

PROJECT

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Inspirational Article Review

How Franklin Roosevelt's health affected his presidency?

"There is nothing to fear except fear itself"
-F.D.R

Trump orders 'alot' of ketamine for depressed veterans

"His disability was the elephant in the room"

The VA is set to purchase a large amount of the controversial new nasal spray

The 32nd president
In 1921, F.D.R. was diagnosed with infantile paralysis or 'Polio'

He embraced his status as a polio survivor and used his position to help others

It sets the tone for his presidency

RESILIENCE
WILLINGNESS

"In 1934, the first of his 'birthday balls' were used to raise money for polio research

to embrace challenges of one of the most difficult periods of American history

led to a cure via vaccine for polio

A grueling rehabilitation, mineral springs in Georgia

His backstory inspired the masses managed to convince the public that his physical disability was no hindrance

His dealings with disease made him a better leader

"Young f.d.r harbored arrogance replaced with a more grounded empathetic person

Even if safe and effective, it is by no means a comprehensive approach to preventing suicide

move to it, involves community building and connections

Providing healthy avenues for veterans to process trauma -reintegrate into civilian life

Anti-depressant Ketamine is a medication only known to constitute a part of an effective treatment plan

Need a sense of purpose and belonging

FDA: Limited studies with mixed results 'Esketamine' underwent an expedited trial only 1 of 3 clinical trials showed any benefit

FDA Approved: but only for use with an oral antidepressant

INSPIRATIONAL ARTICLE REVIEW #1

Women veterans:
#she served project:
'creating a design proposal aimed
at changing the way people see
women veterans

THE GOAL:
"To build public perception of women as significant
and equal part of the u.s. vet community

Accesible,
shareable brand
identity and ad cam-
paign

A program that uses blank
postcards to solicit and
publish vets stories

Examples:
Quotes, insights and design prin-
ciples
The game of military life
Experience Cards
#SHESERVED
PROJECT
A clear message that the
public could digest
gives the public a path to
deeper understanding and
empathy

Postcard stories Proj-
ect
Veterans recieve post-
cards and are asked to
write a story about a
women vet they find
exceptional

HOW THE PROCESS HAPPENED:

- Research the history of women in the military
- *10 expert interviews
- *27 intercept interviews
- *1 online survey through social media

creation of the 'how might we question'

QUOTE: "People would say, 'You're too pretty to be a vet'".
INSIGHT: Civilians are largely ignorant of the military
PRINCIPLE: How might we use the publics curiosity to deliver
better infomration about women veterans?

INSPIRATIONAL ARTICLE REVIEW #2

Using human centered de-
sign to reach more vets:
how screening for hiv be-
comes missed

Only 20% of veterans are
screened by the VA for HIV

Re-education on HIV, many pro-
viders were older, began their
own learning when HIV first came
out

The research team identified
why doctors order so few HIV
tests

They don't know which of their patients
should be tested; conversation lacking

The test could now be giv-
en with a YES or NO
question

(PACT) TEAM-
*Primary care
*Nurse
*Clinical Associate
*Clerk



WHY?

'Military veterans have very different life experiences from the rest of the population. as a result, they also face a lot of unique physical, emotional and mental health issues.'

everyday moments that we take for granted can trigger a realm of pain and turmoil

WHAT INNOVATION?

This facility will combine top of the line and most up to date research based alternative therapy methods to healing and progression

Medically based research	Proven counseling and therapy	Natural homeopathic treatment	Real life training and skills
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WHO IS THE CLIENT?

(TLC) Training and life center for fairways for warriors
Est: may, 21, 2016

Location: 1001 armstrong blvd., kissimmee fl 34741
Created a facility for combat wounded vets and famalies looking to expand

PROGRAMMATIC CONSIDERATIONS



WHO IS THE USER?

THE VETS (PACT) TEAM FAMILY AND FRIENDS

MAIN ISSUES:

*Safety and comfort- people at risk and individuals with social fears

*Space planning- to accomodate privacy and openess

*Interaction points- how to connect individualized care with public communication



POSSIBILTIES FOR RESEARCH

METHODS	FORMS	KINDS
of deliviring the best physical therapy	of counseling and group theraoy	of accesible natural/homeo-pathic therapy

BUILDING AND SPECIFICS:

URBAN/SUBURBAN
CLUSTERED AROUND LARGE MILITARY BASES
LAS VEGAS; HAS ONE OF THE LARGEST MILITARY POPULATIONS
SQ. FT.: 12,000 , STORIES: 2

GOALS:

- 1 INVOLVE - PATIENTS/STAFF/FAMILY/FRIENDS
- 2 COMFORT - HOME-LIKE ENVIORNMENT
- 3 AUTONOMY - CONTROL AND INDIVIDUALITY
- 4 COLLABORATION - COMMON WORK WITH LIKE MINDED INDIVIDUALS
- 5 PROTECT - SAFETY AND SECURITY
- 6 SUSTAIN - TRANSITION ON TO THE NEXT STEP

“THE VETERAN”- USER PROFILE

AGE:

Largest demographic 45-64 years of age

AVERAGE: 58 years old

ETHNICITY:

As of 2019: 19,209,704 vets total

+White: 15,561,130

+AfricanAmerican: 2,444,744

+AmericanIndian: 143,485

+Asian: 310,264

+PacificIslander: 40,348

+Other: 290,558

PERIOD OF SERVICE:

As of 2019:

+Wartime: 14,917,973

+Peacetime: 4,291,731

+WWII: 389,292

+KoreanConflict: 1,164,774

+VietnamEra: 6,262,436

+Pre-WWII: 3,389

SOCIO/ECONOMIC:

Largest demographic are currently employed with a combined family income of \$50,000-\$95,000

EDUCATION IN 2016:

Majority of student vets between the ages of 24-40 with a highschool GED

COMPENSATION:

Dependent Status:

Vet Alone: \$1,365.48 w/70% disability

Vet Alone: \$2,973.86 w/100% disability

Vet w/ Spouse: \$1,481.48 w/ 70% disability

Vet w/ Spouse: \$3,139.67 w/ 100% disability

DIVISION as of 2019:

+Army: 8,476,556

+Navy: 4,072,761

+Air-force: 3,323,285

+Marines: 2,160,417

+Reserve: 966,176

+Non-defense: 212,499

FAMILY:

Men- Married, 64.6%

Men- Divorced, 15.3%

Women- Married, 48.9%

Women-Divorced, 23.9%

GENDER:

9 in 10 veterans are men

91% Male

9% Female

HEALTH:

Suicide rates from 1976-2012 by sex:

(per 100,000)

Male: 35%, Female: 11%

STATISTIC:

50% of active duty or reserve have a mental health problem requiring treatment:

Only 1/2 receive treatment

STATISTIC:

22% suffer from PTSD or Major Depression

VETERAN

Can be retired or active duty
 can accomodate physical and mental disabilities
 can be either gender
 can be any age

(PACT) TEAM

Primary Care Nurse
 Clinical Associate Clerk
 Counselors
 Trainers
 Specialists

FAMILY & FRIENDS

At home support
 Coaching self care
 education
 problem solving
 referrals

FOCUSED ON:

PTSD
 SUD's
 Depression
 anxiety
 Cognitive Disorders
 Mobility Injuries

ANY DIVISION:

Army
 Navy
 Air Force
 Guard

ROLES:

Finding safe, affordable housing
 Managing medications
 employment
 Making community connections
 scheduling appointments
 teaching and assisting with indepdent living skills

DESIRES:

Wanting to be an at home support resource
 further knowledge
 seek support for a member who does not supporting with medical and appointments
 Expand the community-further

"THE VETERAN"- THE PERSONAS

#1- "HEAVY FIRE"

#2-"SURVIVOR'S GUILT"

#3-"INNER TURMOIL"



NAME: Roy Little

STORY: Drafted at 21

LOCATION: Vietnam

"Heavy fire first day out on the field. Roy was shot in the back while running for cover"

Roy was medivaced and returned two weeks later

"During a rest break, a grenade was accidently set off"

Roy was again seriously injured. Amazingly, Roy returned two months later

11 months & 29 days later Roy returned home

"He went back to school and secured a solid job, where he worked for 30 years"



NAME: Sandy Parker

STORY: Post 9/11 vet

LOCATION: New York

"Sandy was 22 years of age when she joined the U.S. air force"

She had several comrades in the army and airforce

As Sandy was completing basic training her base was notified about the 9/11 terrorist attacks"

Later on she finds a few of her friends died saving the lives of others in the twin towers

"Today she experiences survivors guilty: the unfair belief that they survived when others didn't"

She struggles everyday with depression and every year on September 11th, she has flashbacks and experiences PTSD



NAME: Tom Marks

STORY: The inner battle with coping

LOCATION: Afghanistan

"Tom served during a major conflict with Afghanistan"

After numerous deaths and his guilt around not being able to help civilians in war-time, he turned to drinking

"Tom now has a substance abuse disorder, and spends much of his day in and out of consciousness"

However Tom chose to seek help

1 out of 3 veterans seeking substance abuse treatment also suffer from PTSD 20% of military personnel reported misusing or binge drinking once a week

#1 TOWARD A FRAMEWORK FOR DESIGNING PERSON-CENTERED MENTAL HEALTH INTERIORS FOR VETERANS

Point of Interest:
 "The battles waged against one's mind, body and emotions can at times require clinical interventions"

Literature Review:
 +Case Study 1- Ideation Session/design charette
 +Case Study 2- Group Interview
 +Case Study 3- Design Charette/code design sessions/listening sessions

= The Framework Development



DESIGN TYPOLOGY

IX- Enhancing your situation:
 Ensuring auditory environment is conducive
 Good air quality
 LEED
 Healthy materials

2X- Involving end users in the decision-making
 Patient+Staff
 Patient activity involvement; cooking and washing

3X- Providing a 'home-like' environment:
 Doors and knobs residential in appearance
 Non-institutional materials
 Eliminate long corridors
 Nature based artwork
 Aquariums and animal focused activities
 Skylight emulating panels
 Greeting patient & family in lobby
 Indicating intended use of each room

4X- Providing patients with:
 Control & autonomy
 Lighting levels
 Temperature
 Selection of different designs

5X- Designing the 'open-work strategy':
 Day rooms or common areas
 Wider corridors
 Specific lock doors
 Sufficient distance between seating

BX- Self-care:
 Minimizing the risk of self-harm by installing safe building fixtures
 Antiligature alarms
 Low profile cameras
 Acoustical privacy

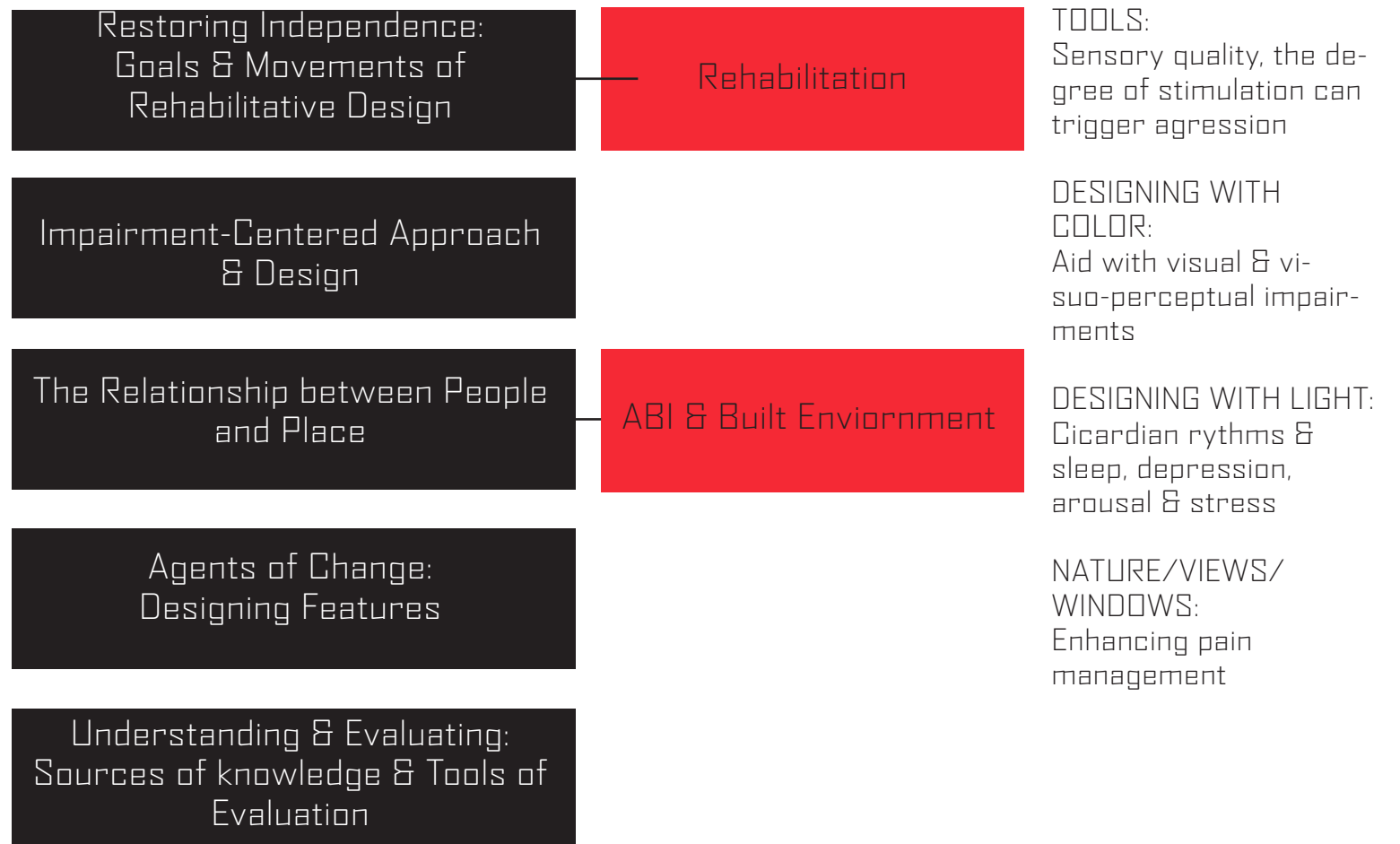
#2 DESIGN AS A REHABILITATIVE TOOL FOR PEOPLE WITH ACQUIRED BRAIN INJURY:

MAPPING THE FIELD

Point of Interest:
 "As one reaches the adulthood, independence is a natural goal...all too frequently, families expect that discharge from a hospital or completion of a rehabilitation programme, that indicates the person is well or cured."

