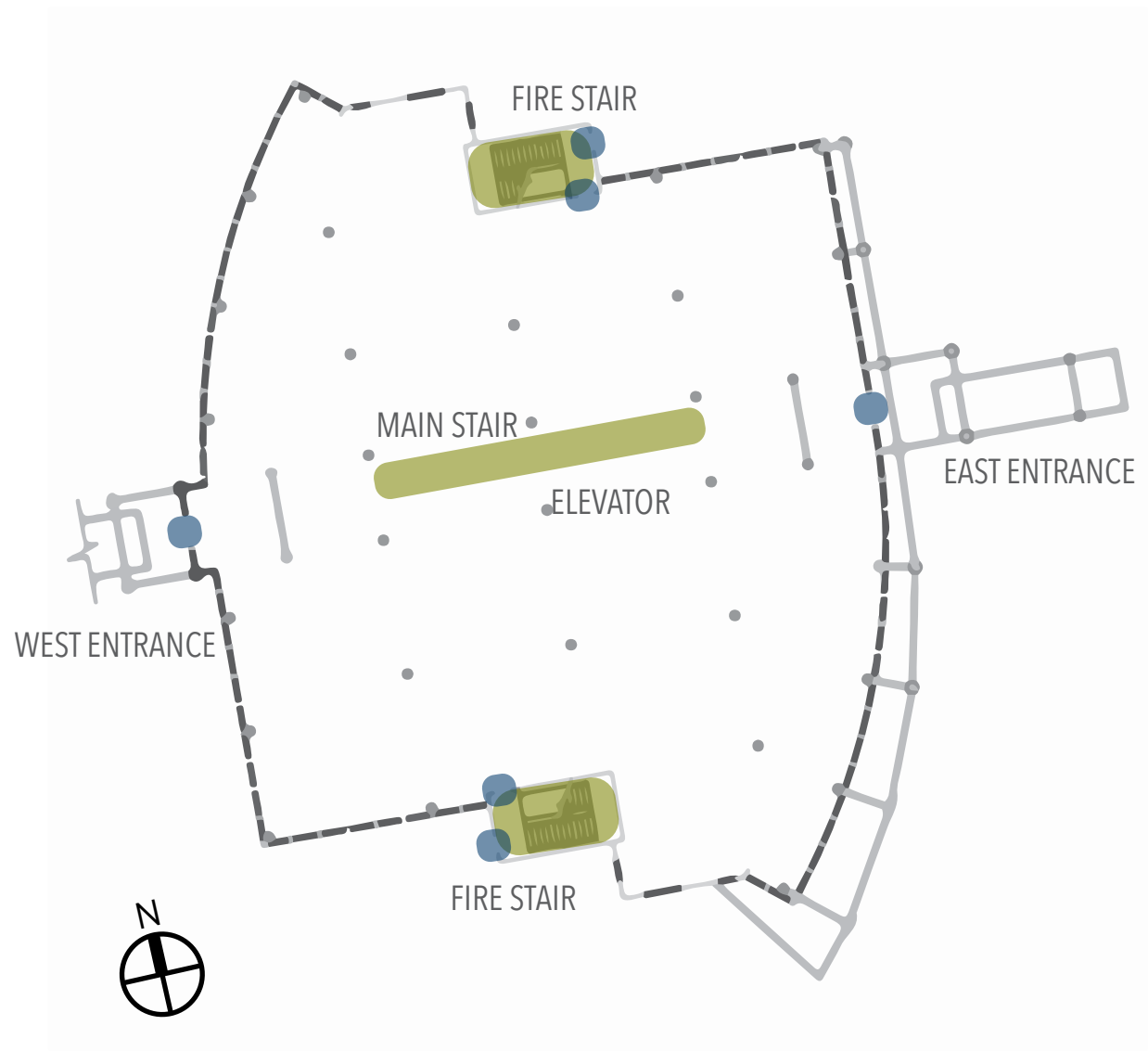
EXISTING MATERIALITY



MASSINGS AND FENESTRATION



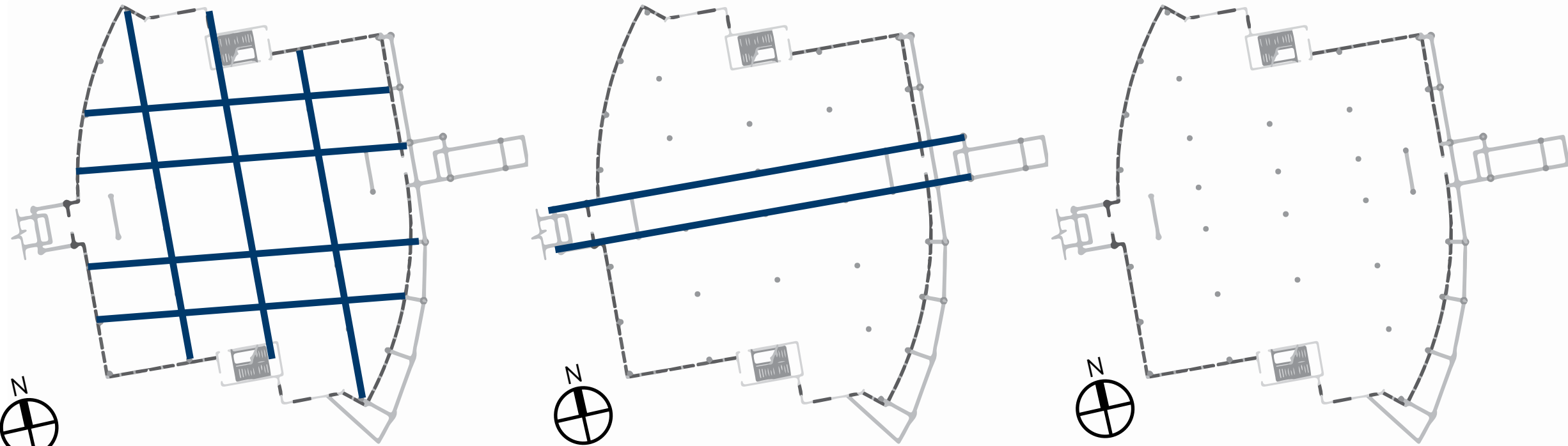
I broke the geometric structure of the building into two main shapes: squares and triangles.



Potential points of entry/ exit
 vertical circulation

This building includes an elevator, a main staircase in the center of the building plan and two fire stars that serve as secondary entry points. The primary entry points are the east and west entrances.

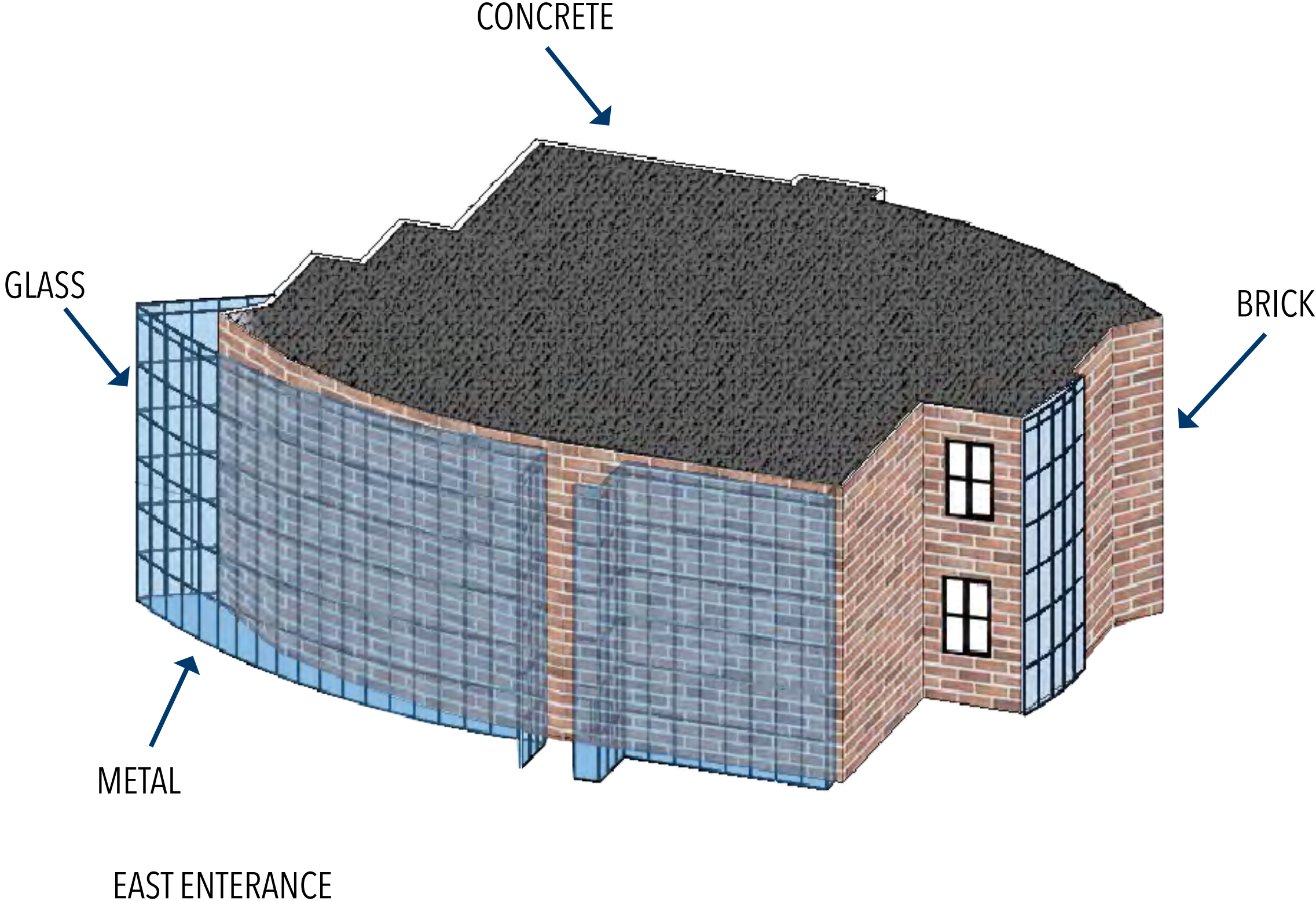
PRINCIPALS OF DESIGN



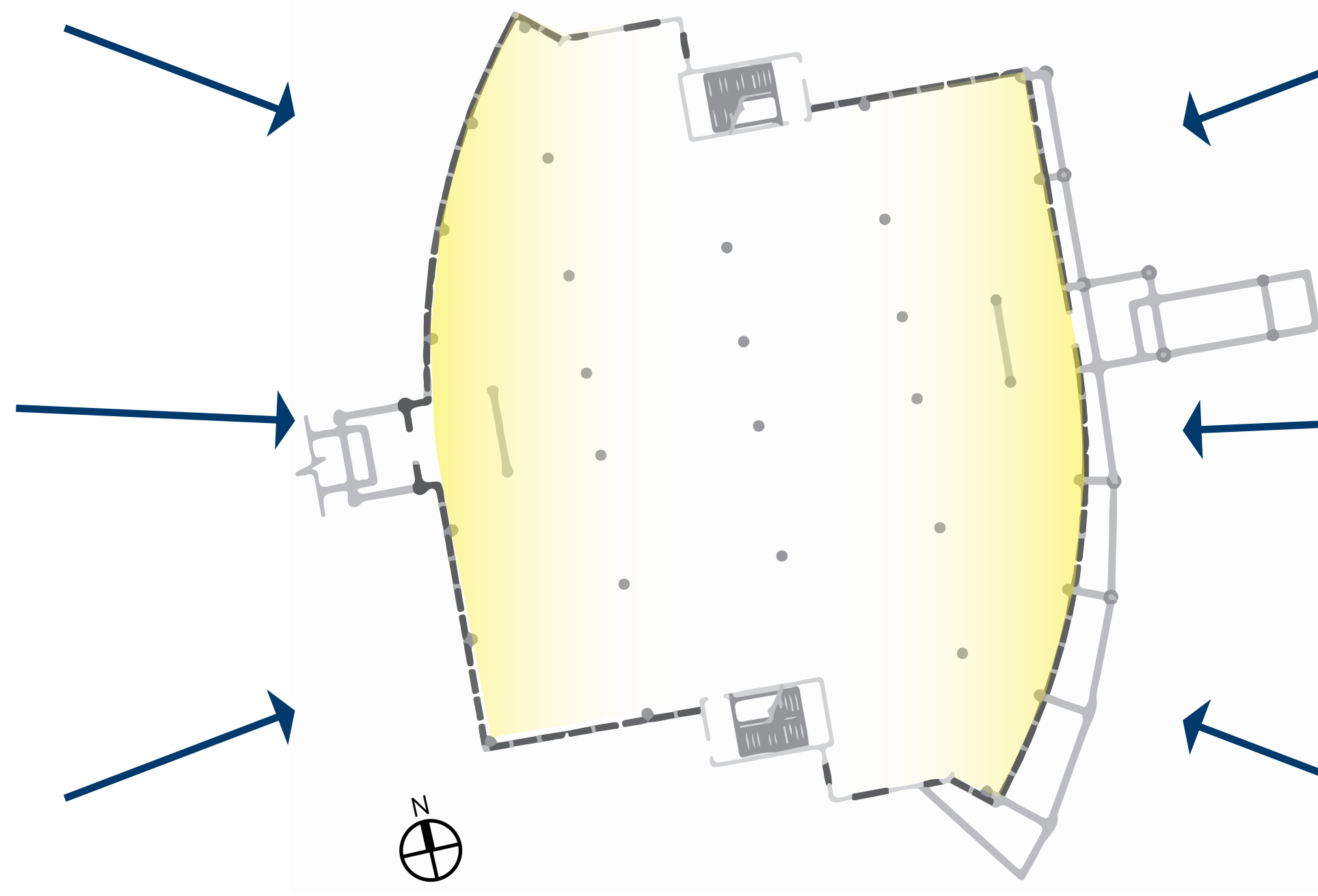
STRUCTURE

ENTRY

EXISTING MATERIALITY

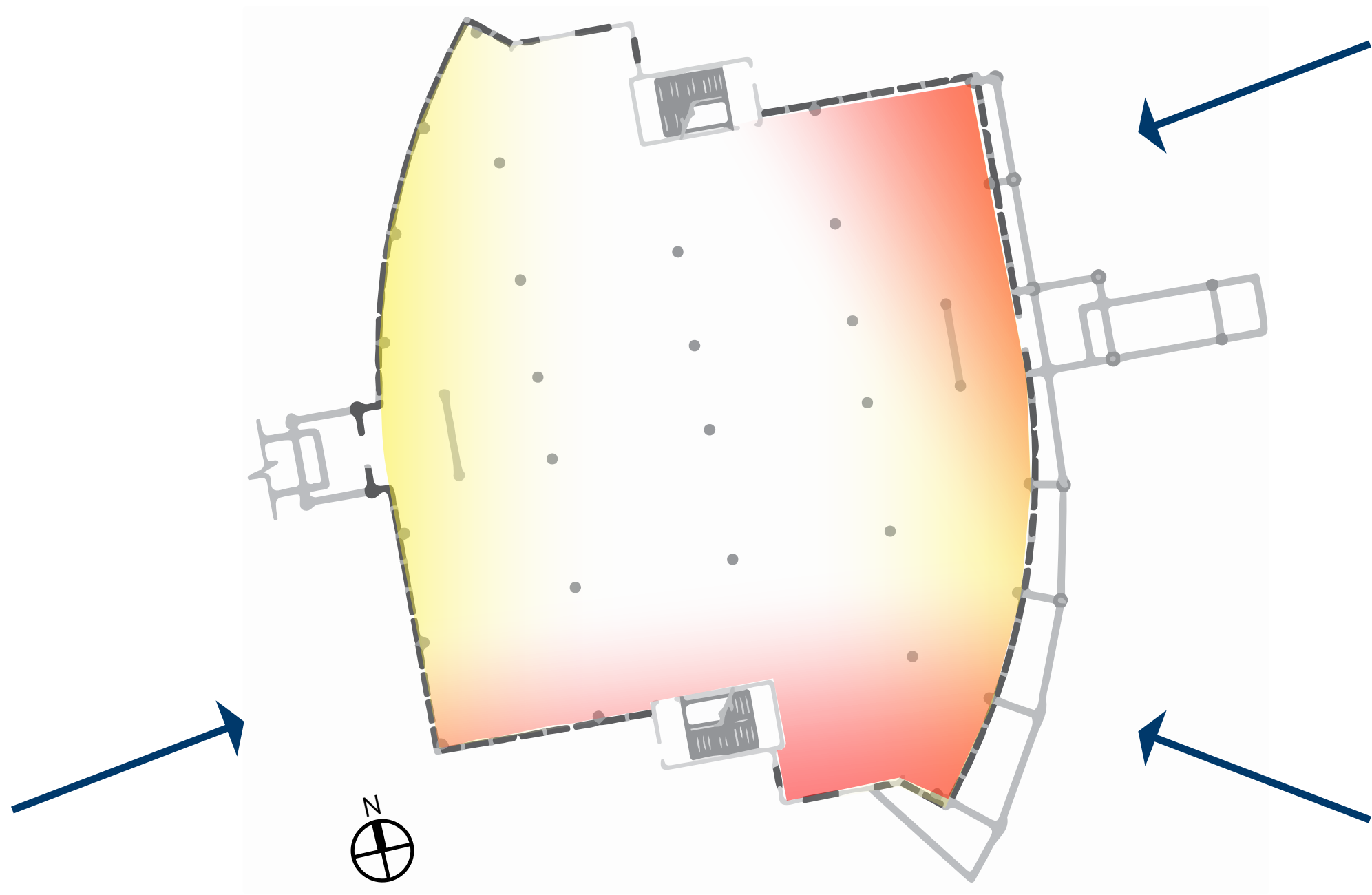


NATURAL LIGHT



Natural light is able to enter the building through the fiction of the large store front windows across the entire facade and rear of the building.