+1 Varying degrees of improvement are possible with (BI)

+2 Rehabilitation does not just occur while in care, but a life-long journey from accident



EVIDENCE-BASED THEORIES

"Psychosocial Equine Program for Vets"

Point of interest:

"Veterans shy away from talk therapy & are seeking alternate treatments"

The horse is used as a metaphor for life. To reflect as a mirror, to show the problems & to show how the individual is interacting in the world

Anecdotal Information about Themes:

+ LEARN ABOUT SELF

"It taught me about how I carry myself. Working with the animal relates to how I can act with humans in a better way"

+SPIRIT CONNECTION

"What I take away from this program is peace, pride & joy"

+TRUST

"Trust was strengthened by my experience here...and that it can be transferred"

+RESPECT

"This interaction will help me respect people and their different personalities"



EMFH has preliminarily shown efficacy in treating the psychological issues of:
PTSD
Depression
Anxiety
AND
elevating:
Self-confidence
Self-esteem
Self-concept
Overall well-being

The youngest group among extant American military population served in Iran & Afghanistan

2.6 million
1.8 million under the age of 35

"I'M COMING HOME, TELL THE WORLD I'M COMING HOME"

Point of Interest:

"The stigma towards mental health; belief about psychotropic medications were no longer an issue once a vet had attended an initial health assessment"

SO WHY ARE YOUNGER MALES ESPECIALLY RELUCTANT TO UTILIZE MENTAL HEALTH-CARE?

+Endorse traditional masculinity values

+A sign of weakness & being unmanly

+Psychiatric symptoms are seen as positive survival strategies

+Fight off one's 'percieved weaknesses'

AND, THE REASONS FOR JOINING THE MILITARY?

+Idealism +Heroic +Noble +Pragmatic

+Career-orientated +Life perspective

+Certainty

(SOCIO/ECONOMIC G-I BILL, VIEWED AS A CAREER BUILDING OPPORTUNITY)

A mental health diagnosis is tantamount to being dishonored as a warrior and shamefully dishonored

Thus, shattering both idealistic & pragmatic goals for which young men enlisted

The study included one day & two day programs

ART & POST-TRAUMATIC STRESS: A REVIEW OF THE EMPIRICAL LITERATURE ON THE THERAPEUTIC IMPLICATIONS OF ARTWORK FOR WAR VETERANS WITH POST-TRAUMATIC STRESS DISORDER

Evolutionary Theory
Emotional Congruence Theory
Attention Restoration Theory

"War veterans exposed to traumatic events, need opportunities to confront and address losses in an attempt to assimilate them into their autobiographical memory"

ART THERAPY:
+Kinesthetic
+Perceptual
+Cognitive

Exposure to Visual Art has also been found to have a restorative effect on anxiety & perception of pain.

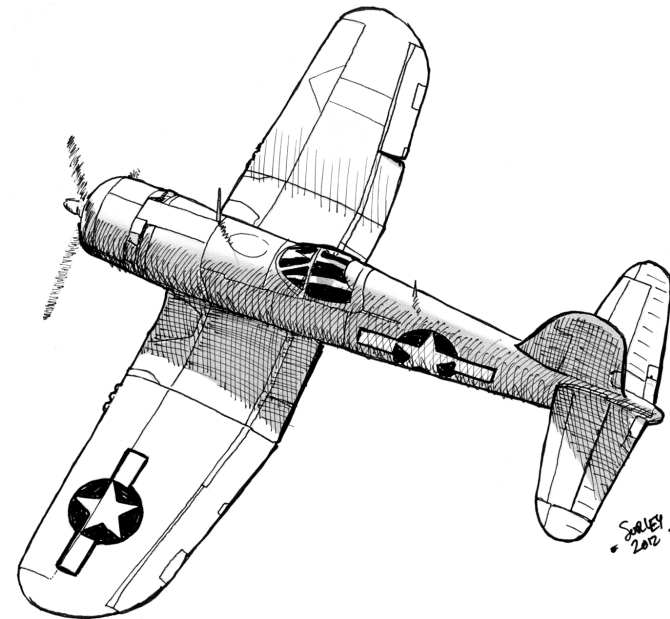
- #1 Water Scapes: containing calm or nonturbulent water
- #2 Landscapes: containing visual depth or open foreground
- #3 Positive Cultural Artifacts: barns & older houses
- #4 Flowers: healthy, fresh, familiar
- #5 Figurative: emotionally positive faces

'ATTENTION RESTORATION THEORY'

Nature images help in restoration from directed attention by providing experiences of being away, fascination, extent & compatibility

"Imagery that has distant horizon lines to create a focal point for viewers exposed to images for a long period of time"
Static & Serene Art

ENVIROMENTAL BEHAVIOR THEORY



THE COSTS OF CONFLICT: MEETING THE MENTAL NEEDS OF SERVING PERSONNEL AND SERVICE VETERANS

Theory of Planned Behavior
Transtheoretical Model

"Since the end of the Cold War and the demise of the National Service, military life has played a diminishing role in society and become increasingly invisible"

TRANSITIONAL CHALLENGES:

The return journey home: once it allowed individuals the time and space to adjust from the anxiety, uncertainty and discomfort. It helped to emotionally process their experience. However with modern air travels this process then becomes abrupt, 'decompression'.

THAT TIME SITTING AT HOME?

It may trigger an 'Existential Mid-Life Crisis'
A loss of security in everyday life

10-15% of PTSD cases are delayed onset

Many health professionals are simply unaware that their patients are veterans:

A failure to understand the problems facing vets?
A lamentable education shortfall, as they represent a large 'minority' group

SOCIALLY RESPONSIBLE SUSTAINABILITY

THEORY

Table 2
Comparisons of wellbeing and productivity from T1 to T2 – Other group

Variable	T1	T2	t-statistic	Sign.
Psychological wellbeing	3.55	3.47	0.70	NS
Physical wellbeing	2.97	2.89	0.81	NS
Job satisfaction	3.27	3.47	1.25	NS
Propensity to stay	3.07	3.19	0.71	NS
Productivity (last month)	77.51	77.92	0.12	NS
Productivity (last 2-3 months)	78.28	80.03	0.53	NS
Productivity (last 4-6 months)	80.62	80.14	0.15	NS
Productivity (last 7-12 months)	80.84	78.58	0.69	NS
Absenteeism	3.51	4.52	1.72	NS
Presenteeism	3.44	3.20	0.09	NS

Table 3
Comparisons of wellbeing and productivity from T1 to T2 – Green Building group

Variable	T1	T2	t-statistic	Sign.
Psychological wellbeing	3.59	3.52	1.03	NS
Physical wellbeing	3.01	2.97	0.61	NS
Job satisfaction	3.67	3.53	1.36	NS
Propensity to stay	3.40	3.26	1.39	NS
Productivity (last month)	77.20	77.15	0.02	NS
Productivity (last 2-3 months)	79.18	77.61	0.73	NS
Productivity (last 4-6 months)	79.35	77.76	0.69	NS
Productivity (last 7-12 months)	77.88	79.04	0.46	NS
Absenteeism	3.56	4.49	1.23	NS
Presenteeism	2.01	5.69	1.46	<0.01

THE IMPACT OF A 'GREEN' BUILDING ON AN EMPLOYEES' PHYSICAL AND PSYCHOLOGICAL WELLBEING

Point of Interest:

"The empirical evidence in this regard over the last decade or so has been inconclusive suggesting either that studeis are flawed or that there are specific aspects of green building that promote wellbeing and productivity and other that do not"

Influenced by: The Physical Enviornment Condition:

- +Temperature
- +Lighting
- +Insufficient Lighting
- +Dry/Humid
- +Distracting Ambient Noise
- +Unpleasent Odor in the Air
- +Electrostatic Shock

PHYSICAL WELLBEING WAS ASESED USING THE SICK BUILDING SYNDROME (SBS):

- +Perceptions of physical work conditions
- +Job satisfaction
- +Absenteeism
- +Presenteeism
- +Percieved Productivity

CLAIM:
LEED, BREEAM, GreenStar,

"Low enviornmental impact design" may lead to reduced enviornmental impact but not to "enhancing and restoring positive contact between people and nature"

THE GREEN BUILDING

TERMINOLOGY: "MENTAL HEALTH"

"YOUR COGNITIVE, BEHAVIORAL, & EMOTIONAL WELLBEING"

PTSD
DEPRESSION
ANXIETY
TRAUMATIC BRAIN INJURY
SCHIZOPHRENIA
SUD'S
SUICIDE PREVENTION

TERMINOLOGY: DESIGN SPECIFIC

"BUILDING USAGE, ROOM TYPE & INSPIRATION TYPES"

YOGA STUDIO
OUTDOOR/RECREATION AREA
GROUP/COUNSELING CENTERS
MUSIC & ART THERAPY INSPIRED
MEDICAL CLINICS: CHIROPRACTIC &
ACCUPUNCTURE
WORKSHOPS: LIFE SKILLS



HISTORY OF TYPE

1930 - VETERANS ADMINISTRATION
CREATED:
+Veterans Bureau +Bureau of Pensions
+Homes for disabled volunteer soldiers

1940 - SELECTIVE TRAINING & SERVICE
ACT:
guaranteed re-employment

1944 - "GI BILL OF RIGHTS:
+4 years of education +Federally
guaranteed home +Unemployed
compensation

POST WWII:
A large number of hospitals increased
for the disabled population

POST VIETNAM WAR:
V.A. adopted new outreach measures
+Toll-free telephone service for
communication +Counselors stationed
& employed at seperation centers
+Began providing vets with training in
suitable employment & independence
with daily living, serving homeless &
chronically ill vets

PERSIAN GULF WAR:
Began offering psychological
counseling at vet centers, began
researching into undiagnosed Gulf War
vets

1992 - 'VETERANS HEALTH CARE ACT'
Variety of gender specific services &
programs to care for women vets

1997 - COMMUNITY BASED OUTPATIENT
CLINICS BEGAN ACROSS THE COUNTRY

2000 - V.A. ESTABLISHED THE BENEFIT
DELIVERY AT DISCHARGE

2000-TODAY: CARE PLANS
New hospitals- vet specific in Orlando &
Las Vegas
+150 new community based clinics
+Mental health outpatient clinics
+Increased awareness on mental health

TYOLOGY DEEP DIVE PT.2

SPACE TYPES:

Reception
Restrooms
Cafe
Conference

Training Rooms
Counseling Rooms
Outdoor

Individual Clinician Rooms
Medical Sector

Gym
Fitness Studio
Yoga Poolfde

PHYSICAL:
+Training Room
+Gym
+Yoga
+Rehabilitation
Clinic

MENTAL:
+CBT
+Group
Counseling
+Chiropractic
+Accupuncture
+Animal Assisted
Therapy

EMOTIONAL:
+Meditation
+Spiritual Center
+Family
Counseling
+Music & Art
Therapy
+Cafe with
Internet

DESIGN GOALS:

This is a place where individuals can:

MEET:

- A path to physical and emotional growth

TALK:

- Socializing with your community

FEEL SAFE:

- Rehab. through movement & alternative methods

PATIENT ACTIVITY INVOLVEMENT:

Life-based workshops, day rooms, reception area, wider corridors

TALKING TO COMMUNITY MEMBERS;

Group based therapy rooms; seating that is convenient or spaced to desire, stopping stations to take a break & chat

FEELING SAFE IN THE ENVIRONMENT:

Low profile cameras & security methods, open-nursing stations, acoustical privacy, individual off-set privacy rooms

TRENDS/EMERGING ISSUES:

ALTERNATIVE MEDICINE- Shying away from traditional medicine based intervention:

- +Aromatherapy
- +Ayurvedic
- +Massage
- +Cannabis
- +Animal-therapy
- +Yoga
- +Nature-based therapy
- +Cognitive Behavioral Therapy
- +Meditation

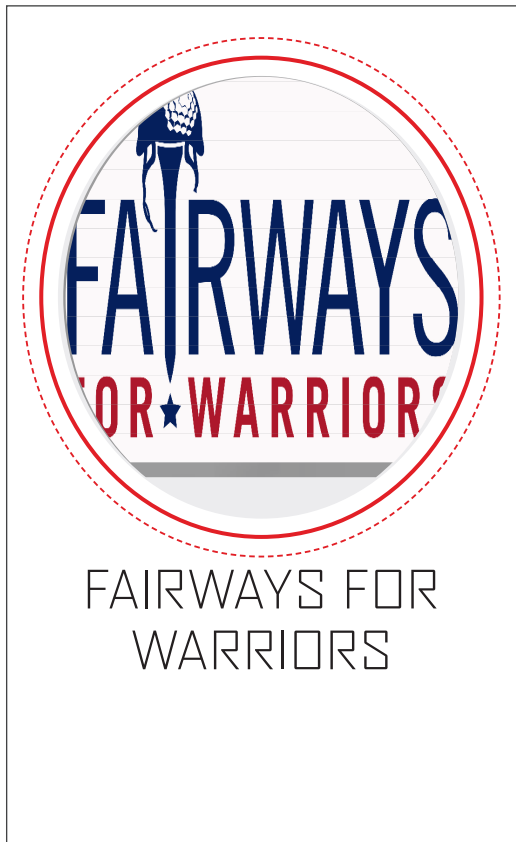
ISSUES:

Recent studies have shown increased suicide rates in younger vets. They are also particularly reluctant to utilize mental healthcare.

TRENDS IN COUNSELING:

- +Psychotherapy
- +Cognitive Behavioral Therapy
- +Narrative Therapy
- +Person-centered Therapy

A new trend is App Counseling



TLC:
THE TRAINING & LIFE
CENTER is the home for
FAIRWAYS FOR WARRIORS

EST: May 21st 2016

Location: 1001 Armstrong
Blvd, Kissimmee, Florida

Purpose: created for combat
wounded veterans and their
families.

- +Meet +Talk +Feel Safe
- +Socialize +Grow +Counsel
- +Rehabilitate

STRATEGY:
Rehabilitation through the
physical & social aspects of
the sport of golf.

6,700 SQ. FT.
THE FIRST INDOOR GOLF FACILITY IN THE U.S. EXCLUSIVELY CA-
TERING TO COMBAT WOUNDED VETS AND THEIR FAMILIES

- 1,340 SQ. FT. FOR:
- Reception & office area
 - Counseling room
 - Break room
 - Internet Cafe

Remaining 5,360 SQ.FT. FOR WITH 21' FOOT CEILINGS:

- 40' by 20' putting, chipping & full swing area
- One full golf simulator
- Several 'flight speed' sensors
- Plane Swing training aid
- Club Repair & grip refitting workshop
- WarriorFit work out area
- Golf training & fitness
- Three large TV screens

LOCAL, V.A. MEDICAL CENTER IN LAKE NONA WILL BRING
INPATIENTS TO USE THE FACILITY FOR TREATMENT &
CAMRADERIE

A Typical Week at the TLC (Sunday) - 4-8 P.M. Training
(Monday) - 4-8 P.M. Counseling
(Tuesday) - 4-8 P.M. Repair
(Wednesday) - 7 A.M. Warrior prayer 10-2 Training 7-8 P.M. Bible Study
(Thursday) - 4-8 P.M. Training
(Friday) - 4-8 P.M. Workout
(Saturday) - Closed

THE USER JOURNEY

BASED ON THE EXPERIENCE MODEL - "THE VETERAN".

ENTICE:

How do vets find out about this space?
#1-Word of Mouth-

+community members sharing their experience, word of mouth, recruiters, online presence

+Recruiters- Individuals trained in seeking & offering help via the programs offered

+Social Media- one of the greatest & cost-effective ways to spread awareness of the community center

ENTER:

+Reception- greeted by a receptionist

+Evaluation- checkup/medical/mental

+Meet & Greet with current members- become introduced to the community

(Receptionist, Primary Care, Nurse, Clinical Associate, Specialists)

ENGAGE:

Coaching one on one
+Counseling- Group therapy

+Leisure Activities- cafe, activity rooms, outdoor experience

+Fitness- yoga/gym/pool, physical therapy, fitness training

+Workshops- life skills, resource based training

+Teaching with assistance with independent living skills

(Counselors, Trainers, Other Vets.)
(Family & friends, Clerk)

EXIT:

Self-care- training progress check-in

+Family-engagement- setting goals

+Maintaining employment- setting goals

+Managing medications

+Scheduling medical appointments

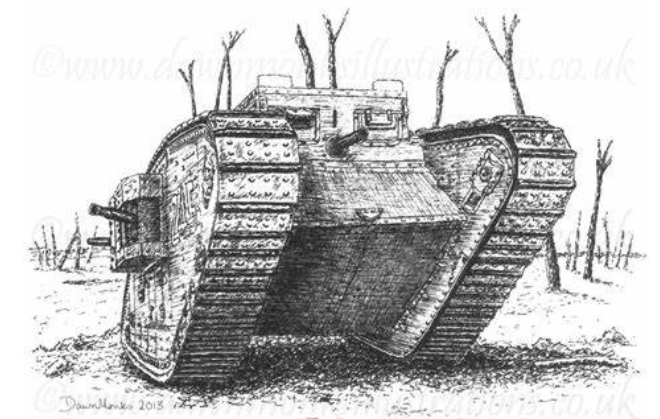
EXTEND:

Check-ups

+Re-invite to periodically come in back to the community center

+Re-direction into other programs

(Family & friends, Clerk)



BASED ON THE POEMS MODEL- COUNSELORS & (PACT) TEAM

PEOPLE:

PRIMARY CARE: Main doctor

NURSE: Exams & coordination

CLINICAL ASSOCIATE: Resource

CLERK: Recording/appointments/refferals

SPECIALISTS: Care specific needs

COUNSELORS: Guidance, vets/family/friends

THERAPIST: Liscened mental health professionals

TRAINERS: Physical fitness

OBJECTS:

+Examination table/chair

+Examination lights

+Examination instruments

+Medical machinery

+Computer

+Record/filing system

+Group couches

+Comfort pillows

+Noise diffusers

+Workstations

+Gym equipment

ENVIRONMENT:

+Consultation rooms

+Therapy rooms

+Training rooms

+Gym/pool/yoga studio

+Family talk rooms

+Reception station

MESSAGES:

"To create a space for the progression and enhanced quality of life for veterans, while providing a goal-orientated community based center for workers and family and friends"

SERVICES:

"Guidance in the development of skills & strategies for dealing with patient problems"

"Prepare & maintain all required treatment"

"Counsel veterans with individually & group based sessions to assist in overcoming dependence, adjusting to life, and making changes"

"Develop & implement treatment 'person-centered' plans based on clinical & community experience & knowledge"

"Allow for transition into everyday life with aided appointments, treatments, housing, employment & self-care"



THE PACT TEAM

THE USER JOURNEY

BASED ON THE POEMS MODEL- FAMILY & FRIENDS

PEOPLE:

- +Family members
- +spouse/significant other
- +friends/other community members

OBJECTS:

- +Communal couches
- +Chairs
- +Beverage station
- +Object to self-record
- +Food station
- +Computers
- +Worktops

ENVIRONMENT:

Can be involved in:

- +Workshops & team building activities
- +Group therapy/Family therapy
- +Reception (check-in phase)
- +Clerk (check-out phase)

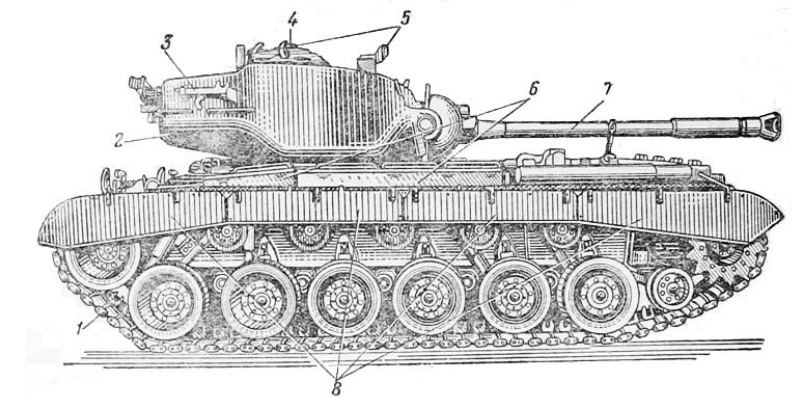
MESSAGES:

:"A community center not designed just for the vets, a space for supporting members such as family & friends to enhance & deliver adequate coping skills, problem-solving, self-care & referrals to extend further into society"

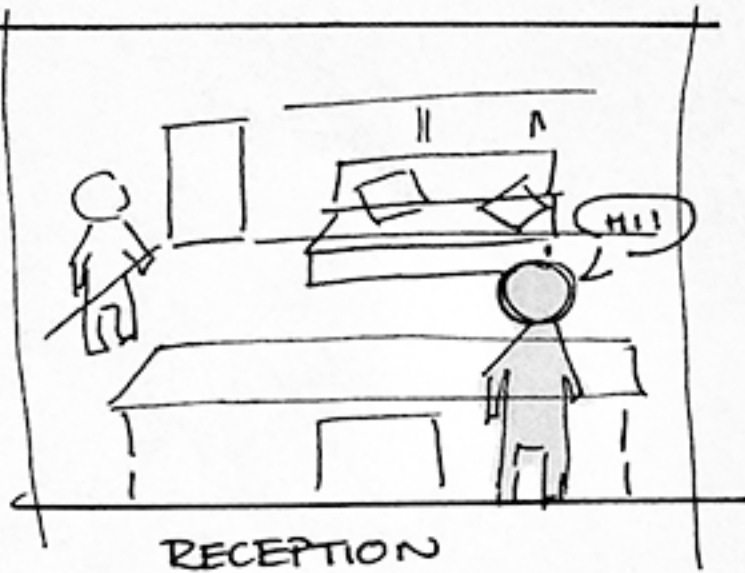
SERVICES:

- +Provide at home-support
- +Needing further knowledge of coping skills
- +Needing outreach for a member who does not- "seeking awareness"

- COACHING
- SELF-CARE
- EDUCATION
- PROBLEM-SOLVING
- REFFERALS

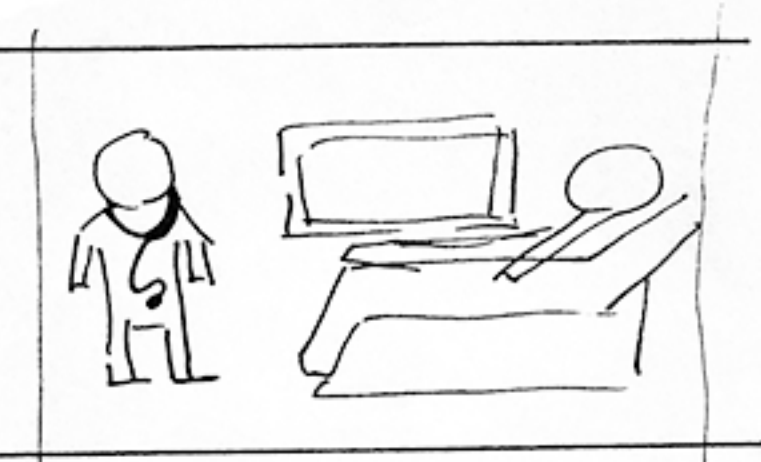


1



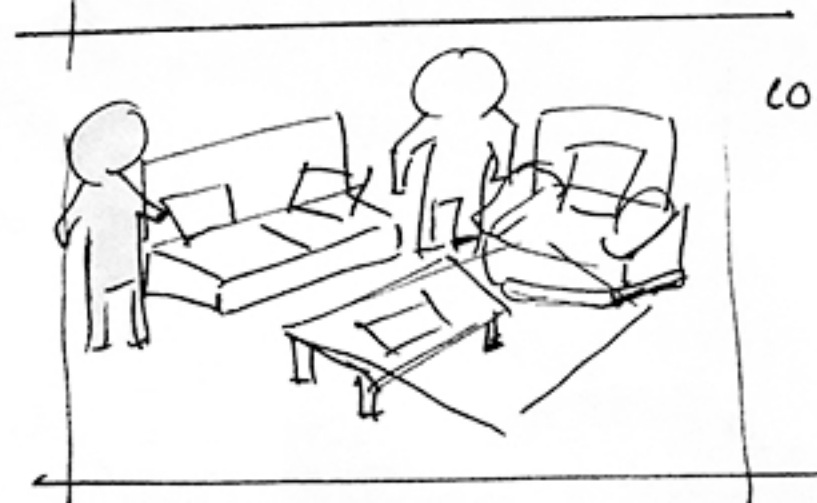
RECEPTION PHASE

2



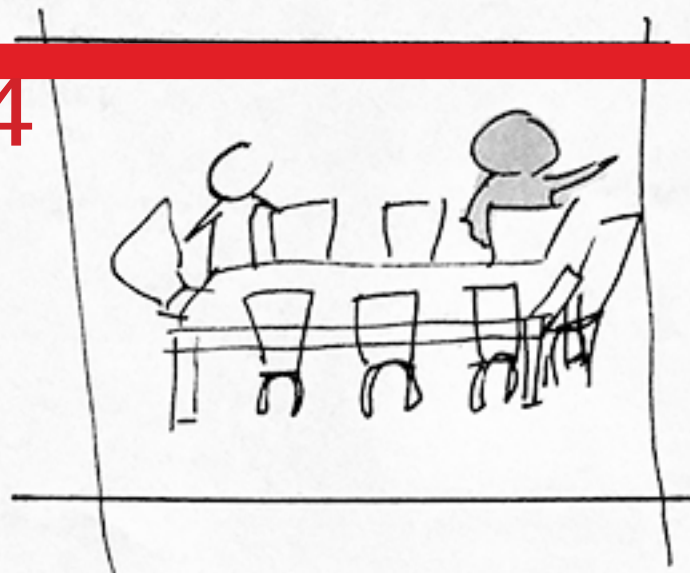
MEDICAL / PSYCHOLOGICAL CHECKUP PHASE

3



COUNSELING PHASE

4



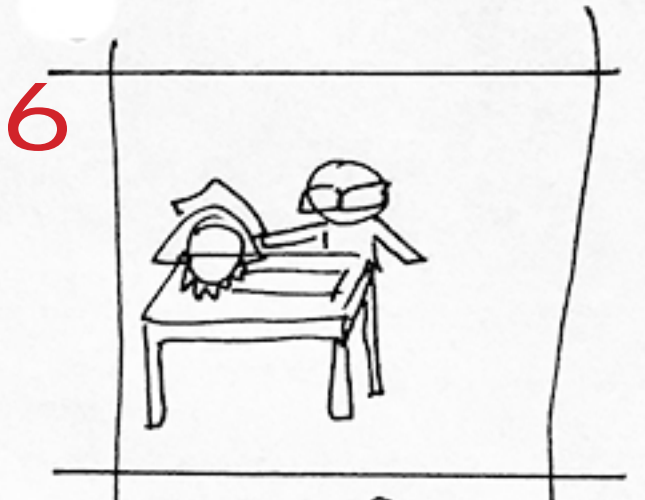
CONFERENCE ROOM PHASE

5



PHYSICAL TRAINING PHASE

6



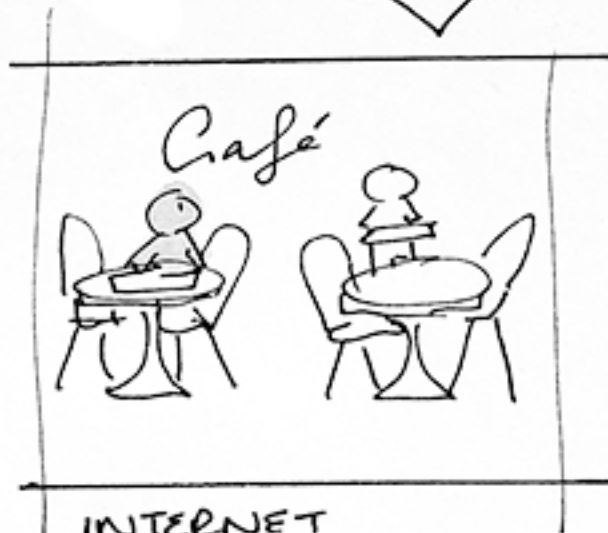
WORKSHOP & SKILL TRAINING PHASE

8



OUTDOOR PHASE

7



INTERNET CAFE PHASE

Interview

Transcript Entry...