SUN PATTERNS & THERMAL GAIN



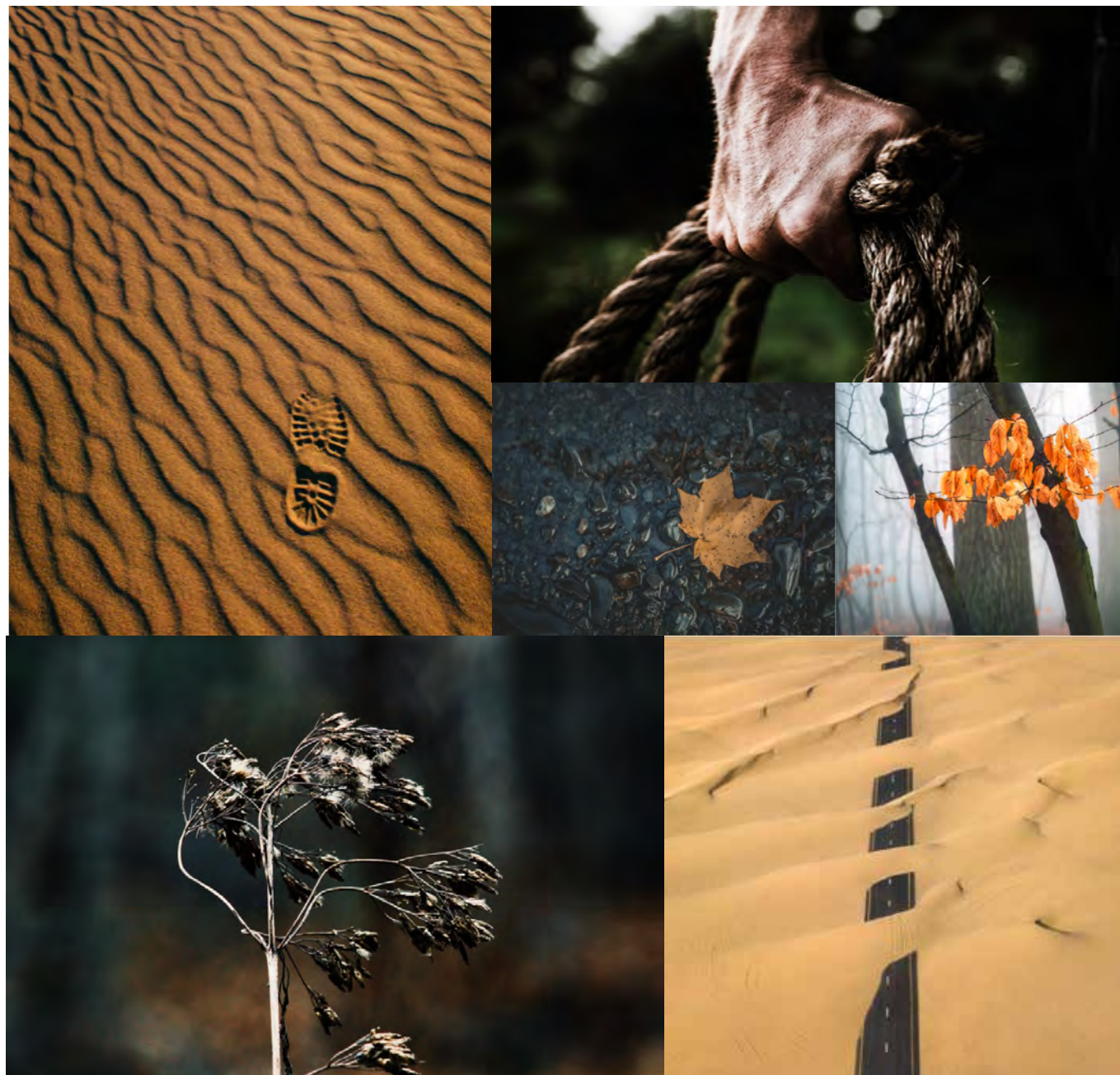
The entrance of the building faces SE in plan. With this in mind, I mapped the direct exposure of the sun to hit within the areas that are shaded red.

PHASE 4

HEALING INVISIBLE WOUNDS

"Invictus Vir"

Latin (adj): undefeated, unconquerable



Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud
Under the bludgeonings of chance
My head is bloody, but unbowed.

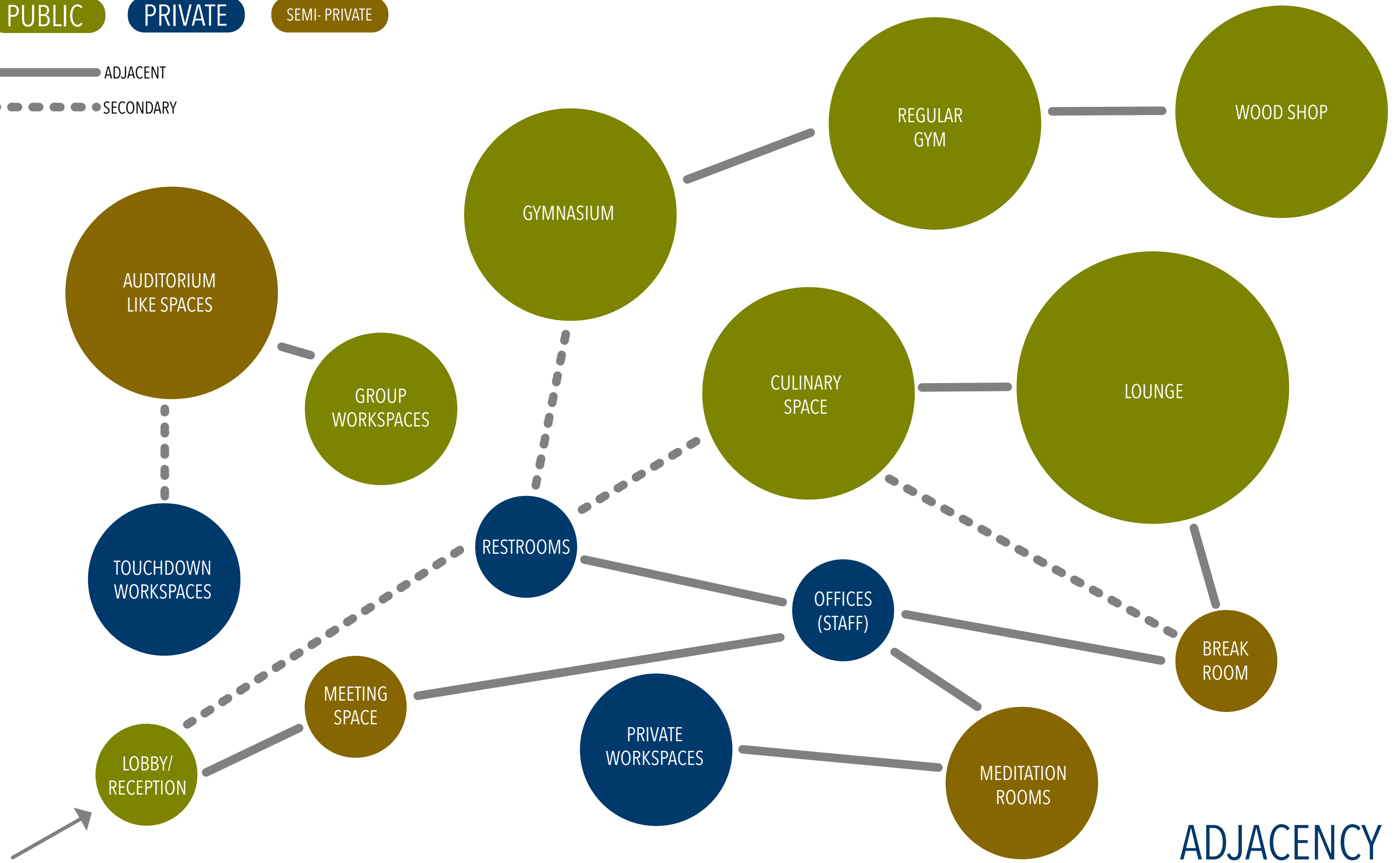
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
how charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