1/Why did you join the military?

It was something I felt obligated as a citizen of the United States. It was also beneficial to achieving my educational goals.

2/What was day to day life like in the military?

Being in the special operations community, I was given the opportunity to do my job everyday. In many units soldiers are required to participate in base clean-ups, kitchen patrol (kp) duty. We started out everyday with an hour of physical training, where we ran at least 4 miles, gym workout, or swim laps. After cleaning up we would hold a formation and pass out our daily assignments. We would work on aircraft all day, break for an hour lunch, then end the day with a shop clean-up before we went home for the day.

3/Was comradery a large part of your military experience?

Being in the special operations community, comradery was a very large part of the experience. We worked in small teams and relied on each other for our lives.

4/How much did routine and order play in the structure of day to day military life?

A general daily schedule with PT (Physical Training) in the morning, reporting to work for assignment, and daily cleanuo before we left was very important to keeping order intact.

5/What resources were you offered for mental health while in the military?

We had access to a unit psychologist as needed. We also went through mental health and ptsd screening after every deployment.

6/What resources were you offered for mental health once out of the military?

Only what was available through the V.A. and it was on a voluntary basis. Most of us did not use it because of the stigma associated with mental health issue.

7/What was your transition like from Active Duty to civilian life?

Mine was not very eventful, although I regret getting out everyday.

8/Did you experience any problems?

The Army gave me a sense of higher purpose, like I was contributing to the well-being of those around me. While coporate life stifles that feeling and makes me a more selfish person. I struggle with that everyday.

9/What did you miss about being in the military once back in civilian life?

The sense of belonging, contributing and the comrardery.

10/How big of a role did/does community play in your rehabilitation or current day to day life?

I try to be involved to attain that sense of contributing and belonging to something bigger than me.

11/Did you go to any community centers as apart of your treatment/daily life?

No.

12/If you were offered a community center designed specifically to address the needs of mental health issues in veterans would you have attended?

Yes, even if I am not experiencing any mental health issues. I would want to think all veterans would be welcome, if not to seek assistnace, to help others who need assistance.

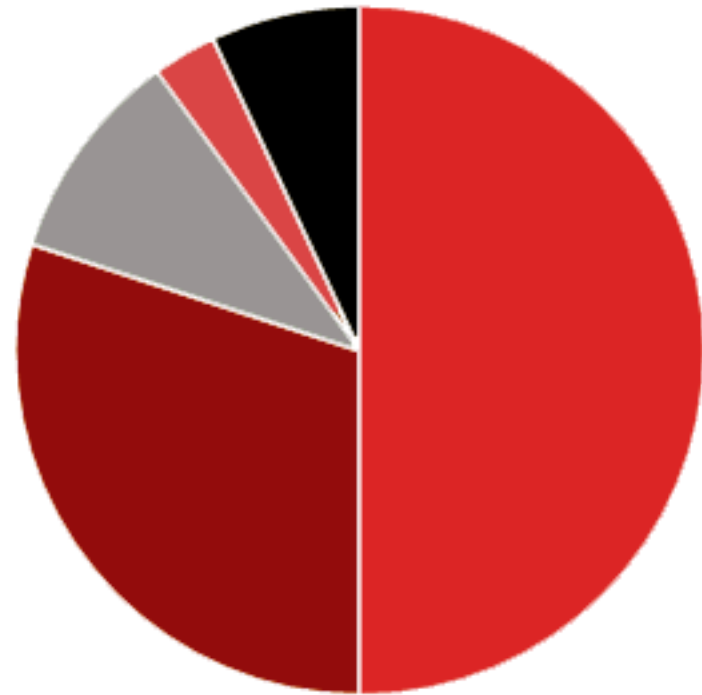
AGE: 46

GENDER: MALE

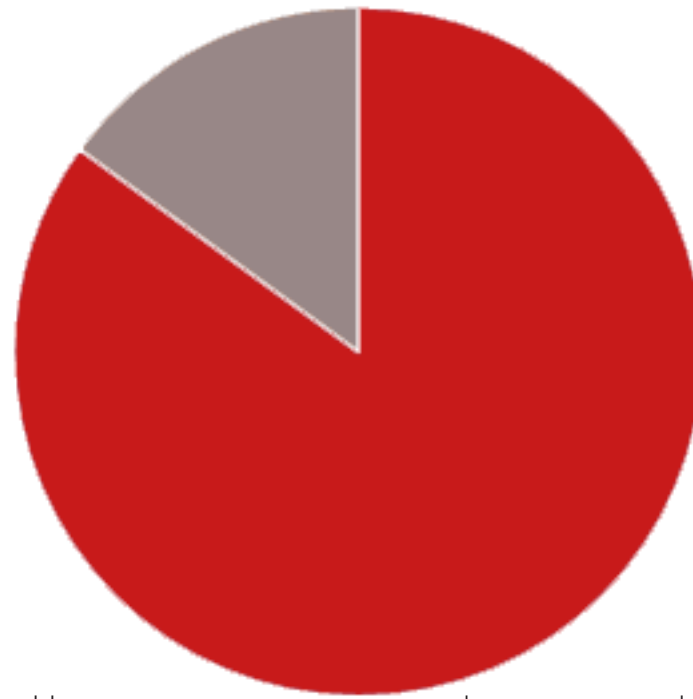
DIVISION: U.S. ARMY

PERIOD SERVED: 8 YEARS

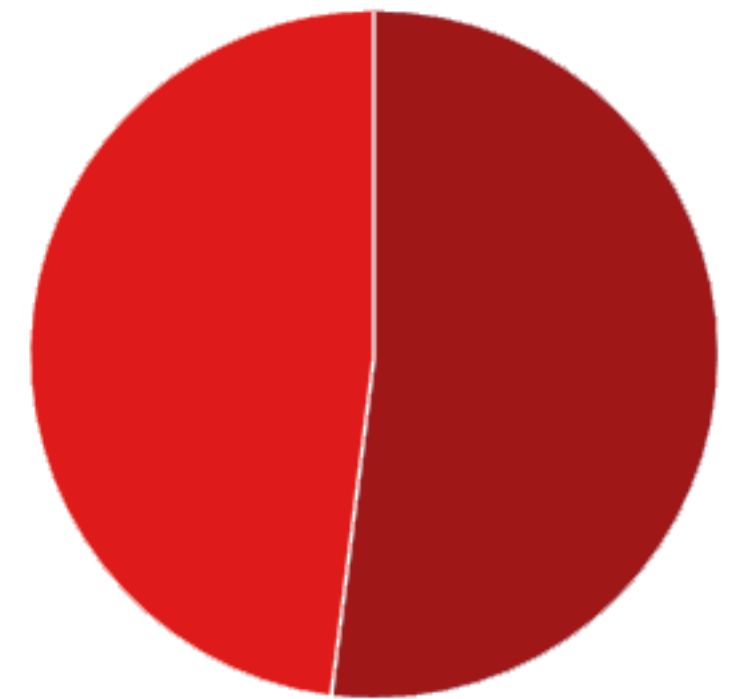




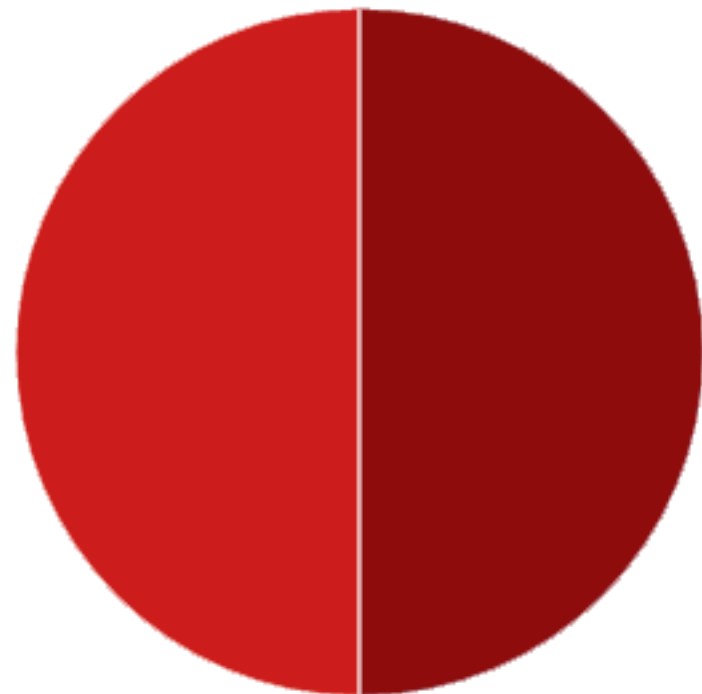
How old are you?



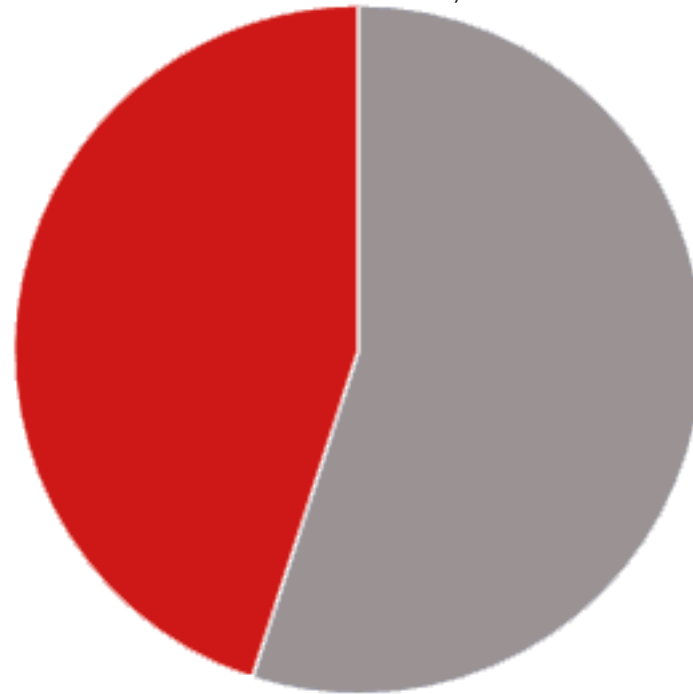
Have you or anyone you know served in the military?



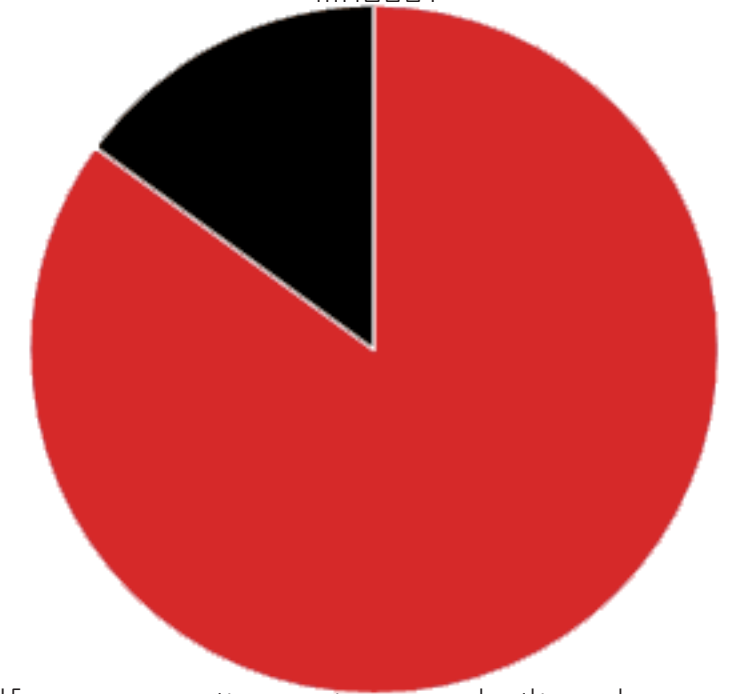
Was treatment given for this illness?



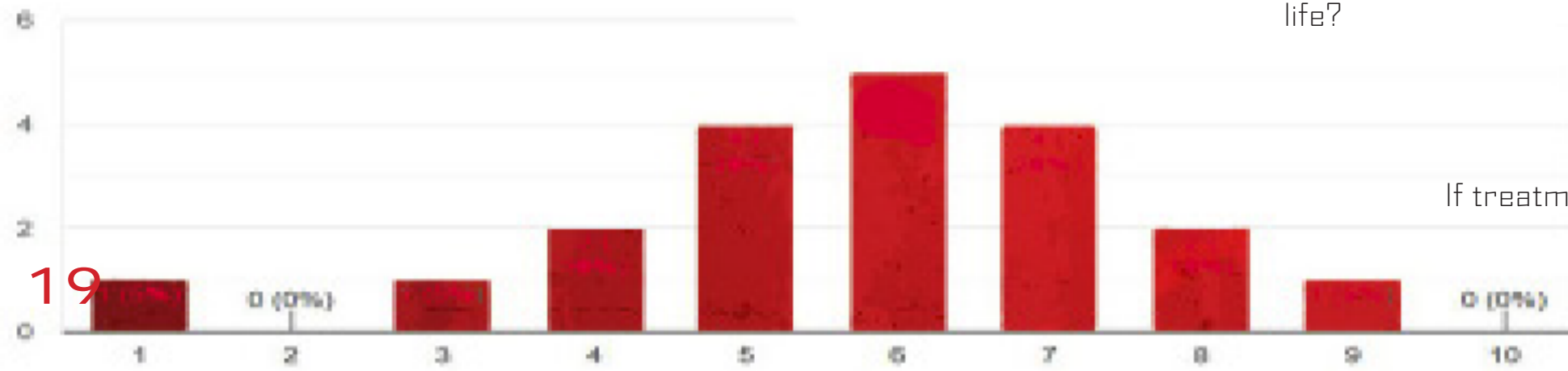
What is your gender?



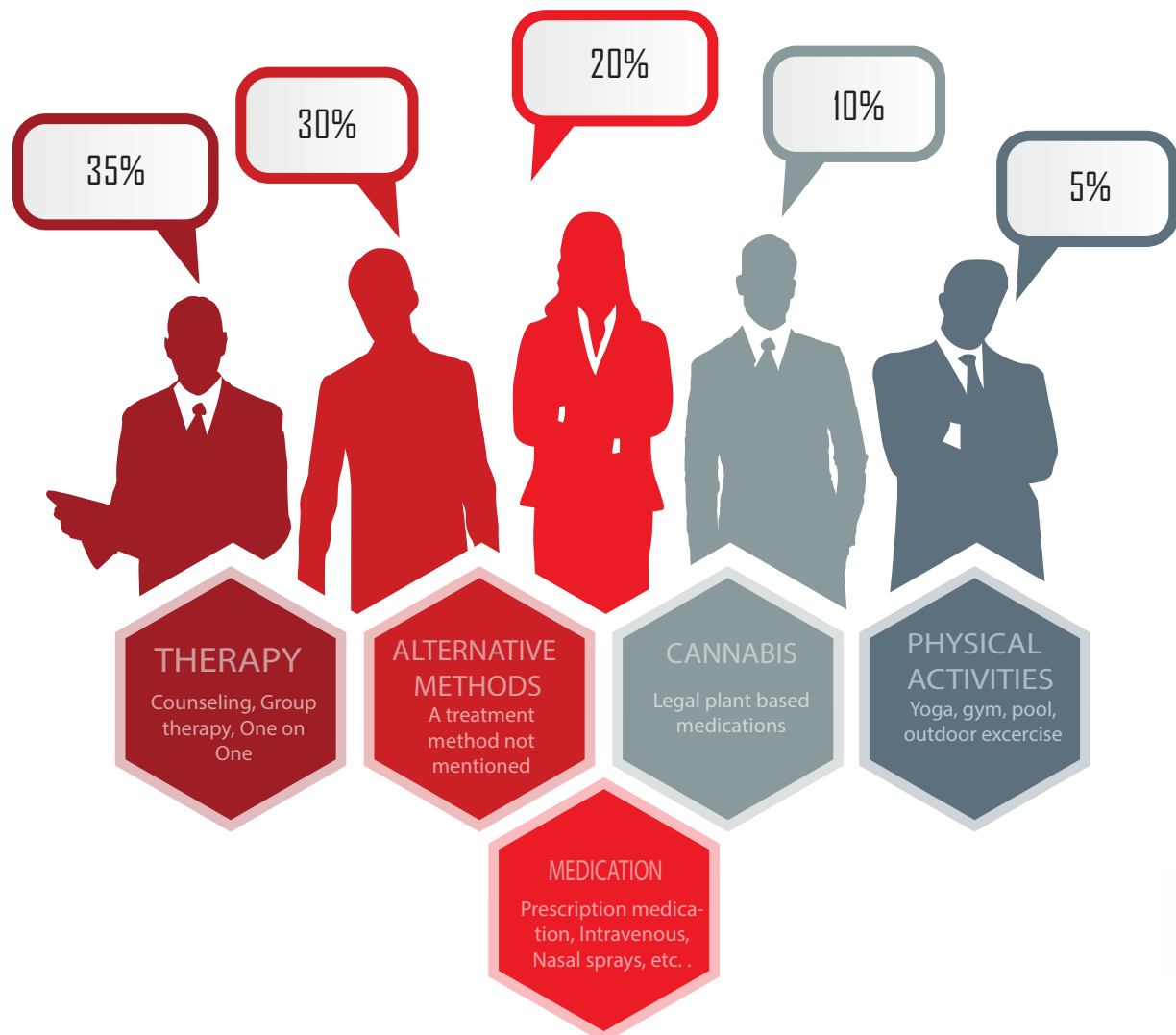
Did you or anyone you know struggle with the transition from Active Duty to civilian life?



If a community center was built and geared specifically to mental health in veterans would you have attended?

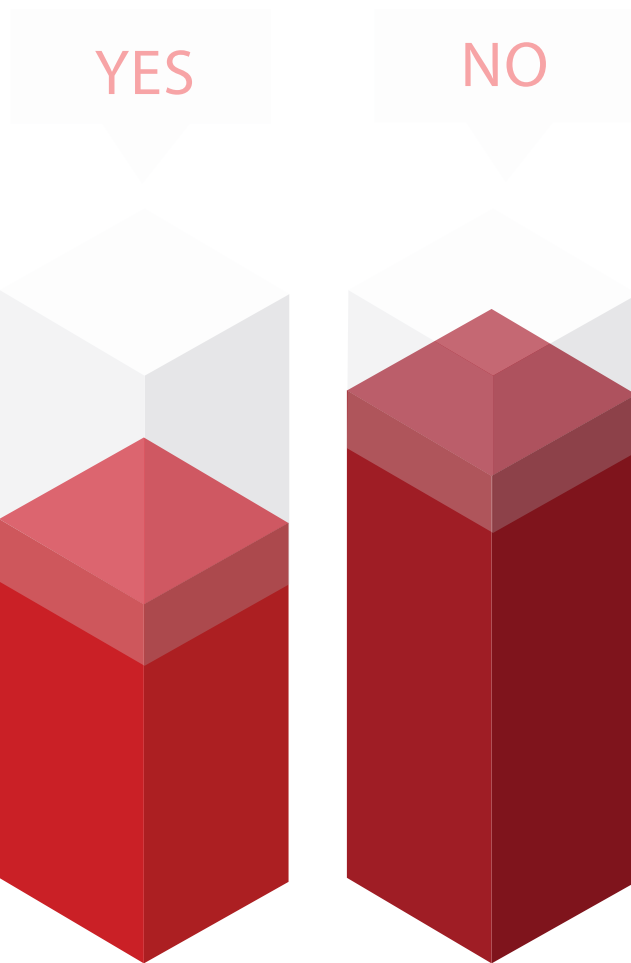


If treatment was given, how effective was it?



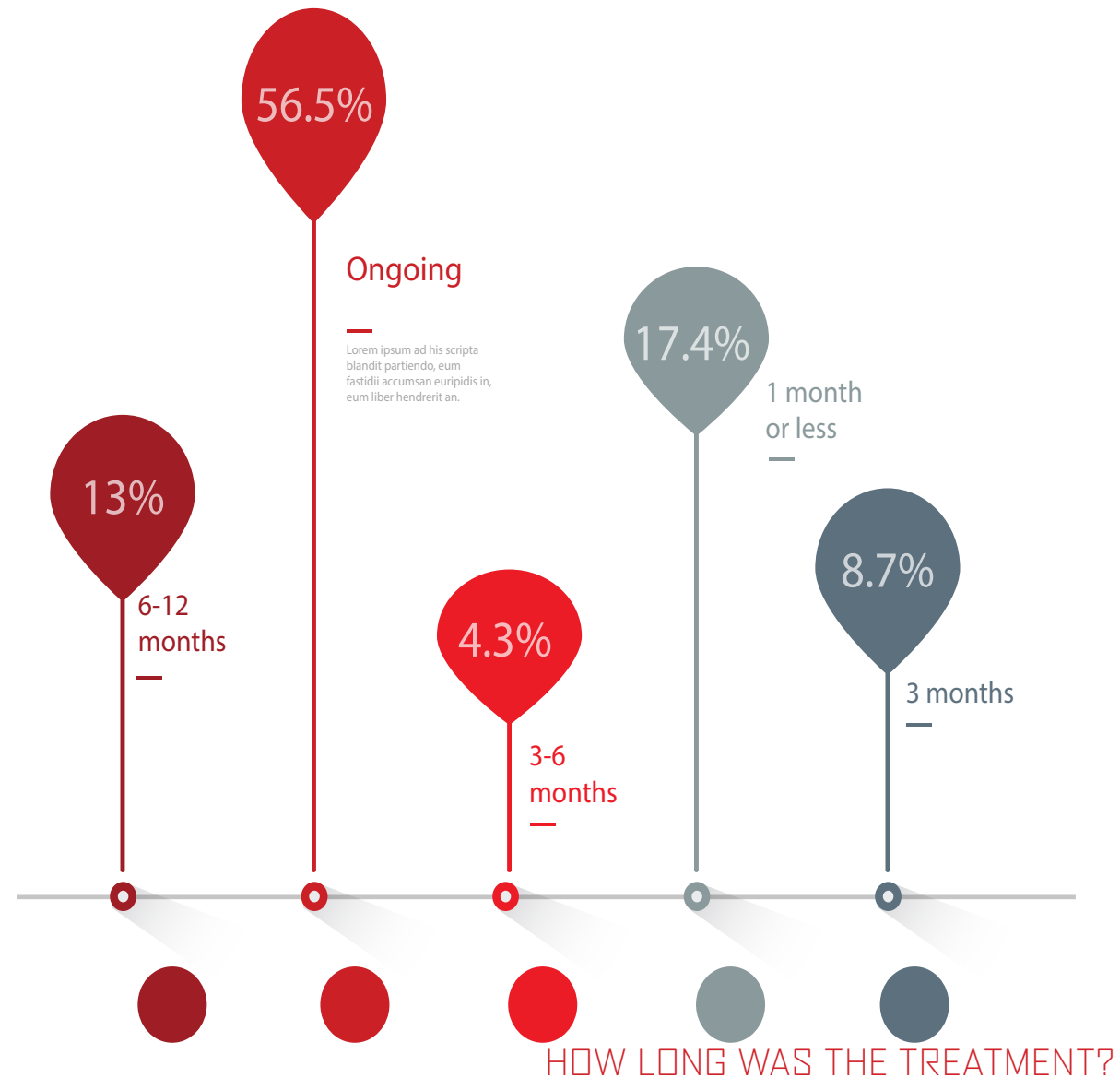
WHAT FORM OF TREATMENT WAS GIVEN?

DID YOU OR ANYONE YOU KNOW STRUGGLE WITH THE TRANSITION FROM ACTIVE DUTY TO CIVILIAN LIFE?



43.6%

56.4%



HOW LONG WAS THE TREATMENT?

SITE ANALYSIS

LOCATION:

The Shops at Summerlin
10970 Rosemary Park Drive,
Suite 160
Las Vegas, NV, 89135

Downtown Summerlin is a vibrant and walkable urban center right in the heart of the community:

- +400 acres
- +commercial & residential
- +western outskirts of Las Vegas

HISTORY:

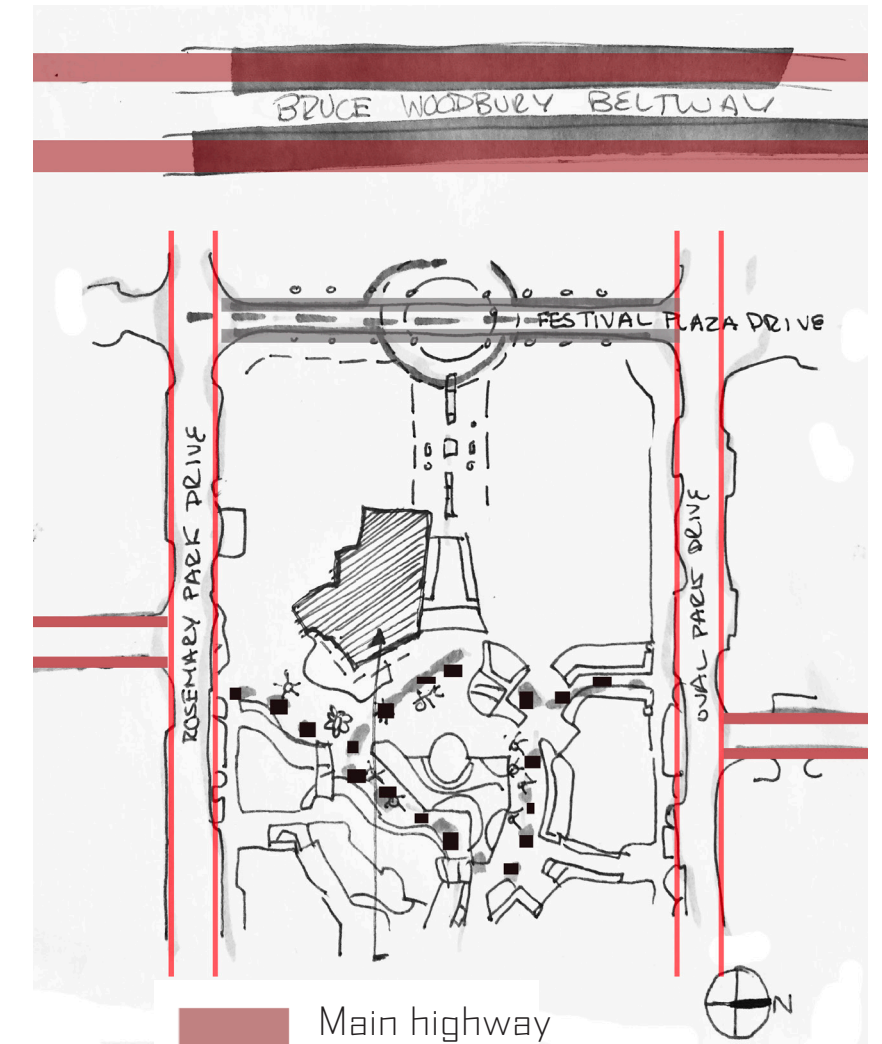
Summerlin is a fairly new-built downtown area with further expansions rapidly changing the surrounding area.