- William Ernest Henley

PUBLIC **PRIVATE** SEMI-PRIVATE

———— ADJACENT
- - - - SECONDARY



ADJACENCY

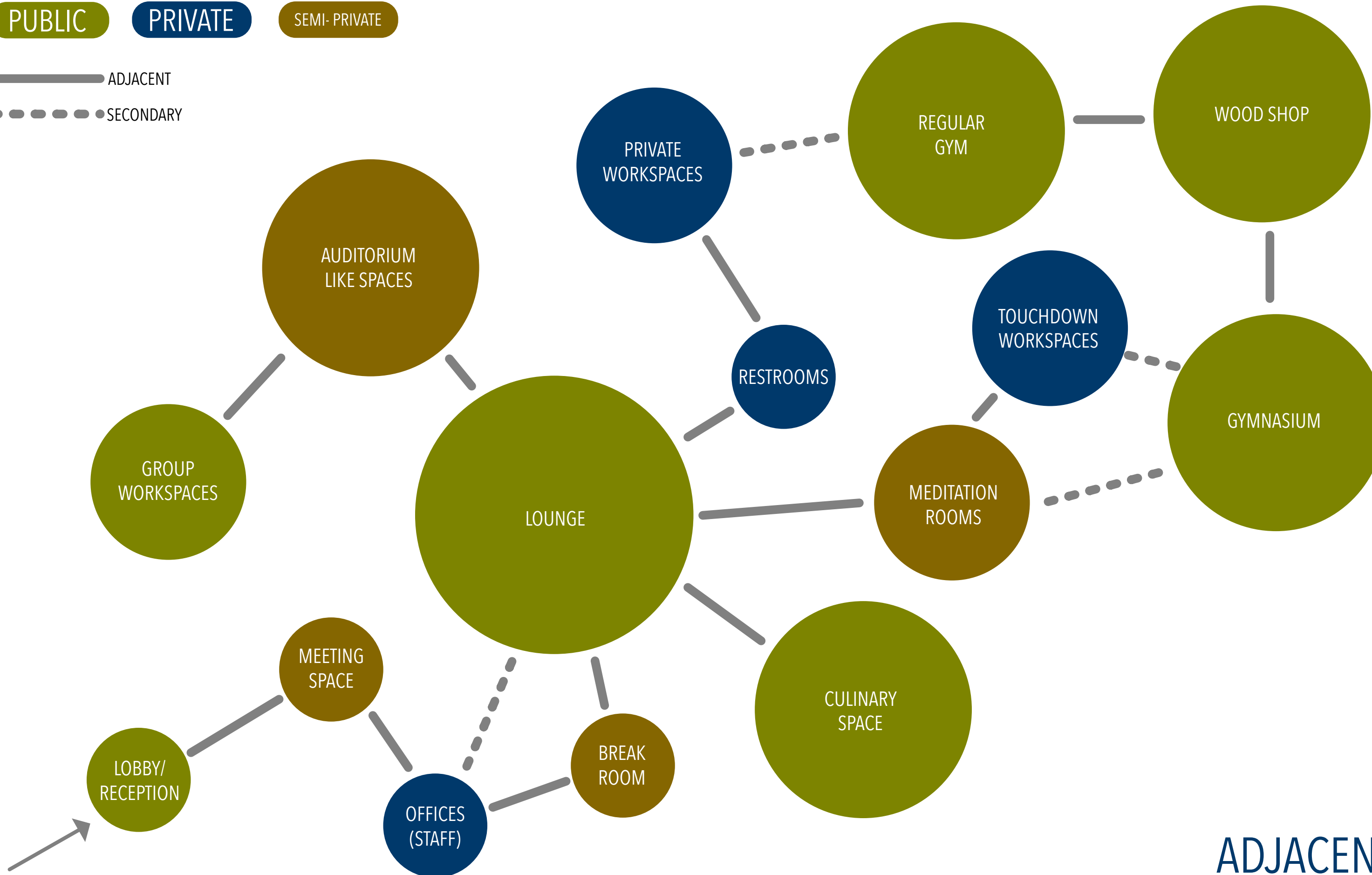
PUBLIC

PRIVATE

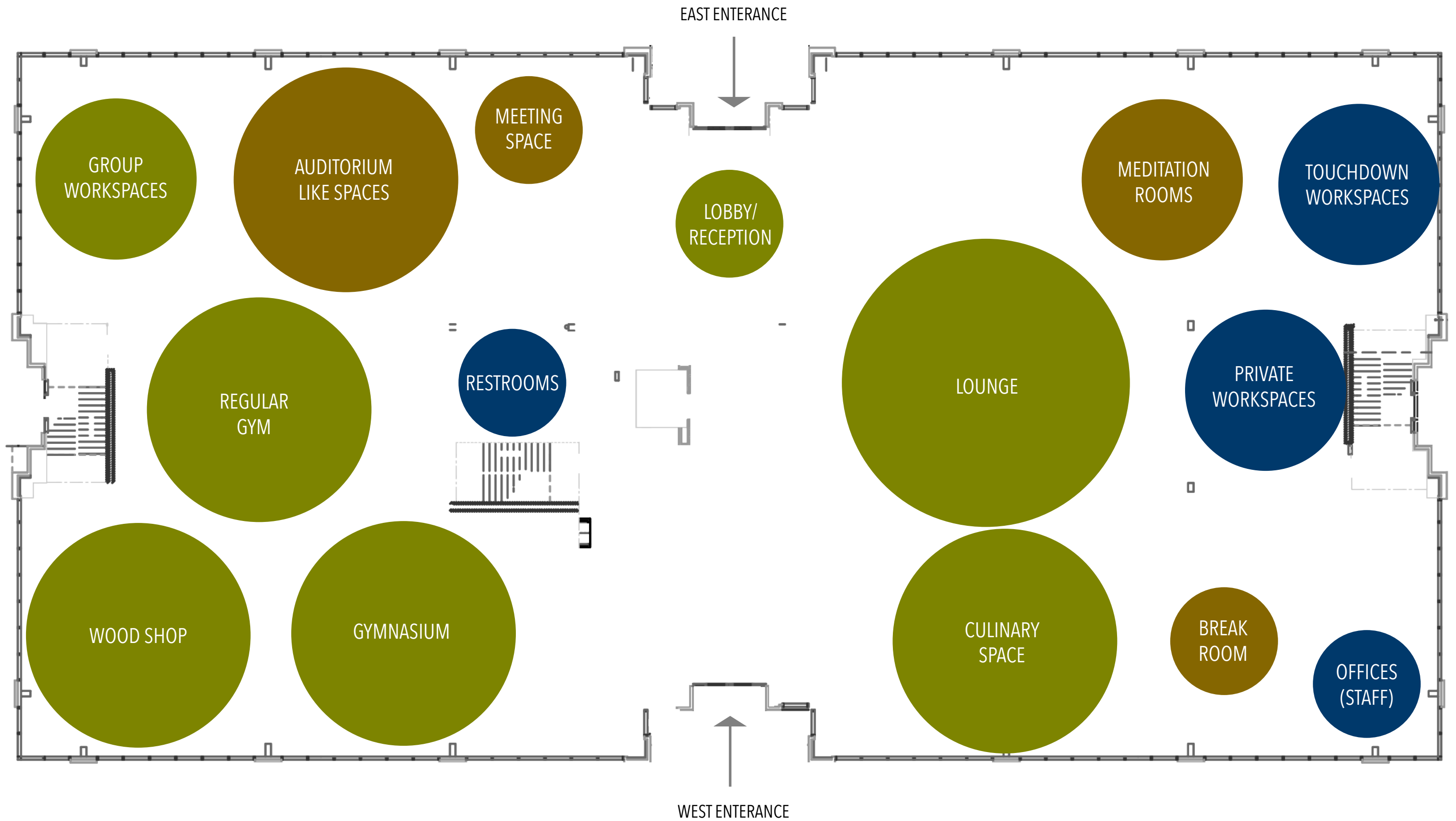
SEMI-PRIVATE

ADJACENT

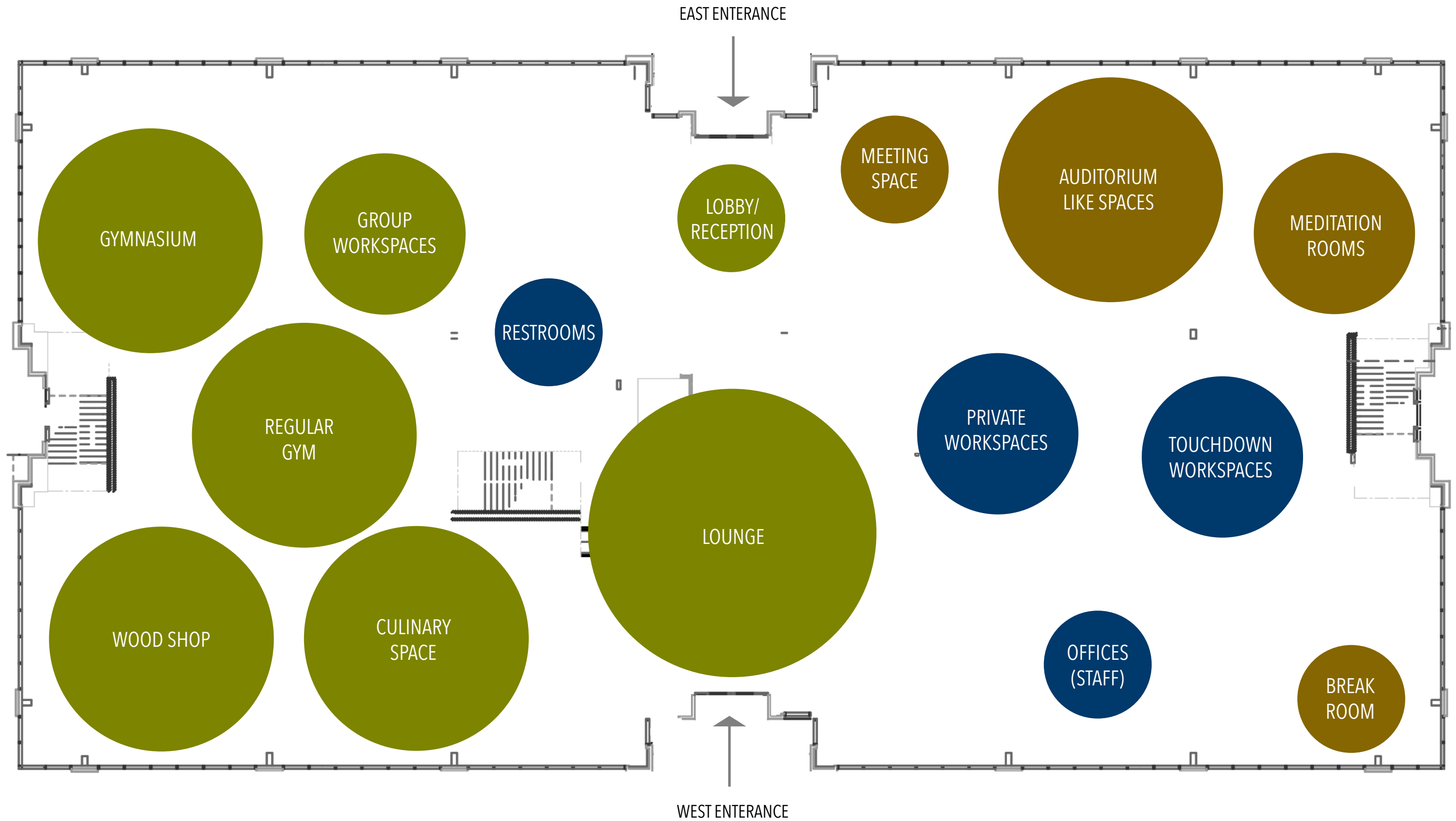
SECONDARY



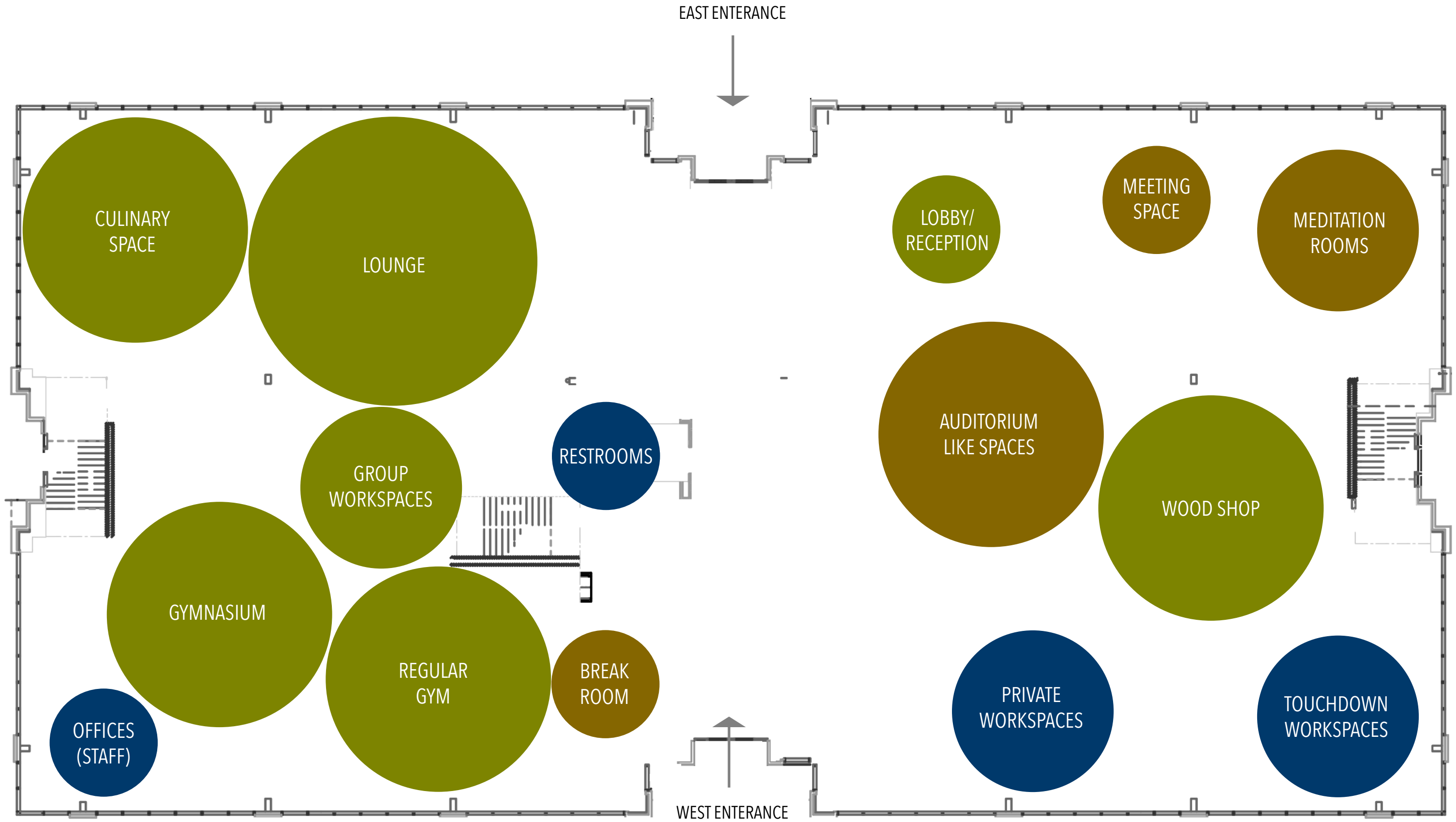
ADJACENCY



BUBBLE



BUBBLE

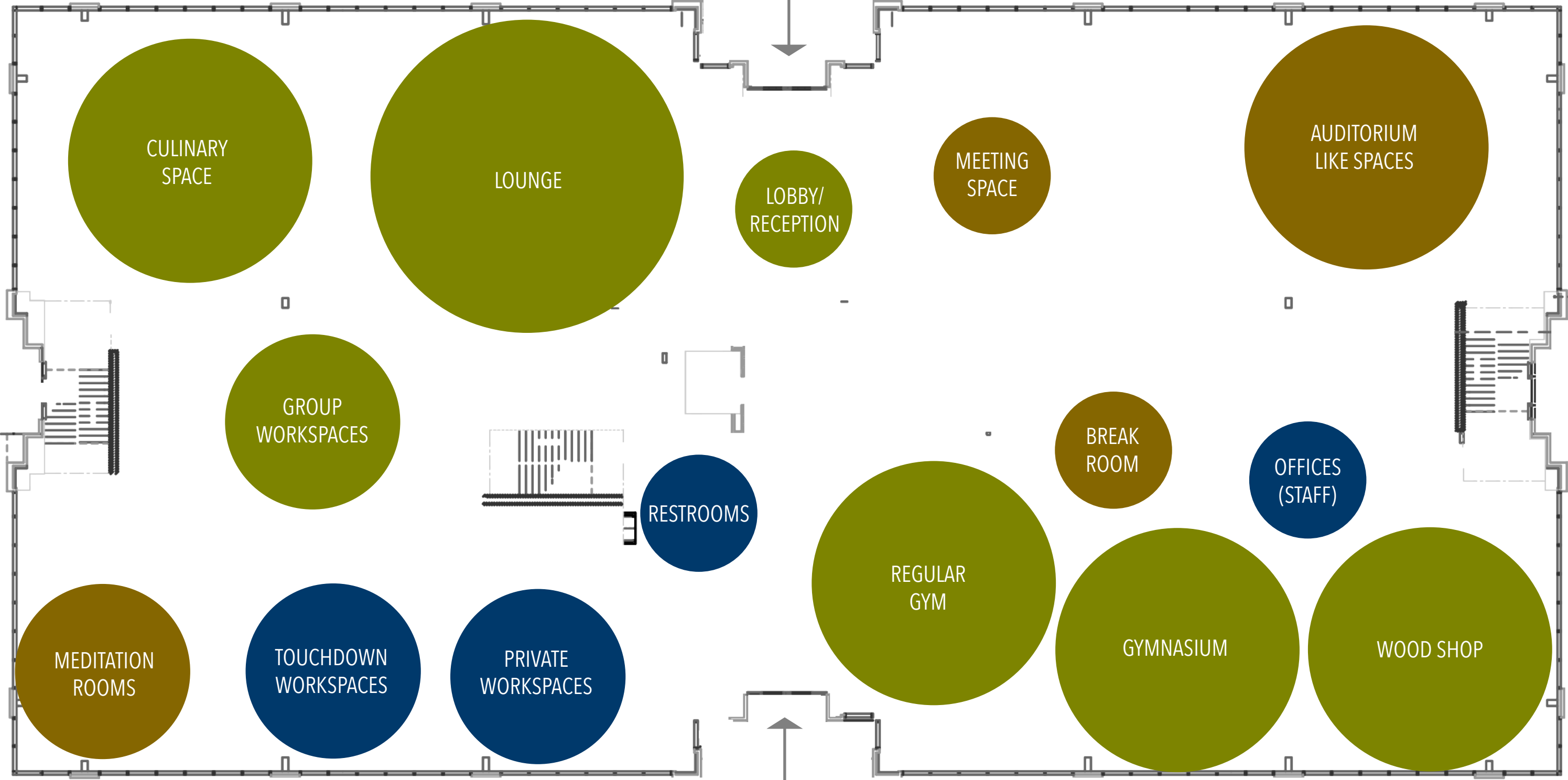


BUBBLE

EAST ENTRANCE



WEST ENTRANCE



CULINARY SPACE

LOUNGE

LOBBY/
RECEPTION

MEETING SPACE

AUDITORIUM LIKE SPACES

GROUP WORKSPACES

RESTROOMS

BREAK ROOM

OFFICES (STAFF)