Adjacent buildings:

- +Art gallery
- +Various restaurants
- +Shopping
- +Movie theatre
- +Casino/hotel
- +Ample parking lots
- +Walking pavements



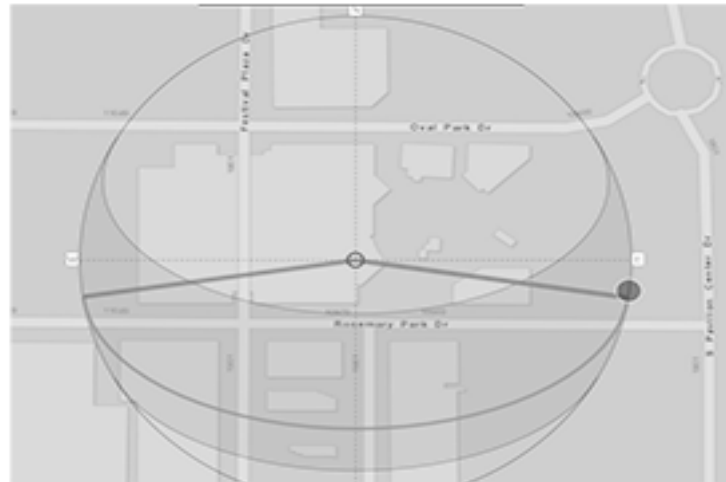
There is a great amount of nearby foliage- mostly man-made: ample trees, courtyard space, nearby park area



- Main highway
- Main road
- High volume car & pedestrian
- Secondary road
- Pedestrian traffic

SITE ANALYSIS

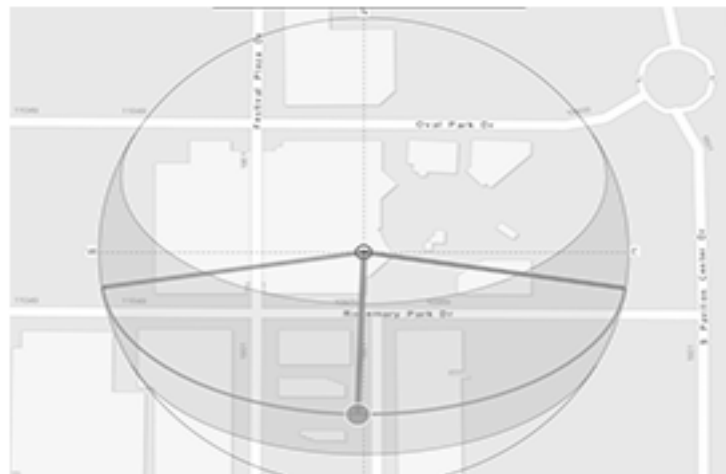
SUN PATH ANALYSIS



DATE: 2/29/2020

6:30-7:00 A.M./SUNRISE

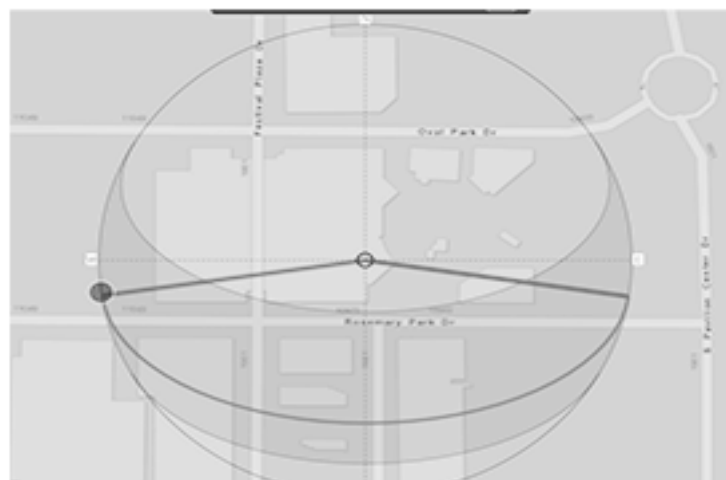
The building will receive direct morning light because of its rotation



DATE: 2/29/2020

12:00-1:00 P.M./MID-DAY

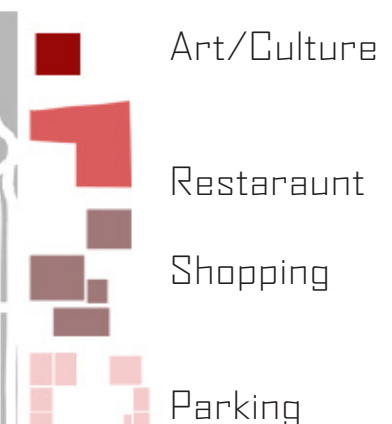
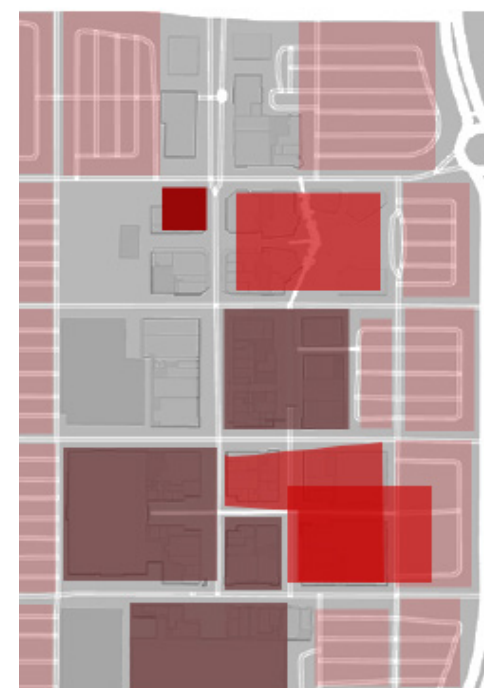
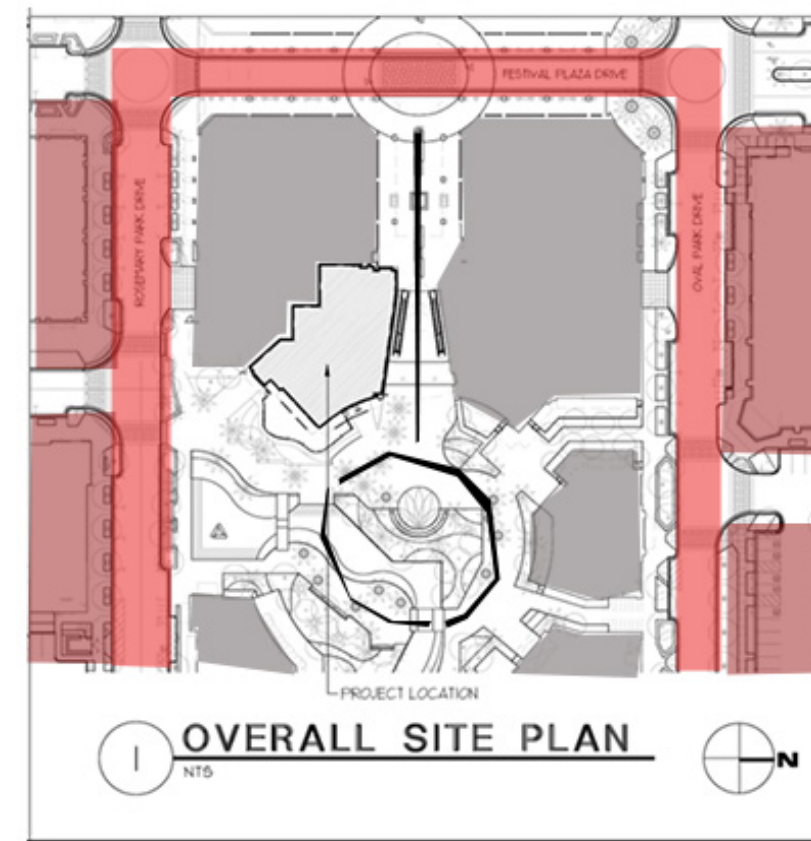
During mid-day the building will only receive sunlight on half of its structure



DATE: 2/29/2020

6:30-7:00 P.M./SUNSET

During later evening hours, most of the sunlight will not directly hit the building and will be further impacted by the adjacent structures.

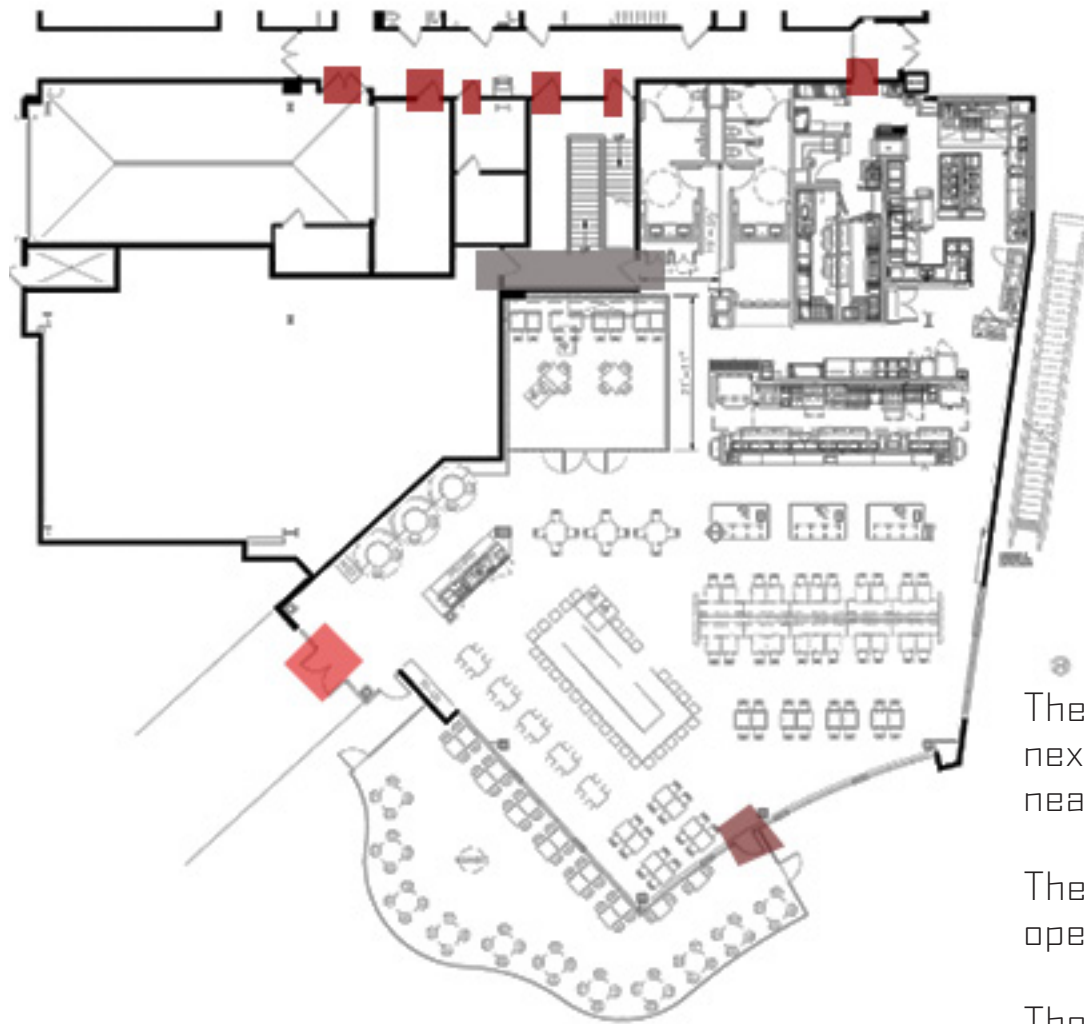


The surrounding area does contain alot of heavy trsfffic and the hub of pedestrian traffic causes accoustical is-sues.