REGULAR GYM

GYMNASIUM

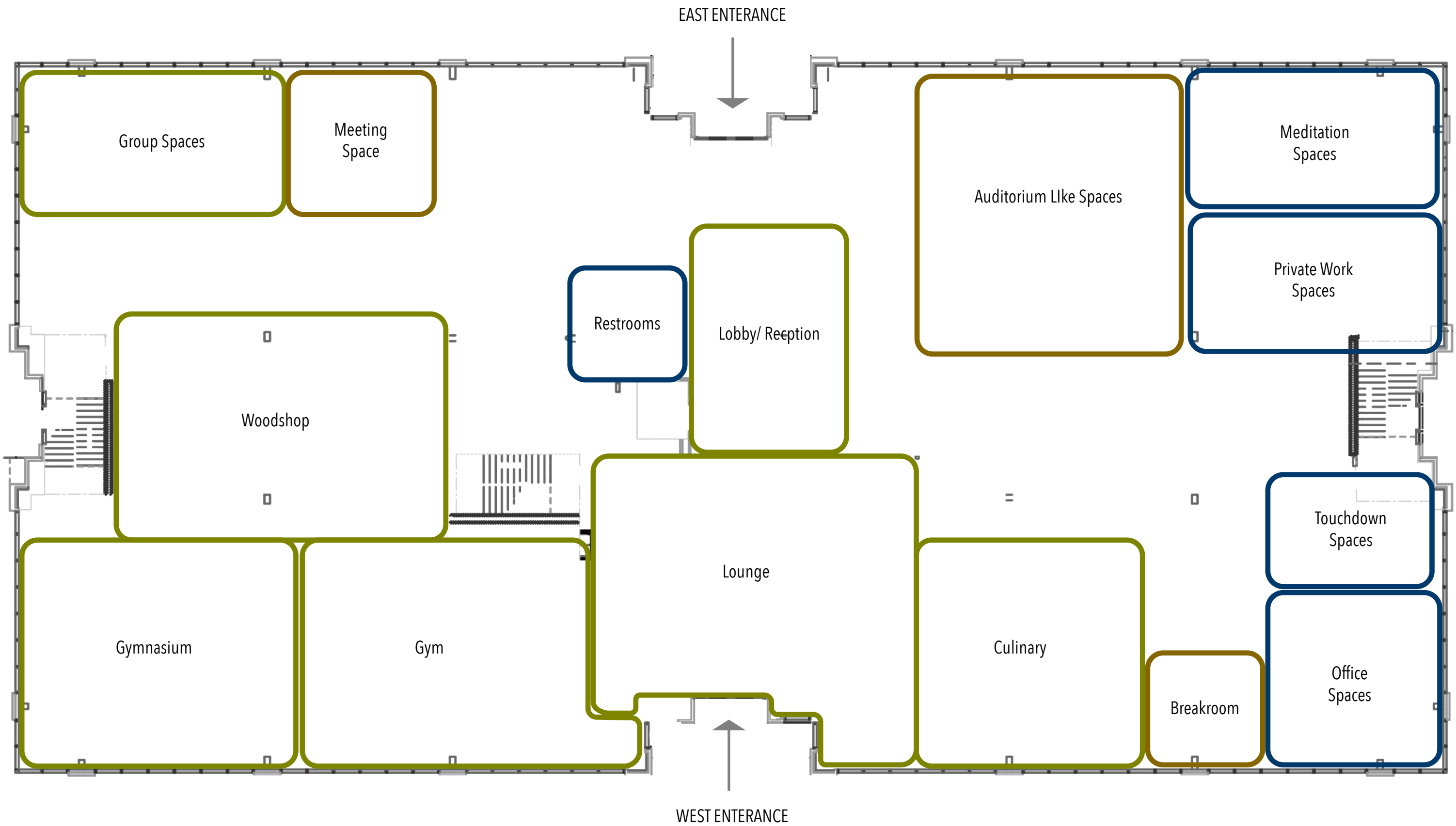
WOOD SHOP

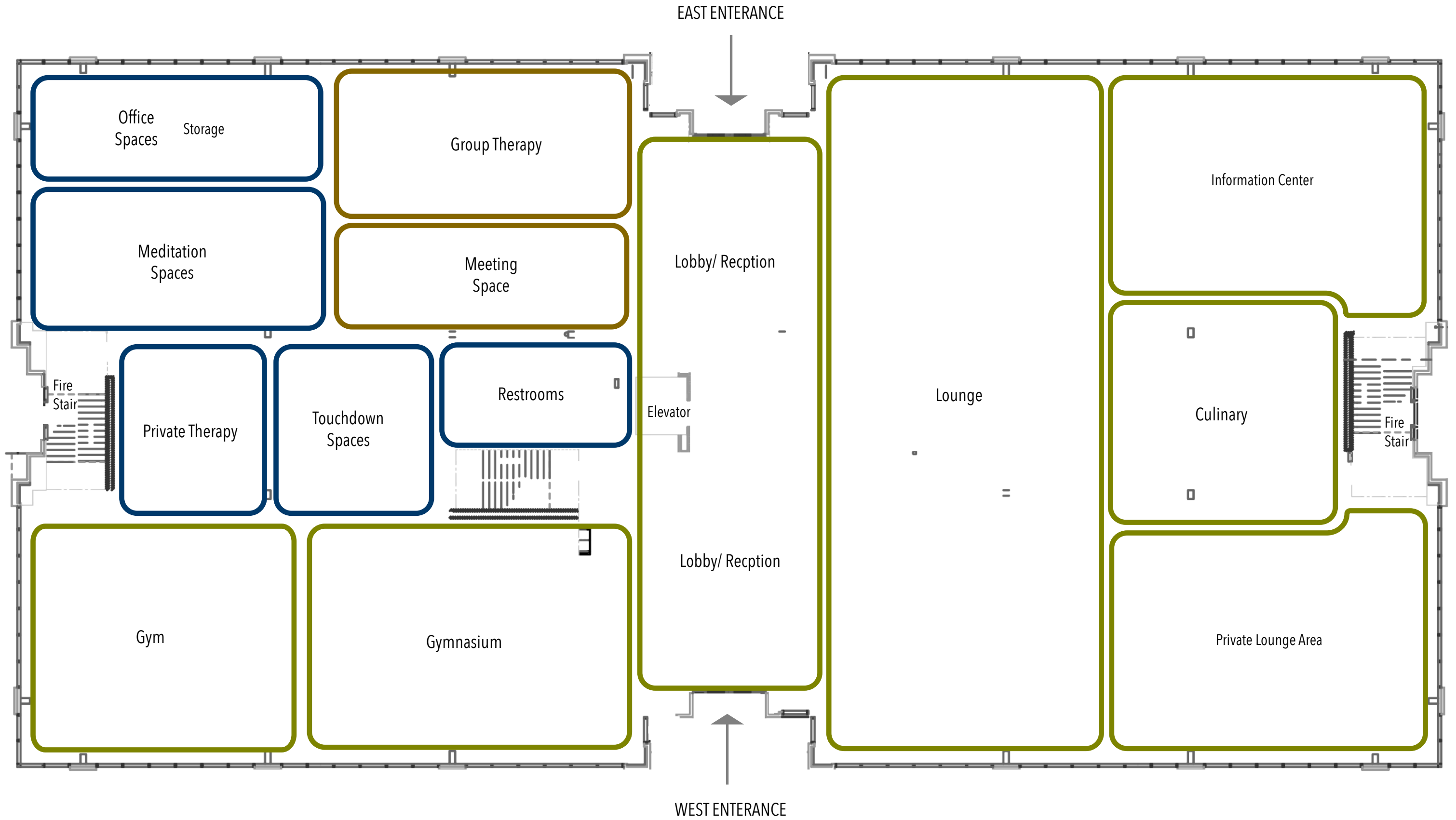
MEDITATION ROOMS

TOUCHDOWN WORKSPACES

PRIVATE WORKSPACES

BUBBLE





EAST ENTERANCE



Office Spaces
Storage

Group Therapy

Meditation Spaces

Meeting Space

Lobby/ Reception

Information Center

Fire Stair

Private Therapy

Touchdown Spaces

Restrooms

Elevator

Lounge

Culinary

Fire Stair

Gym

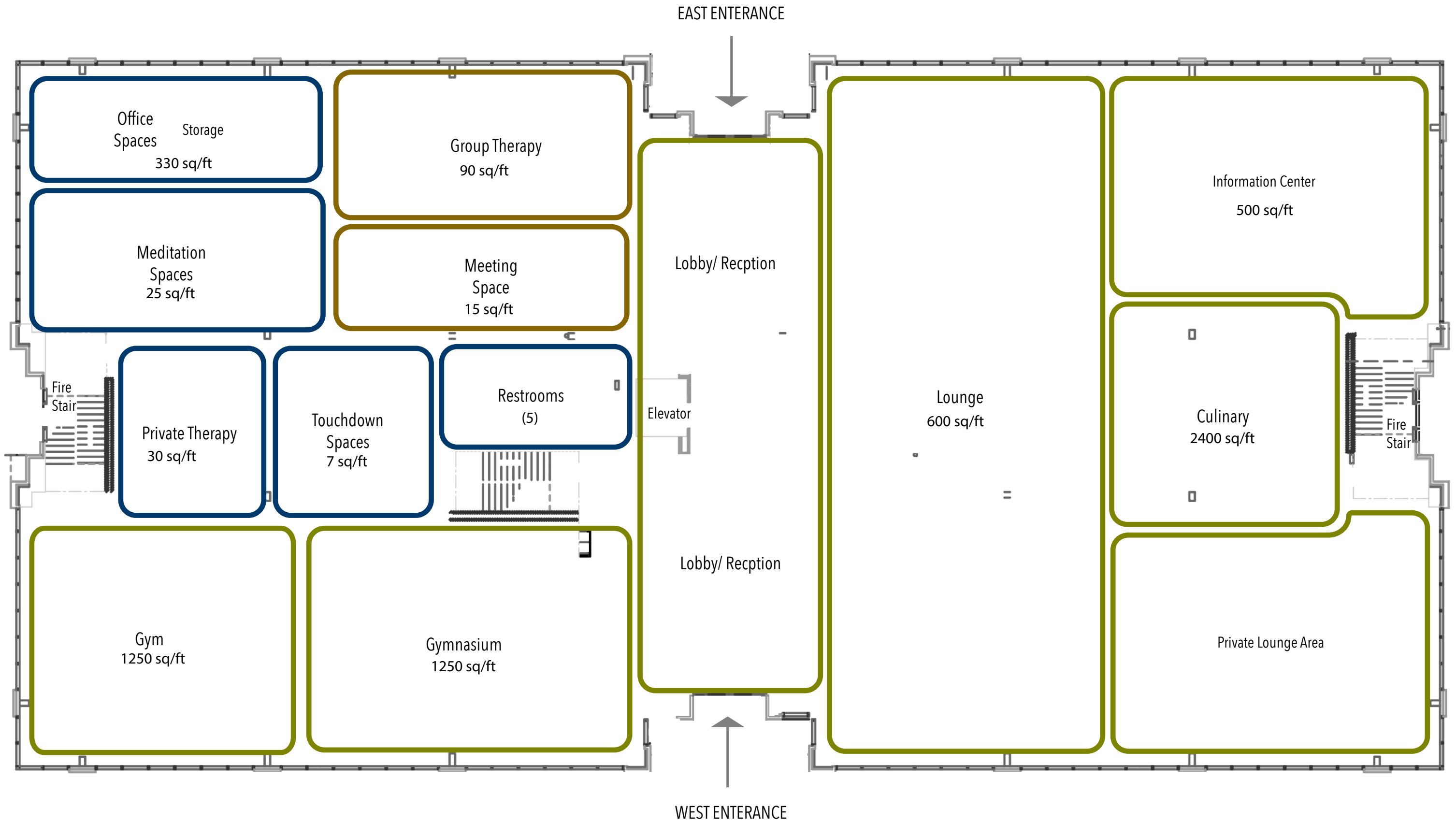
Lobby/ Reception

Gymnasium

Private Lounge Area

WEST ENTERANCE





PHASE 5

HEALING INVISIBLE WOUNDS

LIGHTING

C O N C E P T

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

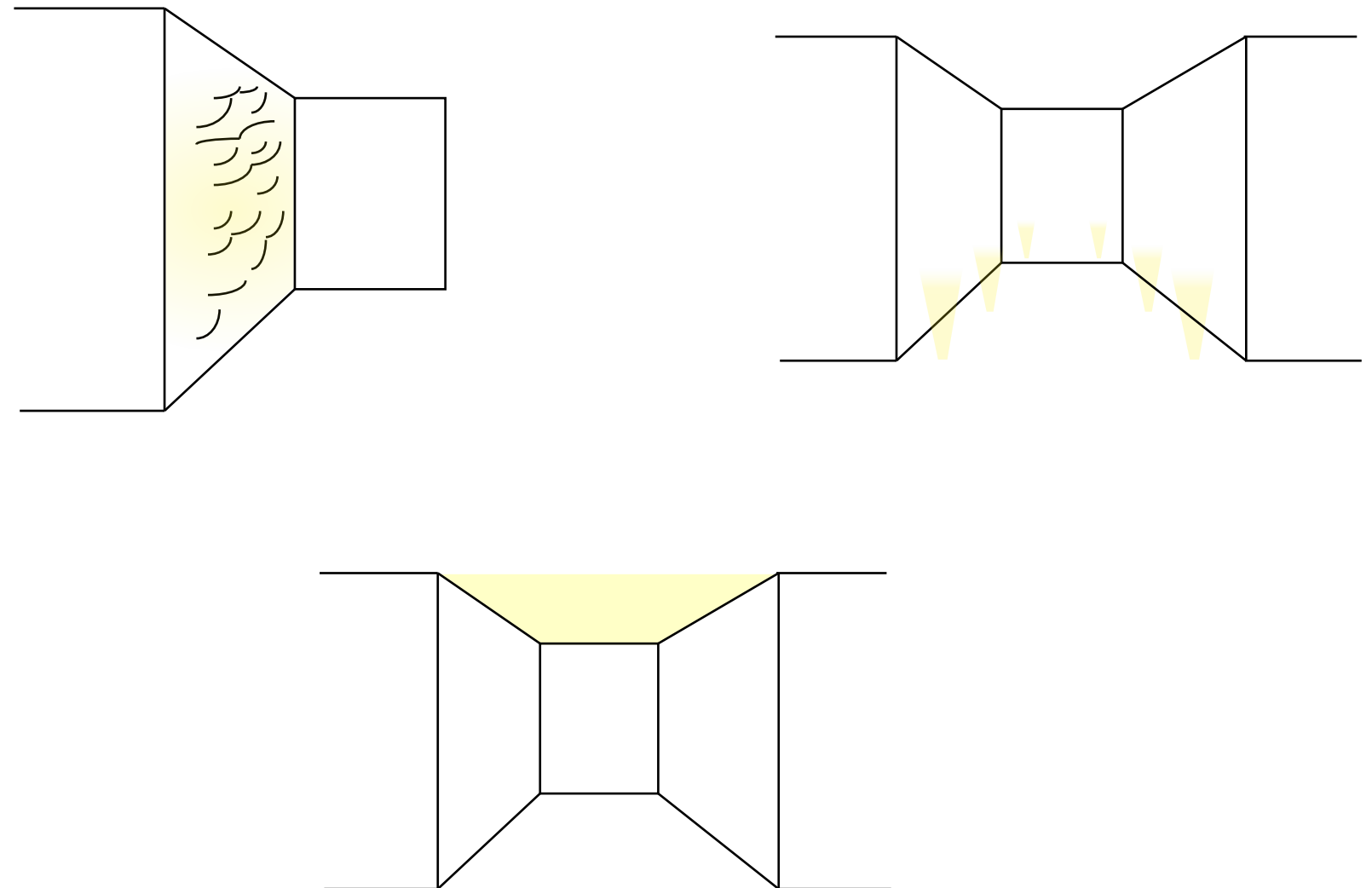
In the fell clutch of circumstance
I have not winced nor cried aloud
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
how charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

- William Ernest Henley

- Warm
- Natural
- Lighting that imitates natural lighting
- Led strip lighting within millwork to represent a break-through/ light shining through darkness/ hope is on the way
- Task lighting to reinforce independence and a sense of control
- Dimmable and movable within desired stations
- Floor lighting to represent a clear and definite path