Downtown Summerlin is mostly eating and shopping orientated. There is ample parkig for the high influx of visitors

SITE ANALYSIS

POINTS OF ENTRY/EXIT, CIRCULATION



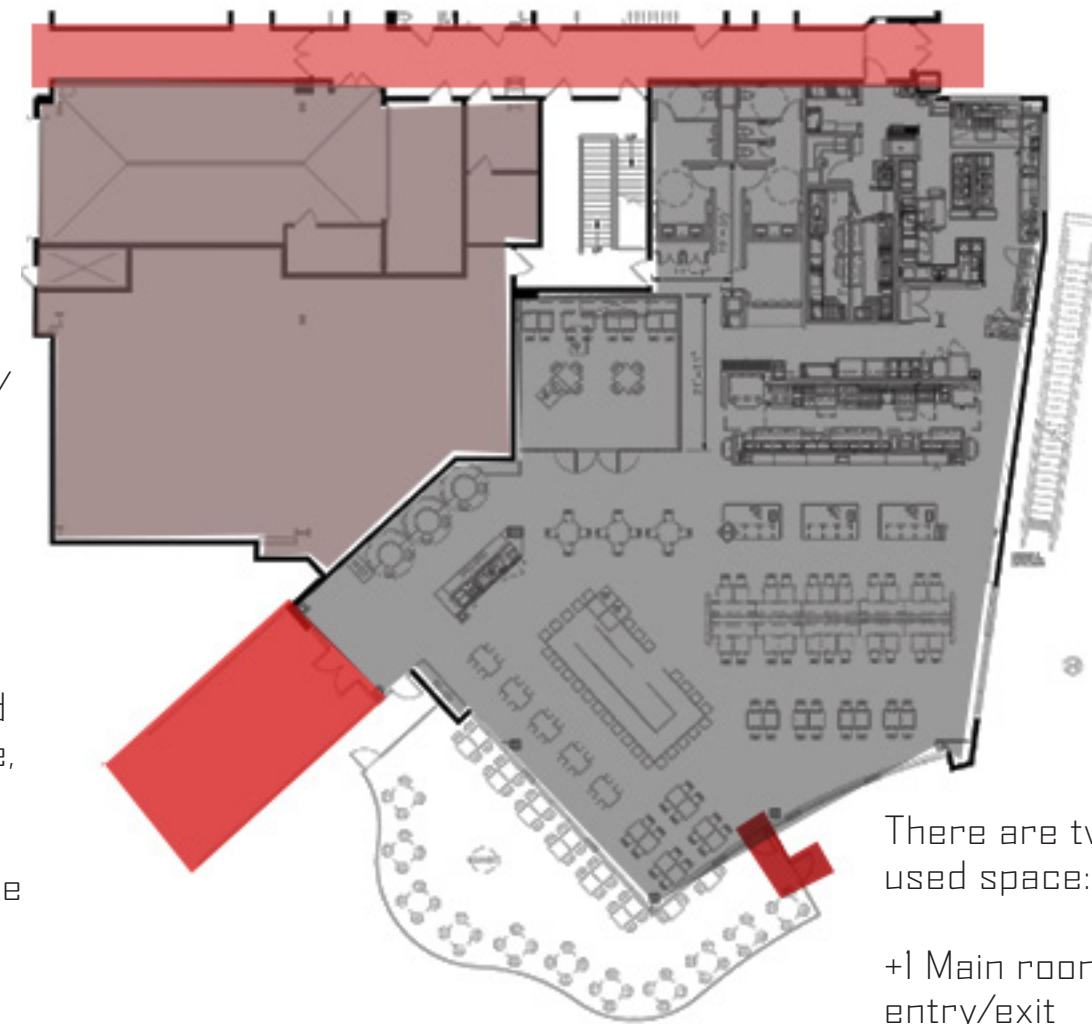
- Main Exit/Entry
- Staff Corridor Exit
- Exit- Secondary
- Through Space Entry/Exit

The main entry and exit is located next to the outdoor seating space, nearer the main street.

The secondary exit point faces the open courtyard space.

There is a long corridor (service corridor) for staff
+Potential for medical and mental health team

The secondary space is connected to the primary space through a stairway corridor



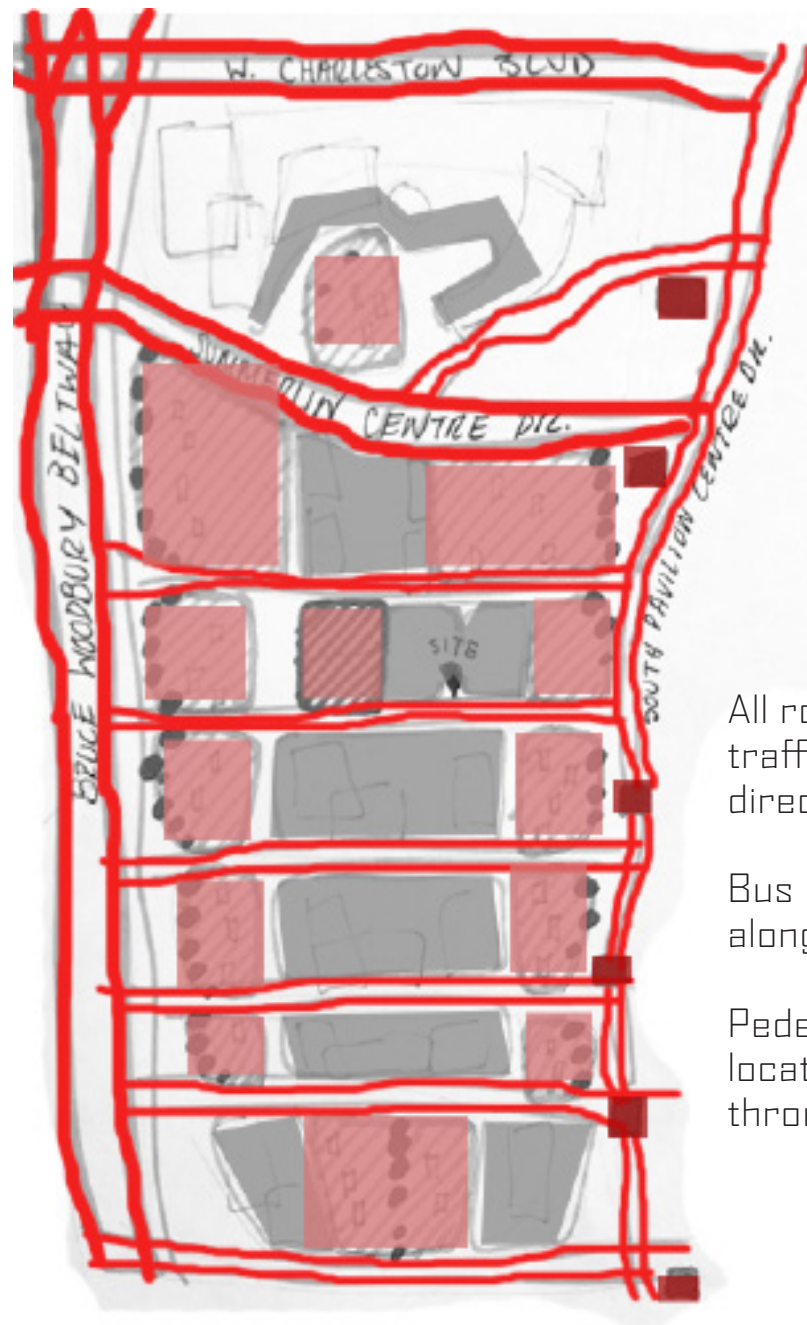
- Secondary Circulation
- Main Circulation
- Tertiary Circulation
- Secondary Space
- Main Space

There are two main sectors of used space:

+1 Main room with main points of entry/exit

+2 Secondary room with through entry point

SITE ANALYSIS



-  Bus stop
-  Road
-  Greenspace
-  Pedestrian/Biking

All roads in bright red have traffic flowing in both directions

Bus stops are spaced all along the right hand side

Pedestrian sidewalks are located all around and through the buildings

La Madre Mountain
1 HR Drive



Red Rock Canyon
8 Min Drive

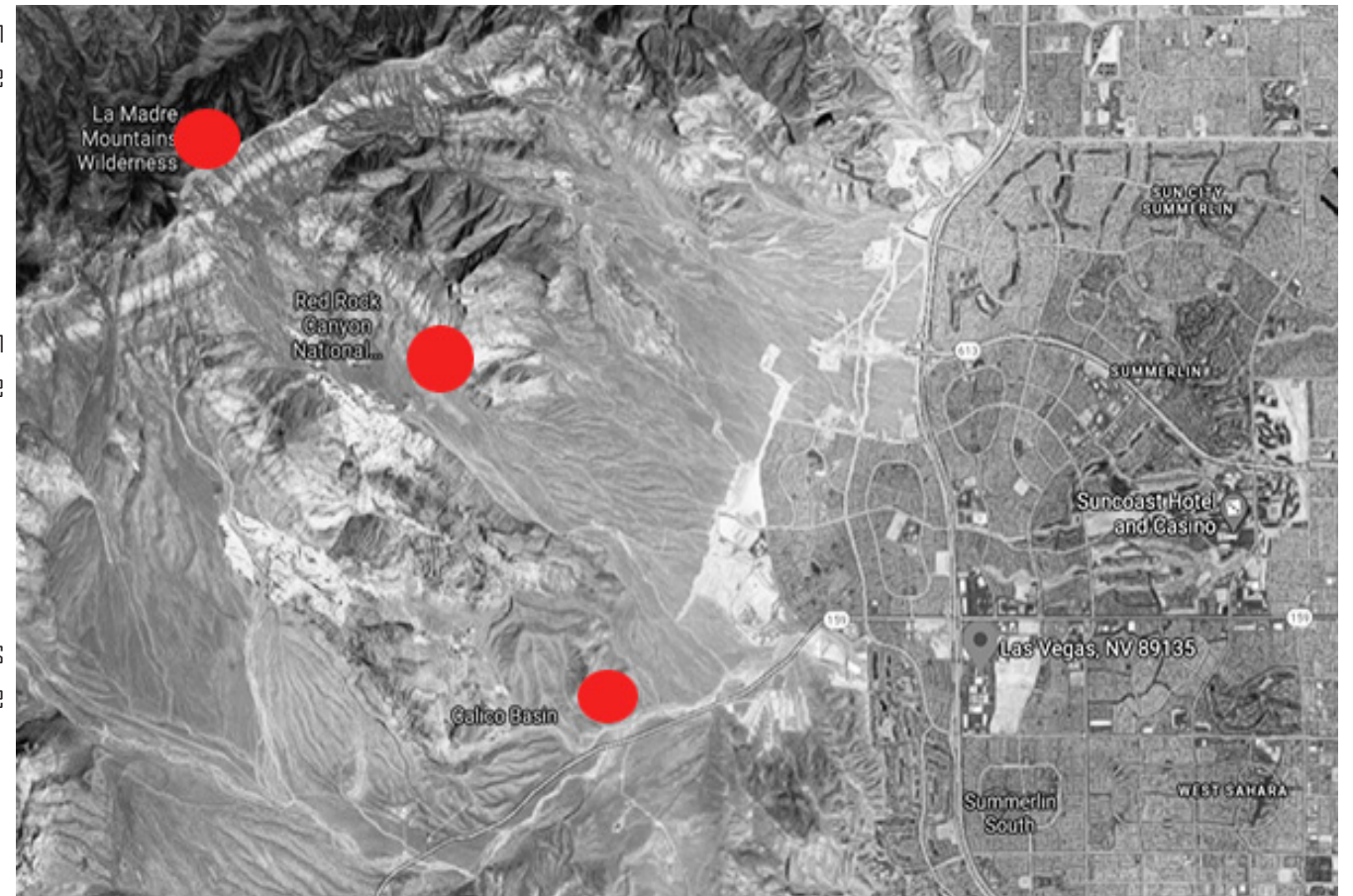


Calico Basin Trails
5 Min Drive

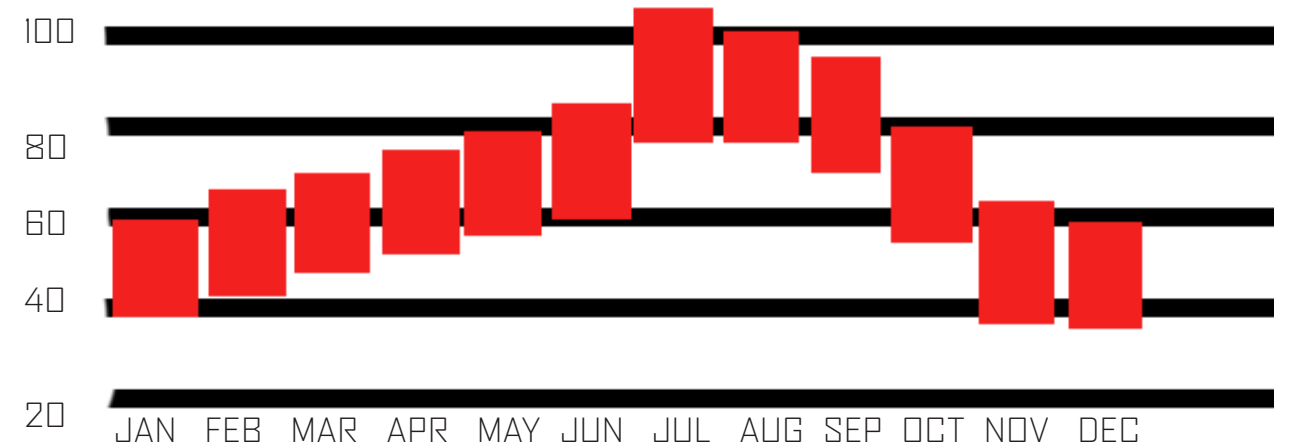


Potential for recreation with national parks

EX:
October 83 degrees F, 15% humidity
Avg. Rainfall ' 18.92 IN.



Located in the dry desert region of Las Vegas, Nevada, the Summerlin district is the closet urban environment to the surrounding national parks and mountain treks.