VOLUME

CONCEPT

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

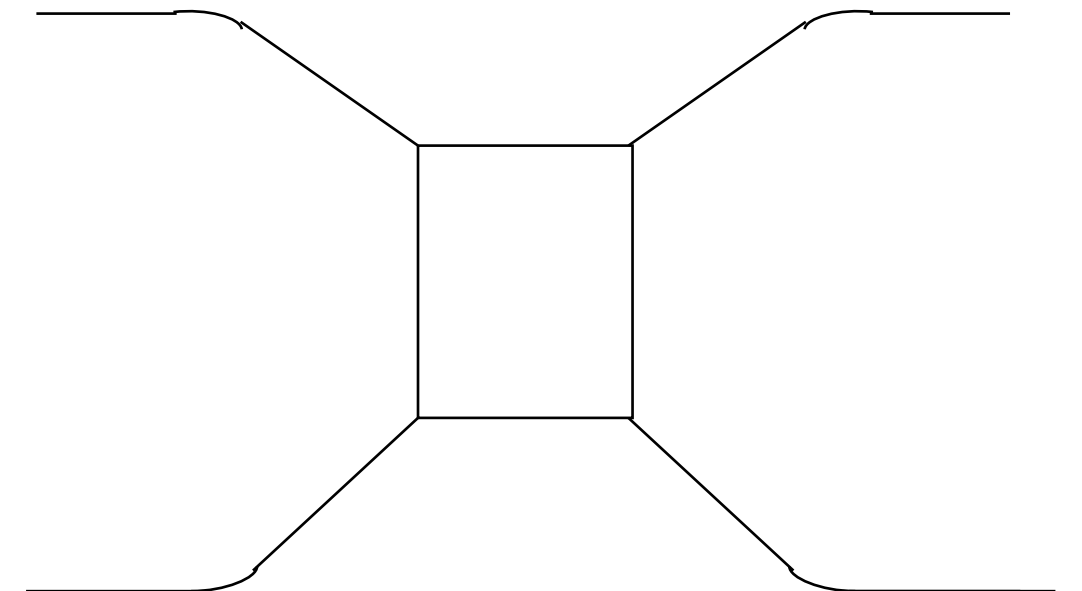
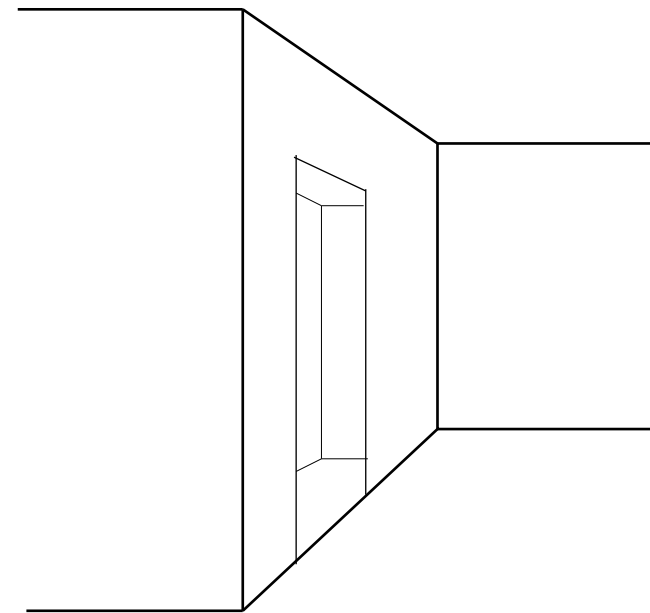
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- William Ernest Henley

- Grand in hallways and public areas
- Reduces in size in private areas
- Curved corners



MATERIALS

C O N C E P T

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

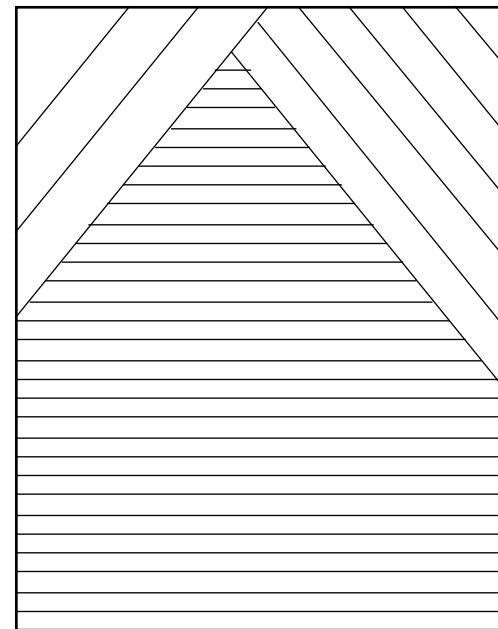
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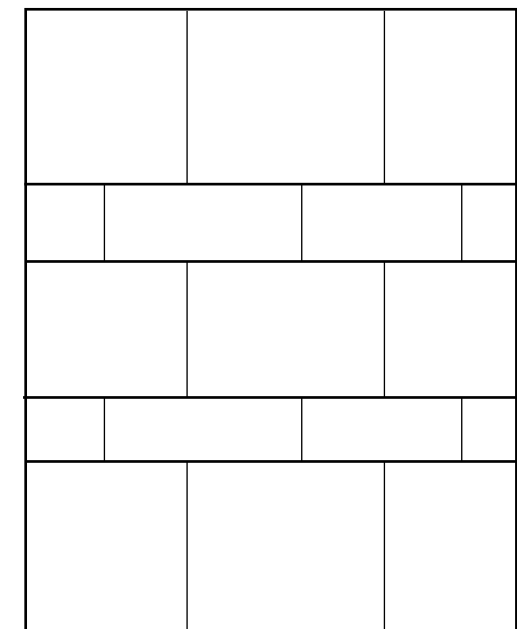
It matters not how strait the gate,
how charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

- William Ernest Henley

- Wood
- Glass
- Cement
- Tile
- Leather
- Lenin



wood paneling



tile

ORGANIZATION

C O N C E P T

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

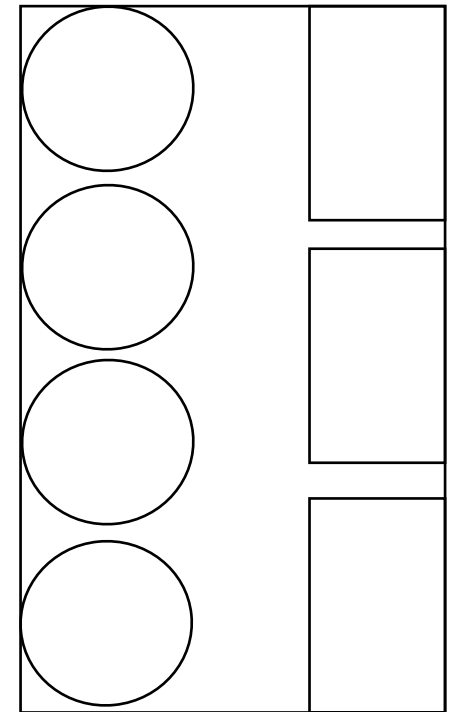
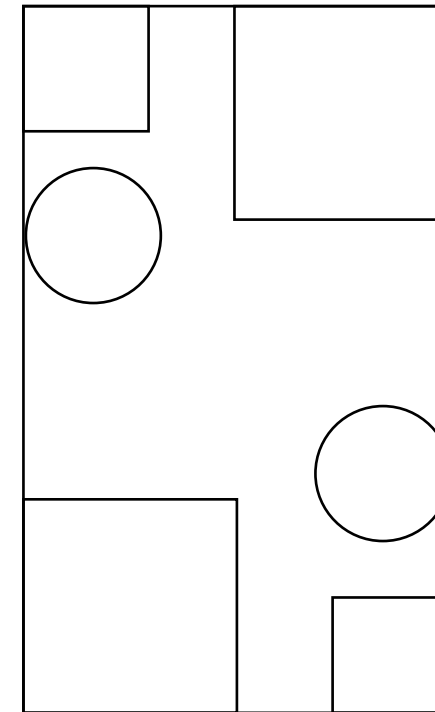
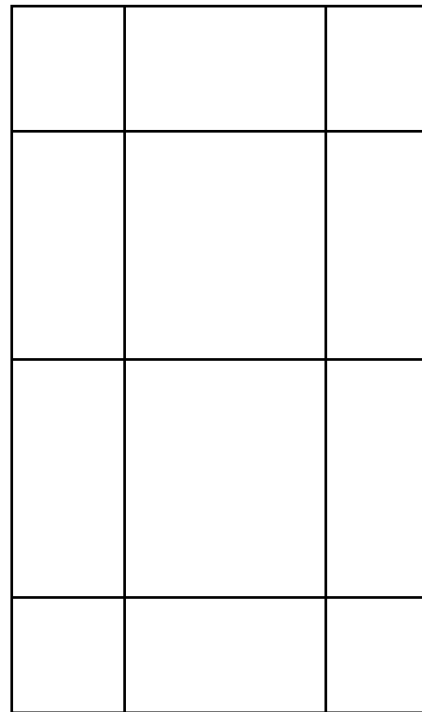
In the fell clutch of circumstance
I have not winced nor cried aloud
Under the bludgeonings of chance
My head is bloody, but unbowed.

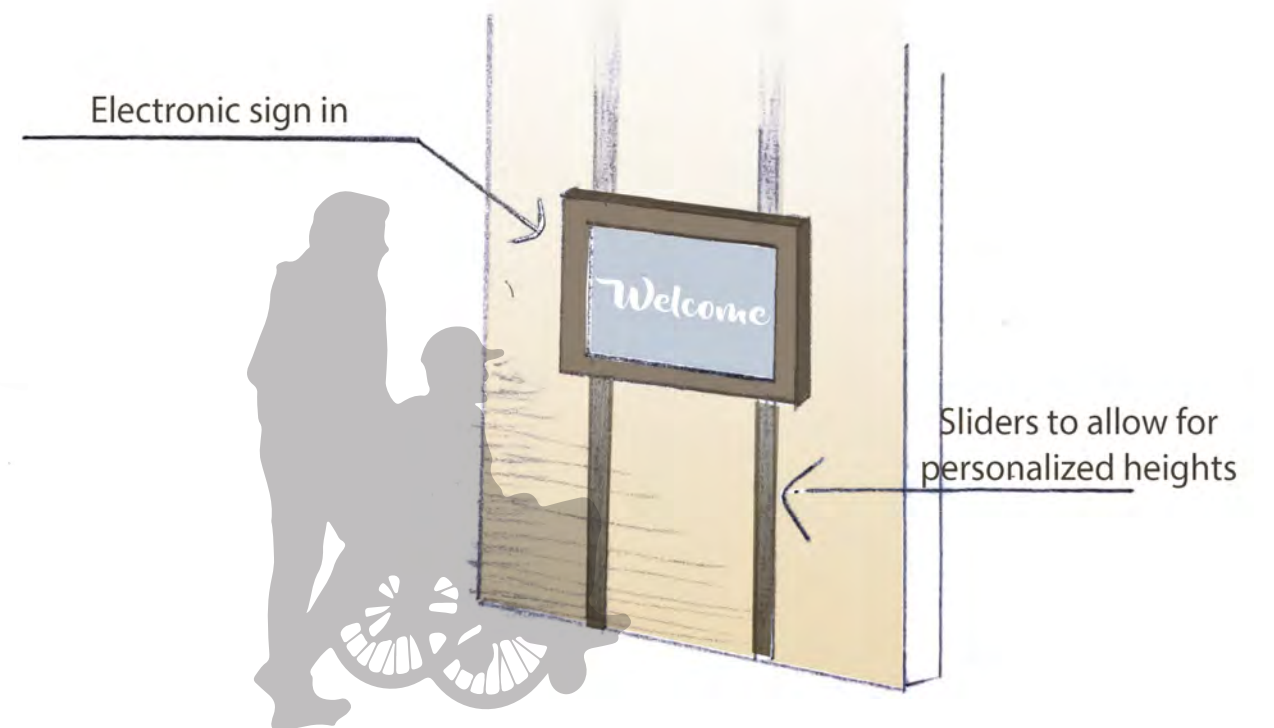
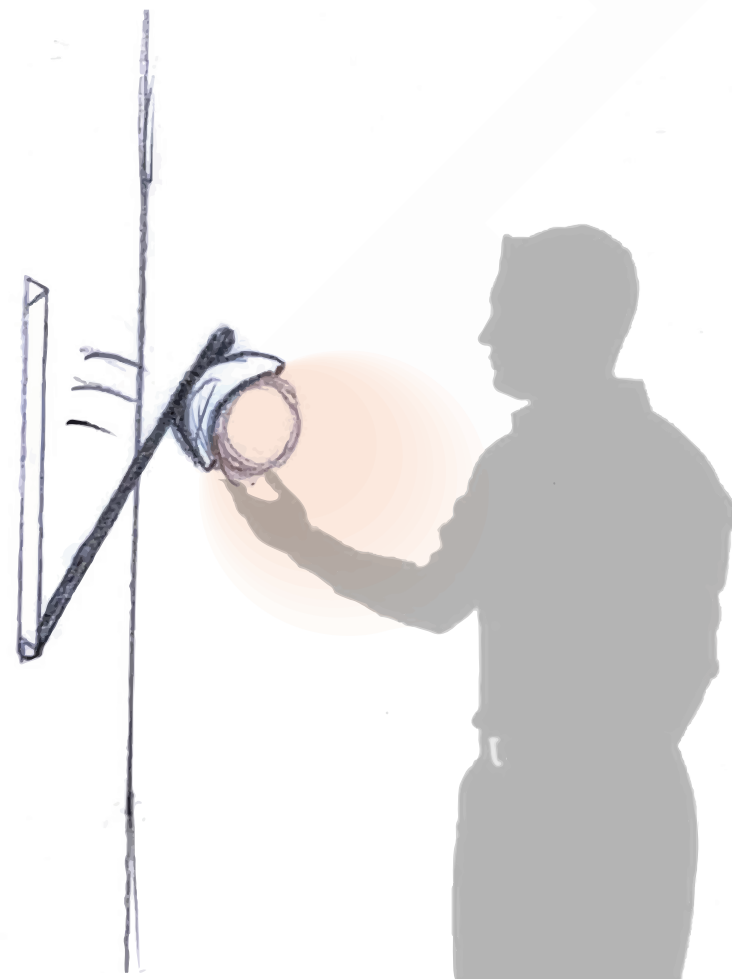
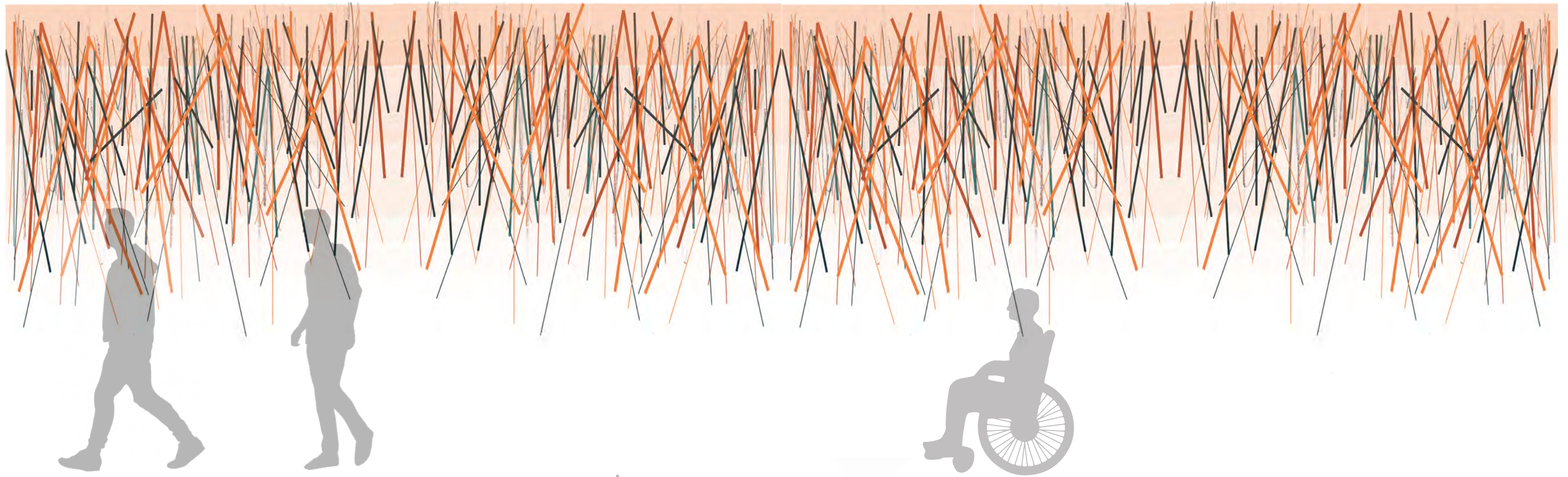
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
how charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

- William Ernest Henley

- Balanced
- Need based
- Structured
- Linear



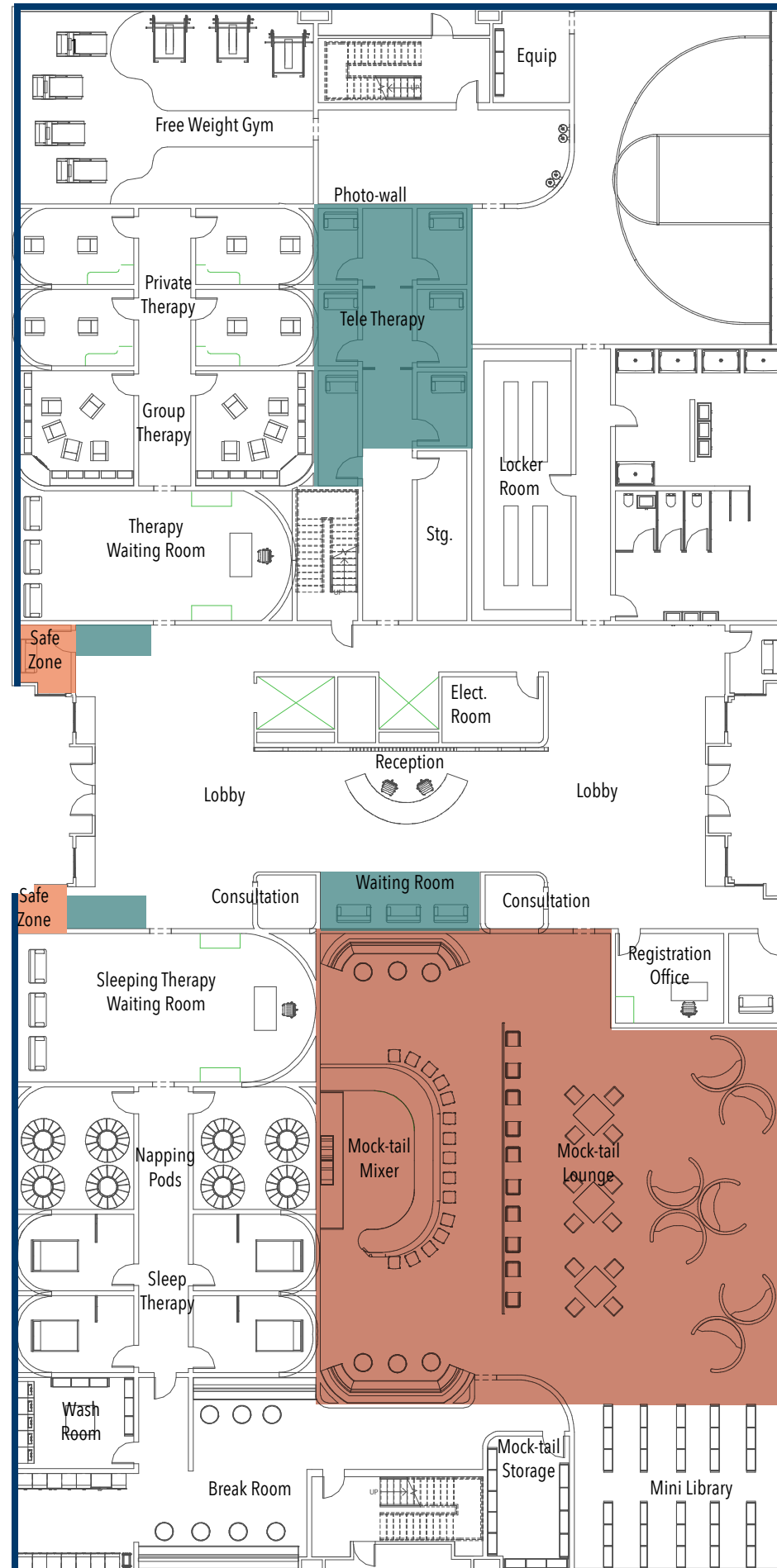


PHASE 6

HEALING INVISIBLE WOUNDS

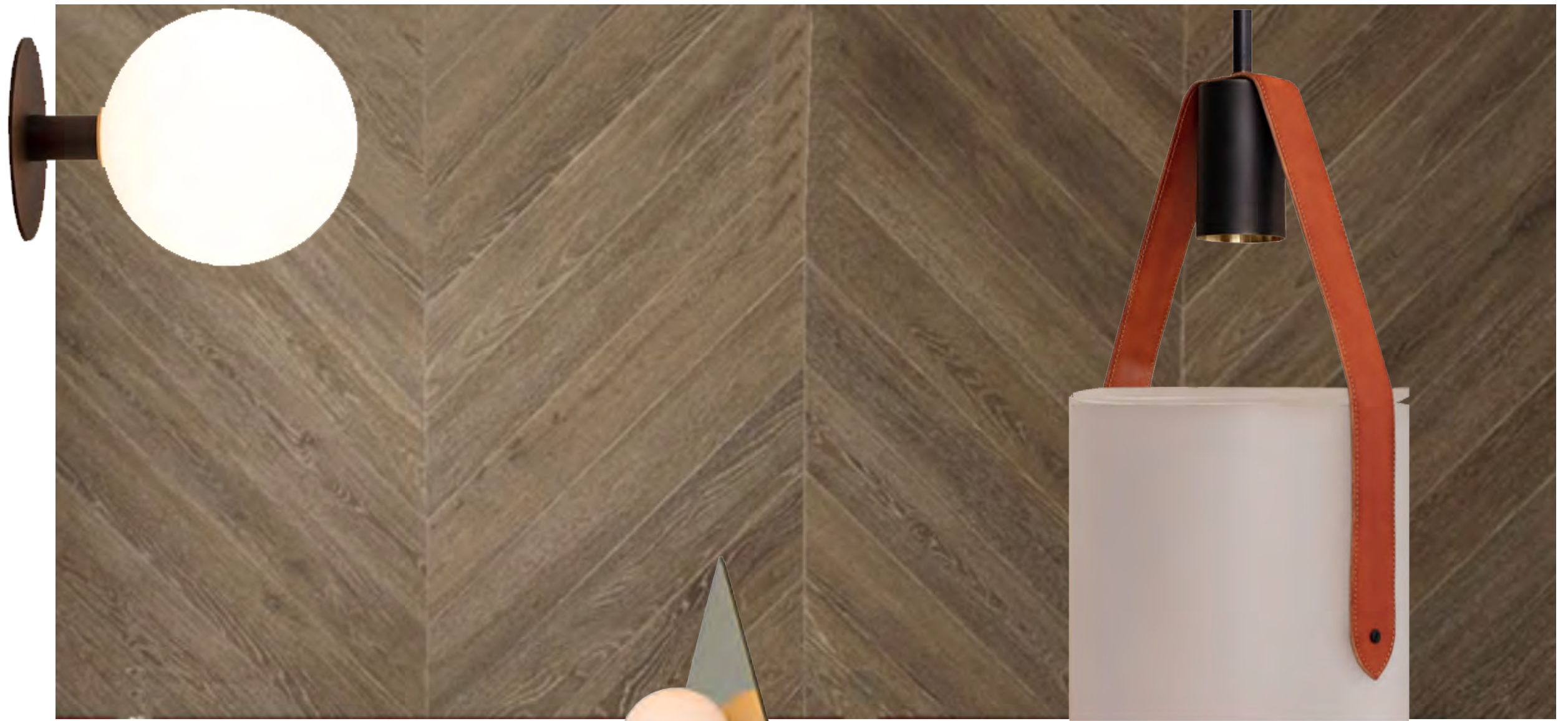
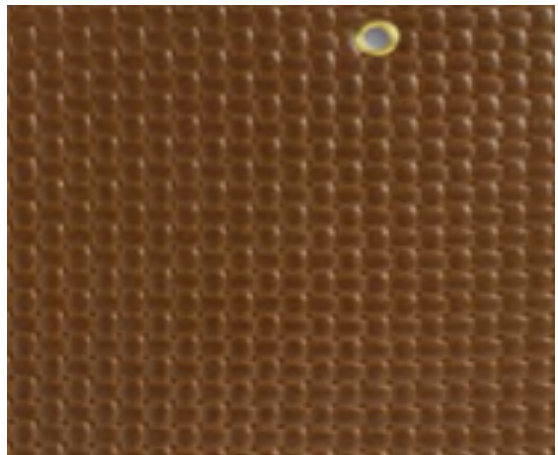
PROGRAM

- 1 **Gym**
Free Weight Gym
Locker Room
- 2 **Mock Tail Lounge**
Lounge
Reading Space
Mini Library
- 3 **Mock Tail Bar**
Non-Alcoholic Bar
- 4 **Therapy**
Group Therapy
Private Therapy
Tele Therapy
- 5 **Physical Therapy**
Gymnasium
- 6 **Sleeping Therapy**
Napping Pods
Sleeping Therapy

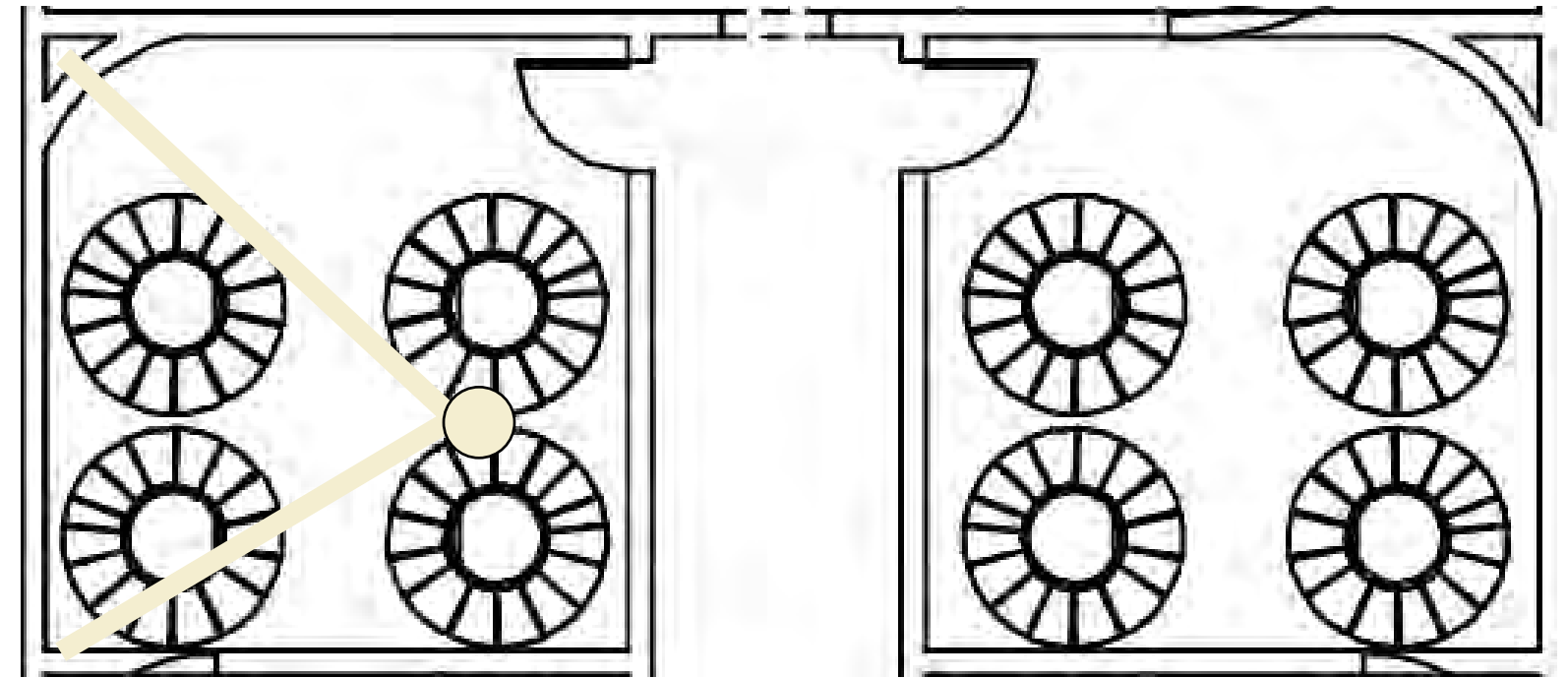
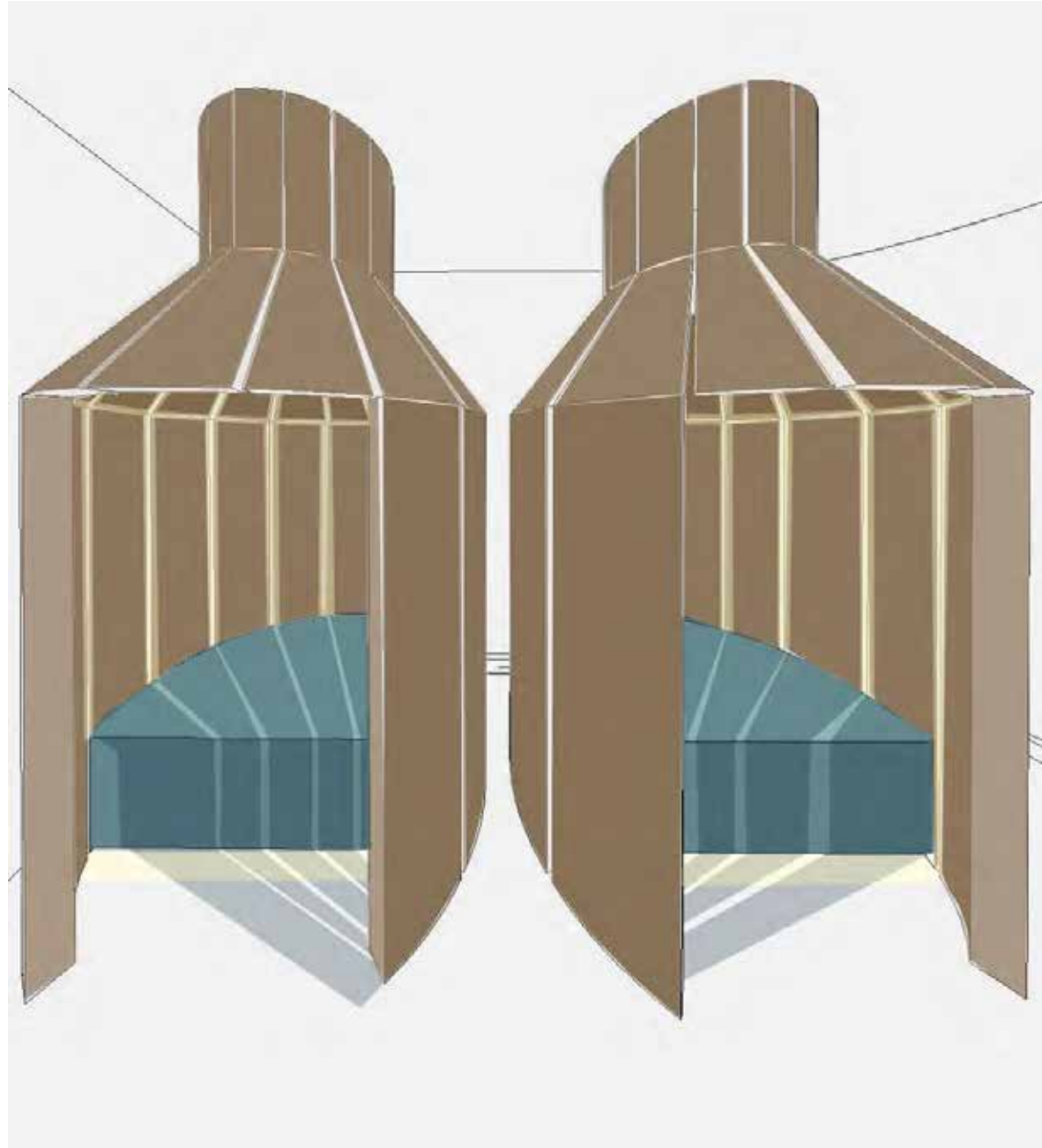


THEORIES

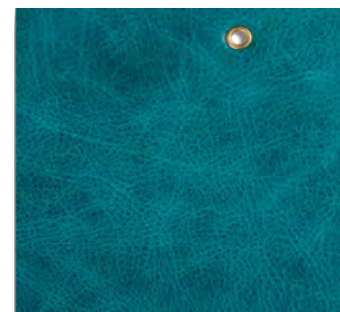
- **Privacy Regulation Theory**
 Explains why people sometimes prefer staying alone but at other times like get involved in social interactions.
- **Attention Restoration Theory**
 Proposes that exposure to nature is not only enjoyable but can also help us improve our focus and ability to concentrate.
- **Visual Connection to Nature**
 A view to elements of nature, living systems and natural processes.
- **Sense of Safety**
 Two pillars supporting all PTSD recovery are finding ways to reclaim a sense of safety and control.
- **Non-Visual Connection to Nature**
 The auditory, hap-tic, olfactory, or gustatory stimuli that engender a deliberate and positive reference to nature, living systems or natural processes.



Napping Pods



Mid sized, touch screen devices control the light temperature and brightness in order to aid the user's sleep cycle.



*Custom built napping pods



Attention Restoration Theory

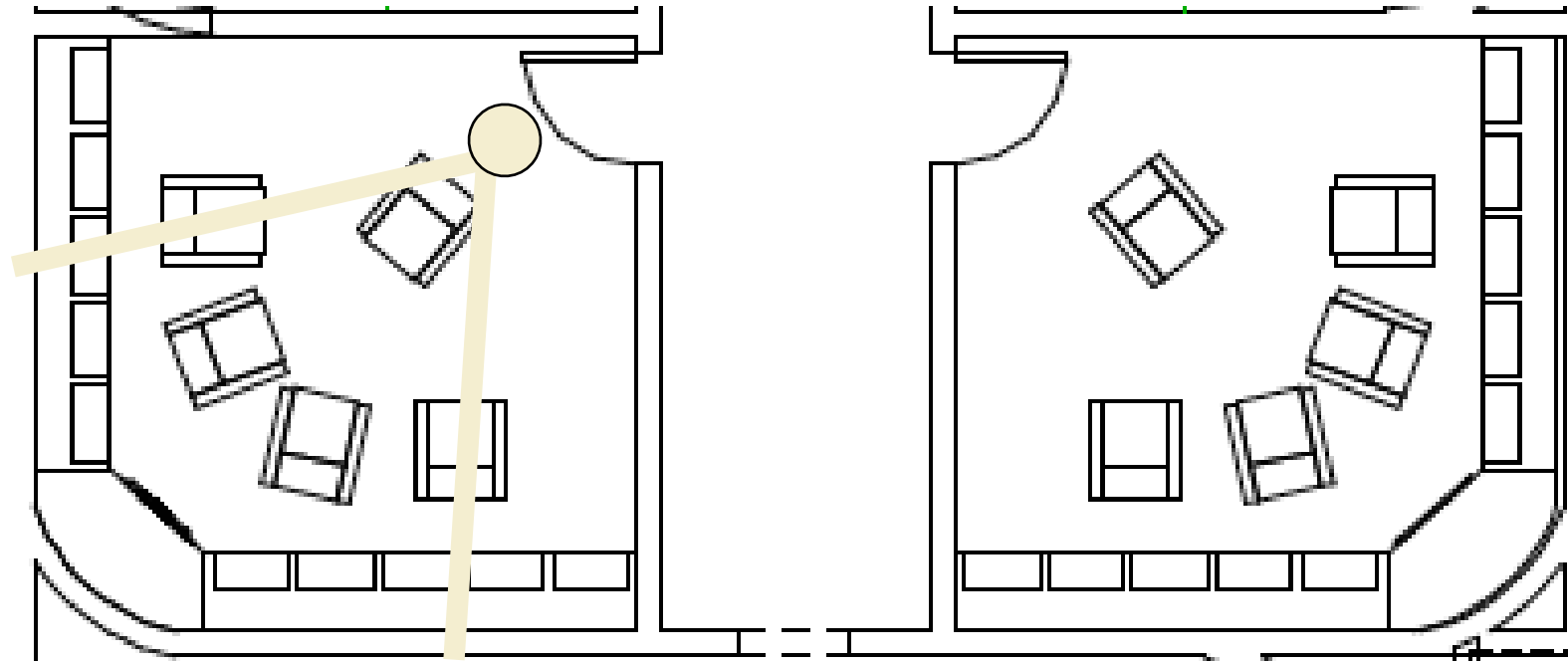
This theory is applicable to the specific space because the floor to ceiling windows provide a clear view/ connection to nature. Being that this space will be utilized by users who wish to read a book from the neighboring mini library or simply create a divide themselves and more populated mock-tail lounge, this view of the outdoors will increase their ability to rest, reflect, and restore.

Group Therapy

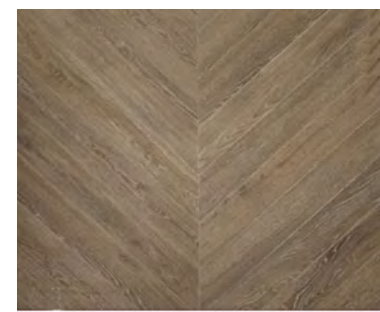
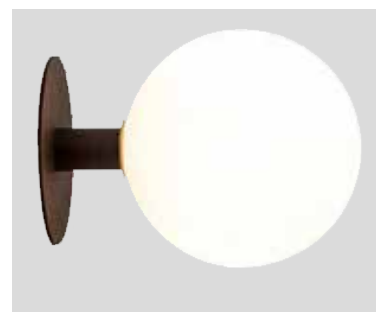
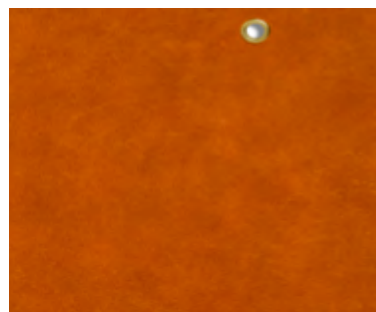


Sense of
Safety

The Group Therapy room provides a sense of safety to the users by greeting them with warm tones (orange) to promote positivity and relieve stress. I've also created cubby like casework on the walls in order to allow for the users to store their belongings within them during the sessions. By seeing their belongings on "display" it will make the space feel more personable, thus bringing comfort to the user.

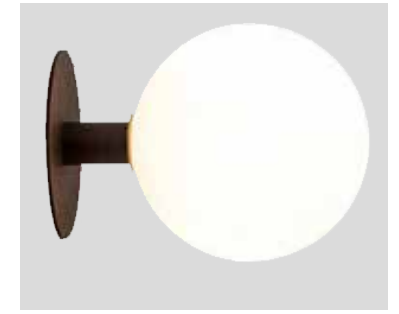
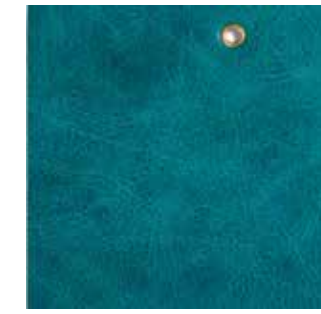
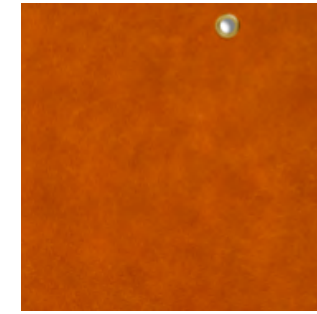
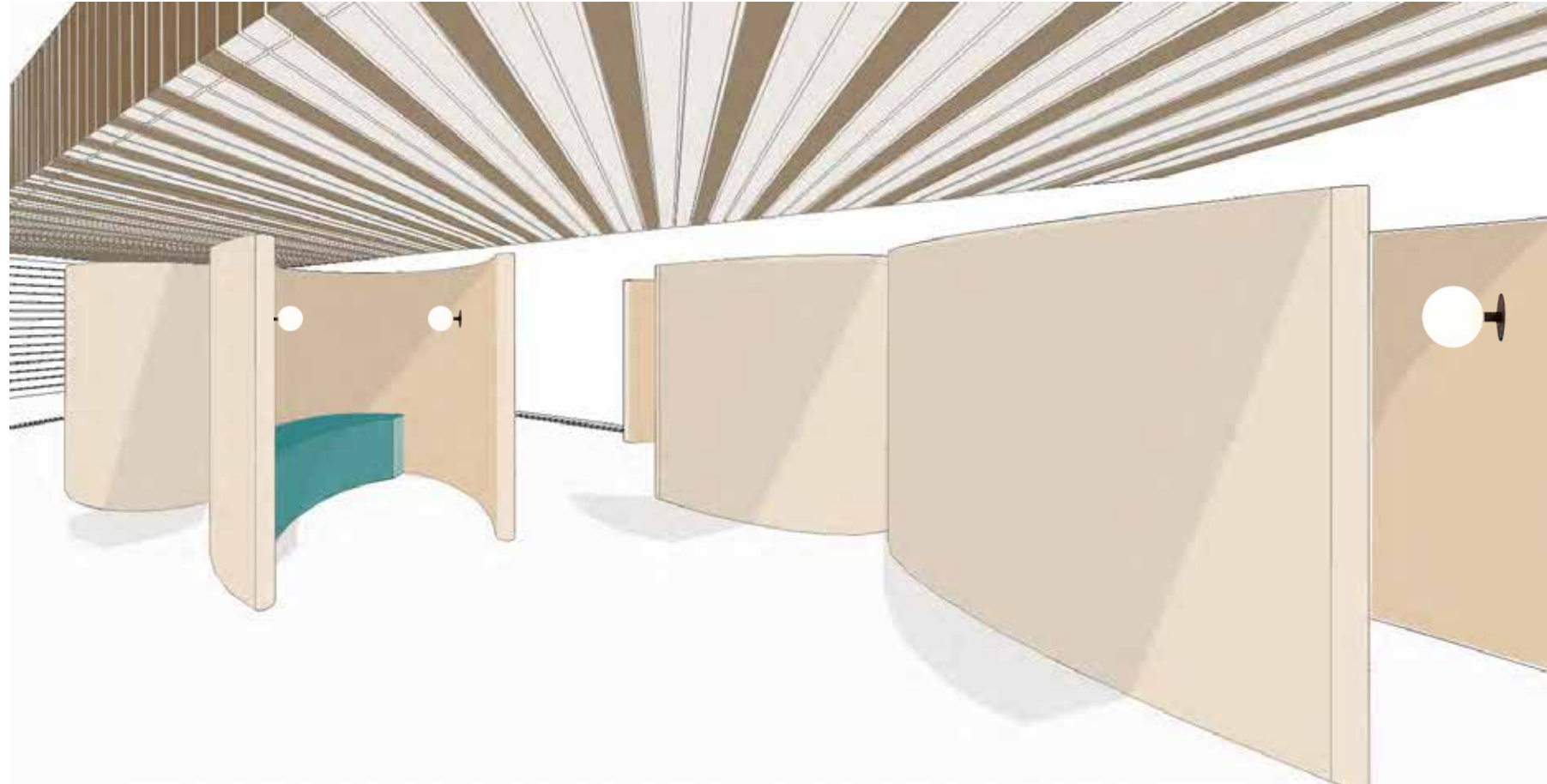


*Custom built seating, casework and ceiling feature

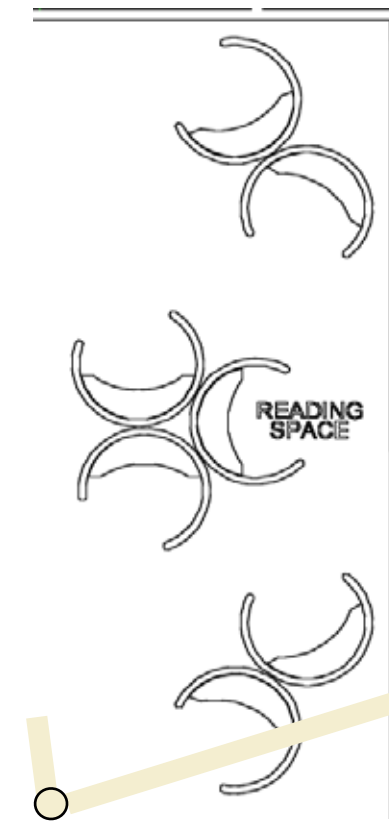


Personal touch screens are available during the sessions in order to aid the users to more easily participate in the group sessions when touchy subjects are being discussed.

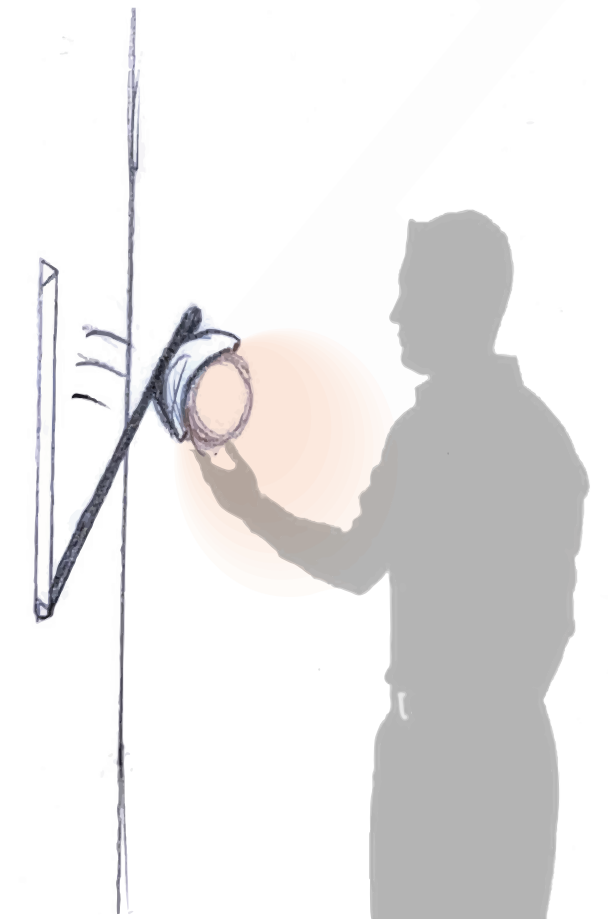
Reading Space



*Custom built reading pods



Individual task lighting within the reading pods allows for the user to gain a sense of control.



Privacy
Regulation
Theory

The purpose of the reading center is to serve as a support system for those who suddenly feel the need to seclude themselves and need a safe place to retreat to. The custom built pods provide the perfect amount of privacy without making the user feel closed in. Its convenient location next to the mini library also serves as a comfortable reading location.

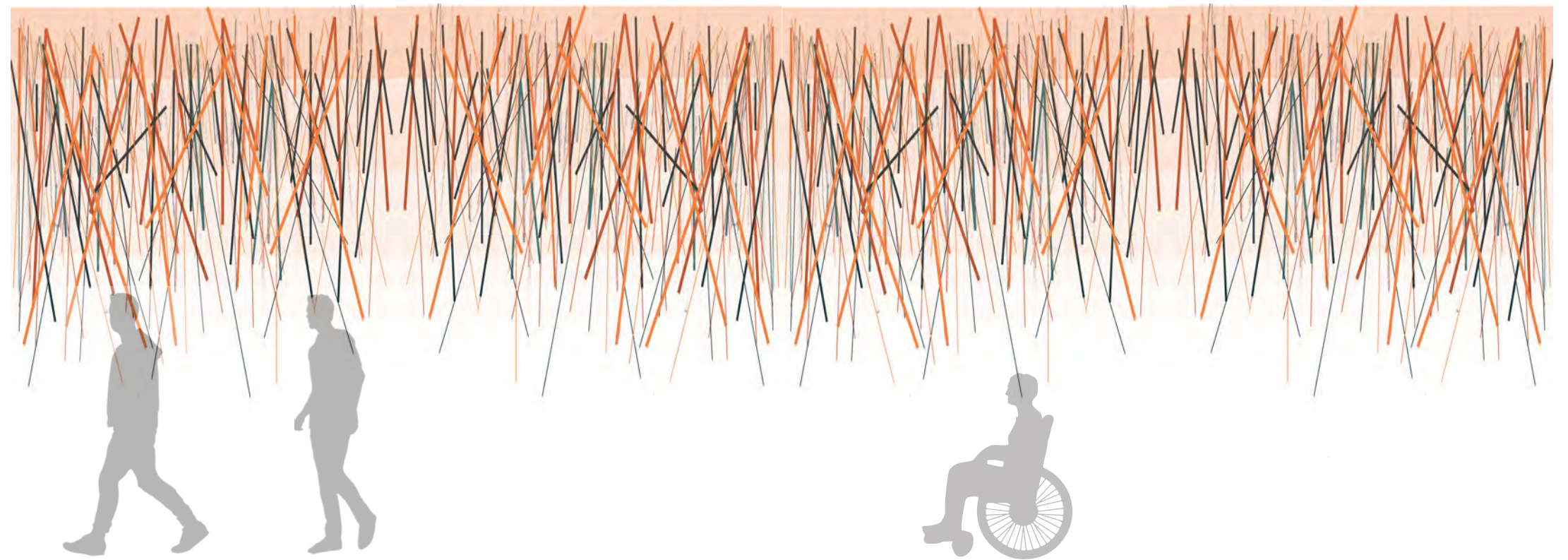
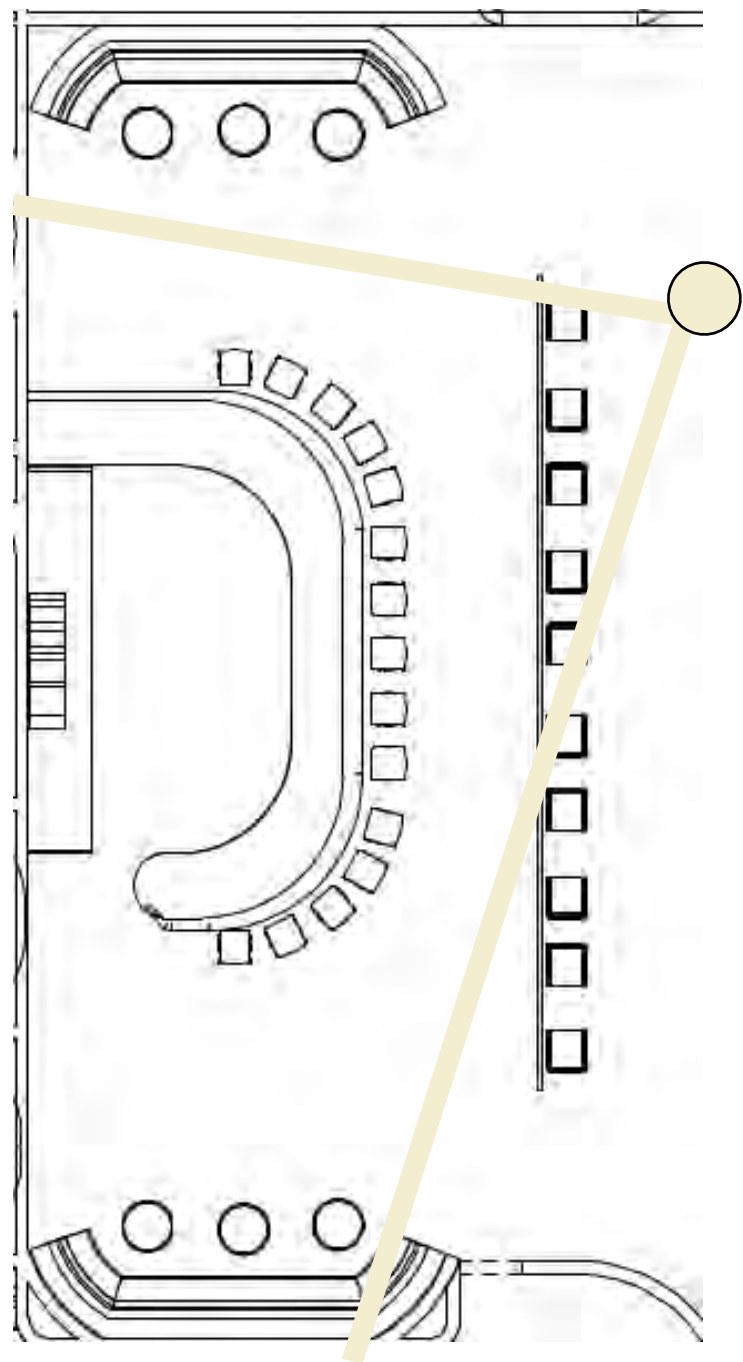
Mock-tail Bar



Privacy
Regulation
Theory

The Mock-tail Bar serves as a unique space for the users to both enjoy and learn to create non-alcoholic beverages. This activity proves to the users that they can still enjoy their previously acclaimed activities without back tracking on their progress. This is a high contact area and is to be utilized by the users who wish to eagerly engage with others. To the North and South of the bar sits medium sized booths for those who wish to dial back their high social contact to something a little be more subdued.

The walls on either side of the Mock-tail Bar will be covered in a textured, custom wall covering. This design serves as a social media moment within the space and creates a nice dynamic pattern that completes the space.

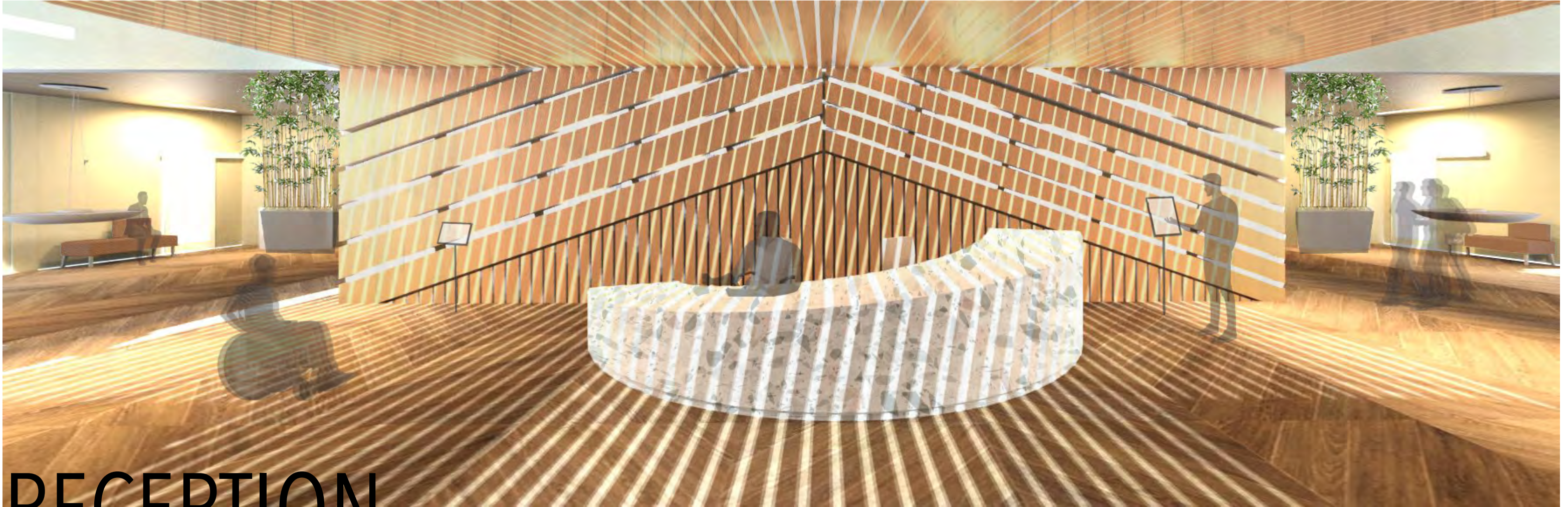


*Custom built ceiling feature, bar stools and bar, casework, chairs and coffee table

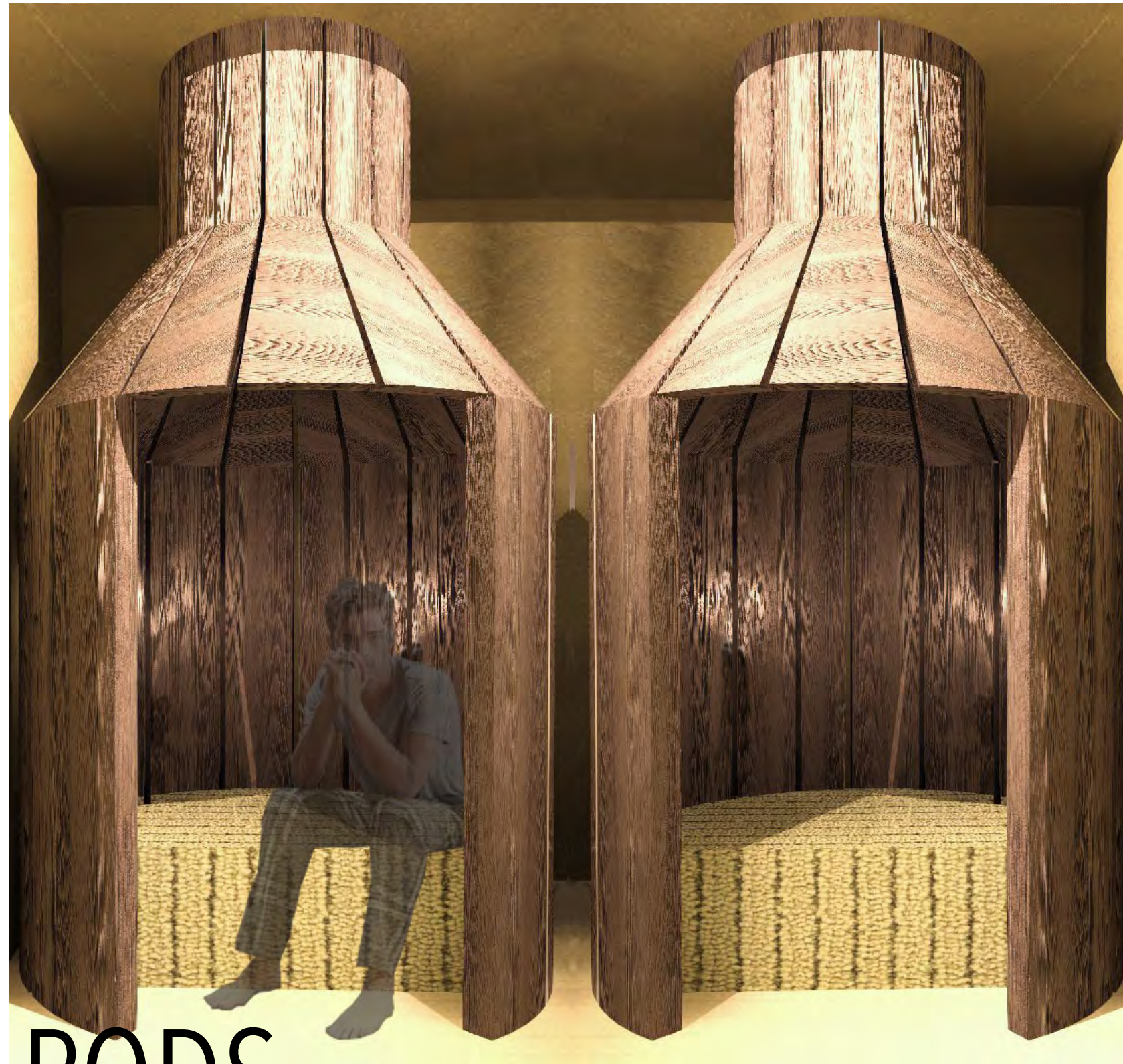


FINAL RENDERINGS

HEALING INVISIBLE WOUNDS



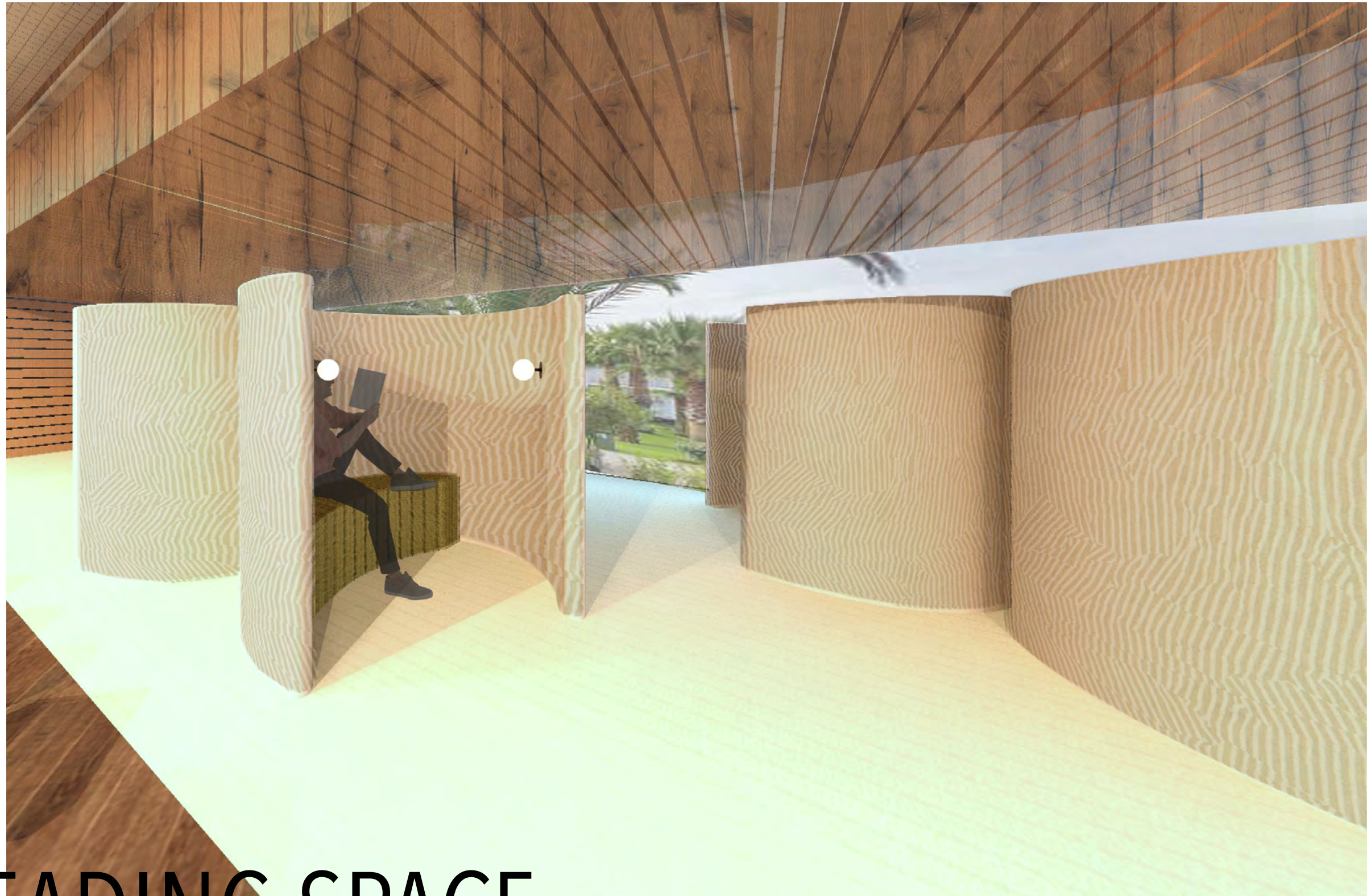
RECEPTION



NAPPING PODS



GROUP THERAPY



READING SPACE



MOCKTAIL BAR

Thank you.

HEALING INVISIBLE WOUNDS