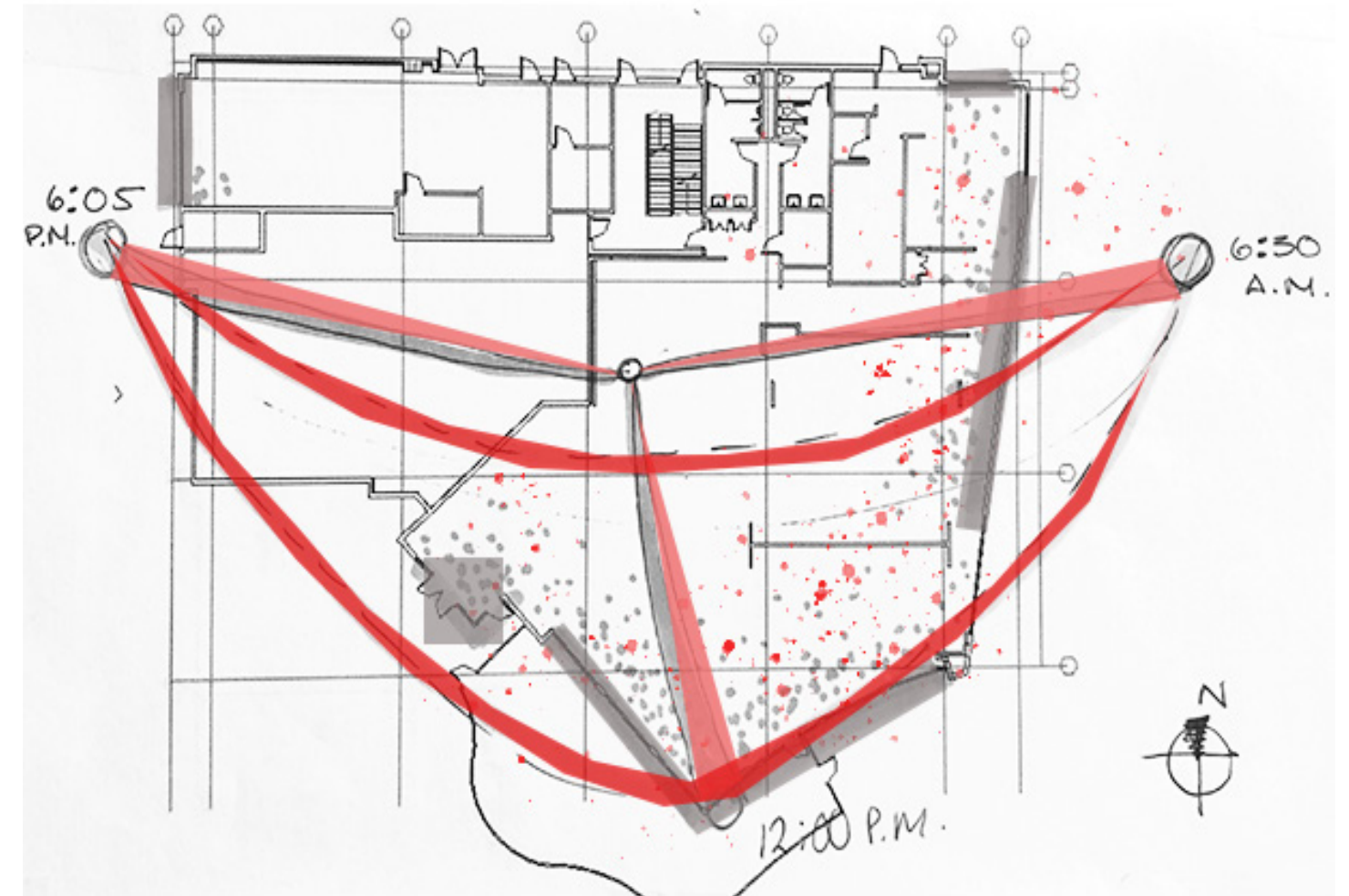
BUILDING ANALYSIS



Represents all of the load-bearing walls, mainly the outside walls in primary space & all of the walls in the secondary space

Represents columns, some along the sides of the exterior walls, some hidden and some exposed

+Certain columns are contained in secondary walls.



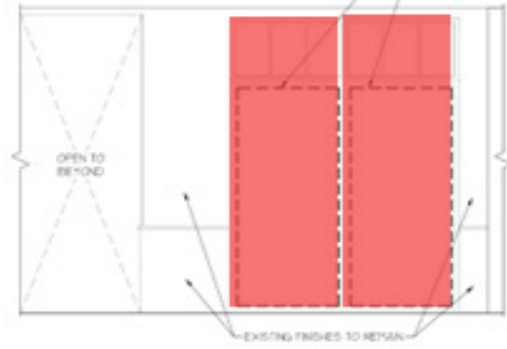
A majority of sunlight and thermal gain will come through the southeastern facade. In terms of design, the storefront windows will be a great opportunity for exposure, reception & more public spaces.

+The back exterior of the building, that connects to the main mall corridor will not receive any direct sunlight

+The whole portion of the building is the main service hallway connecting to other shops

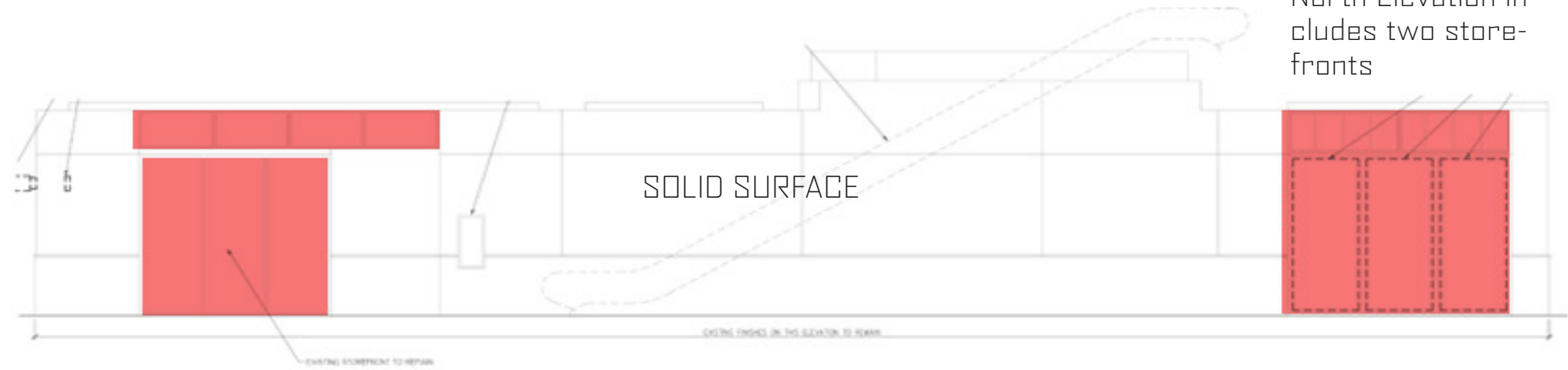
BUILDING ANALYSIS

West Elevation includes one storefront

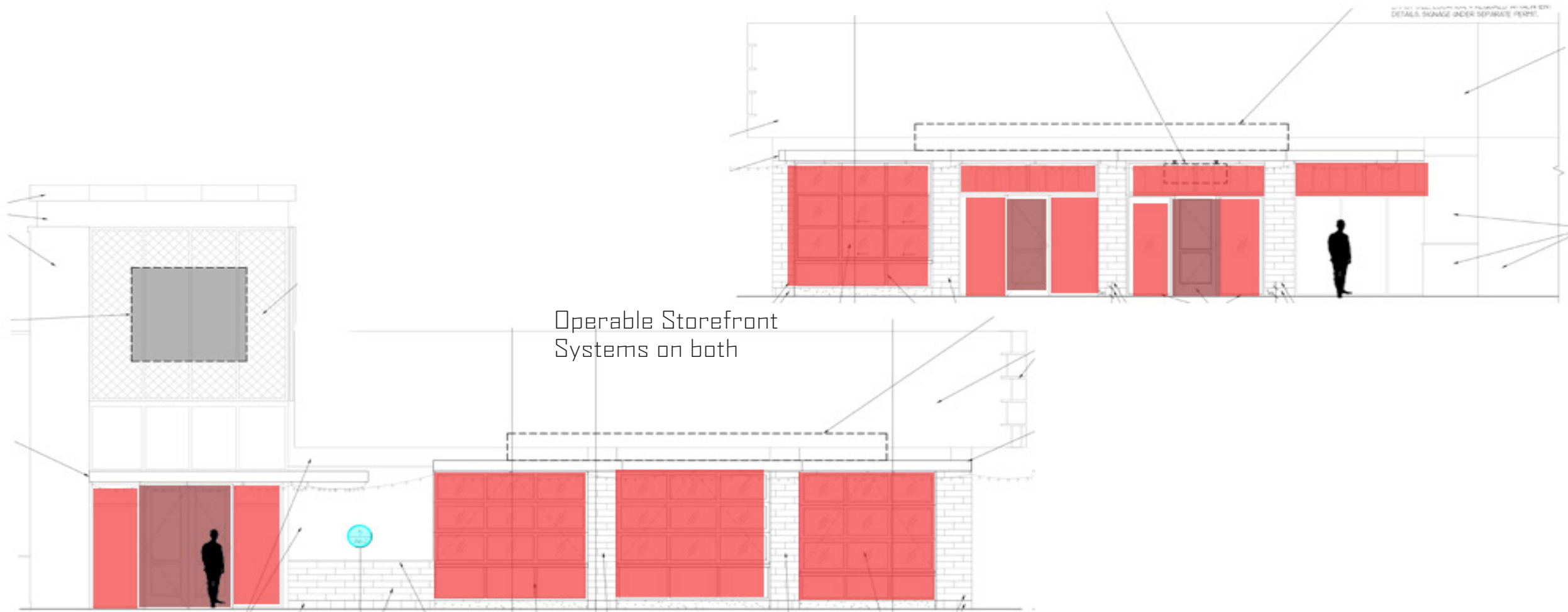


4 WEST ELEVATION
1/8" = 1'-0"

North Elevation includes two storefronts



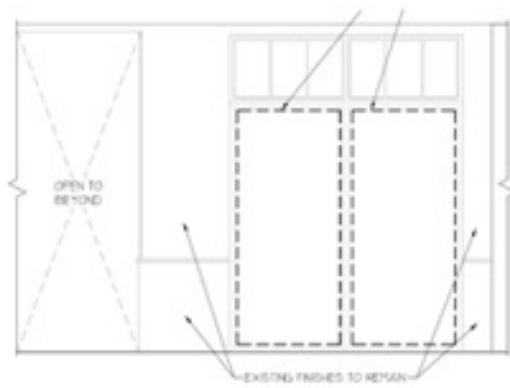
3 NORTH ELEVATION
1/8" = 1'-0"



Operable Storefront Systems on both

- GLASS TYPES:
- +Tempered Decorative Wireglass
 - +Clear Tempered Glass
 - +Insulated Glazing Unit

BUILDING ANALYSIS

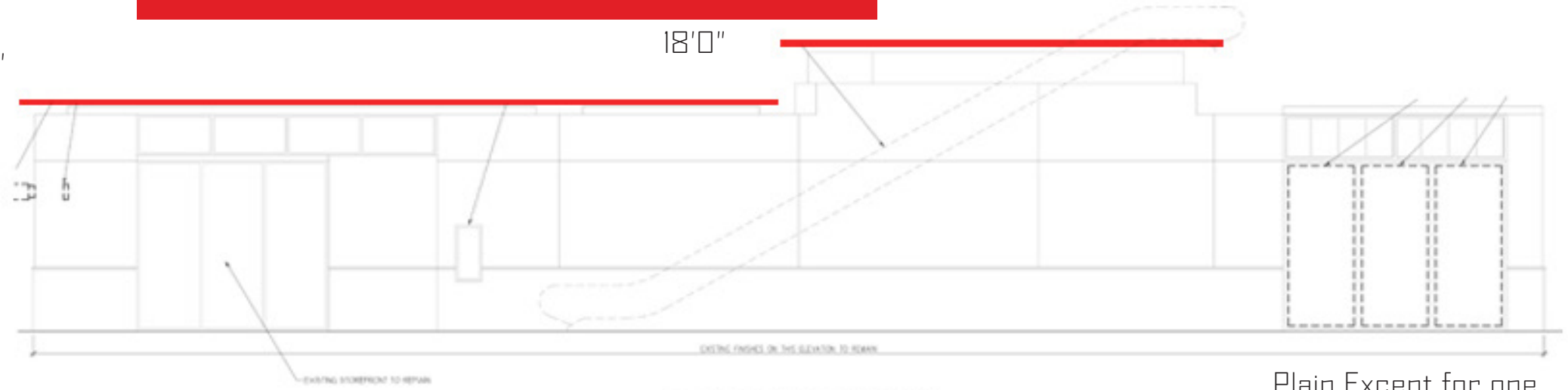


4 WEST ELEVATION
WF 11'10"

West Elevation connects to the other buildings

14'0"

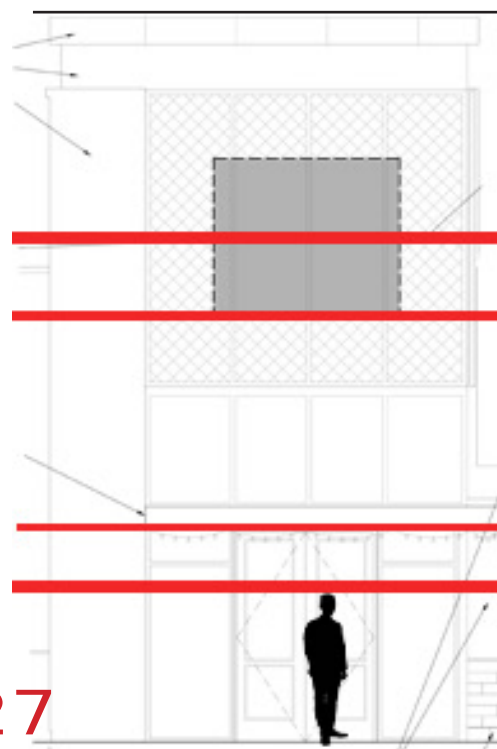
18'0"



3 NORTH ELEVATION
WF 11'10"

Plain Except for one Storefront Window

The Southwest Elevation includes a prominent tower from which signage can be clearly seen above trees



T.O. TOWER
32'10"

B.O. OF 2ND LEVEL: 18'0"
There is a second level above that will not be used

TO PARAPET:
21'6"

6'0" AVERAGE MALE

T.O. PARAPET
21'6"

B.O. OF 2ND LEVEL 18'0"

TO VESTIBULE DOORWAY 9'10"

6'0" AVERAGE MALE

2 exit doors

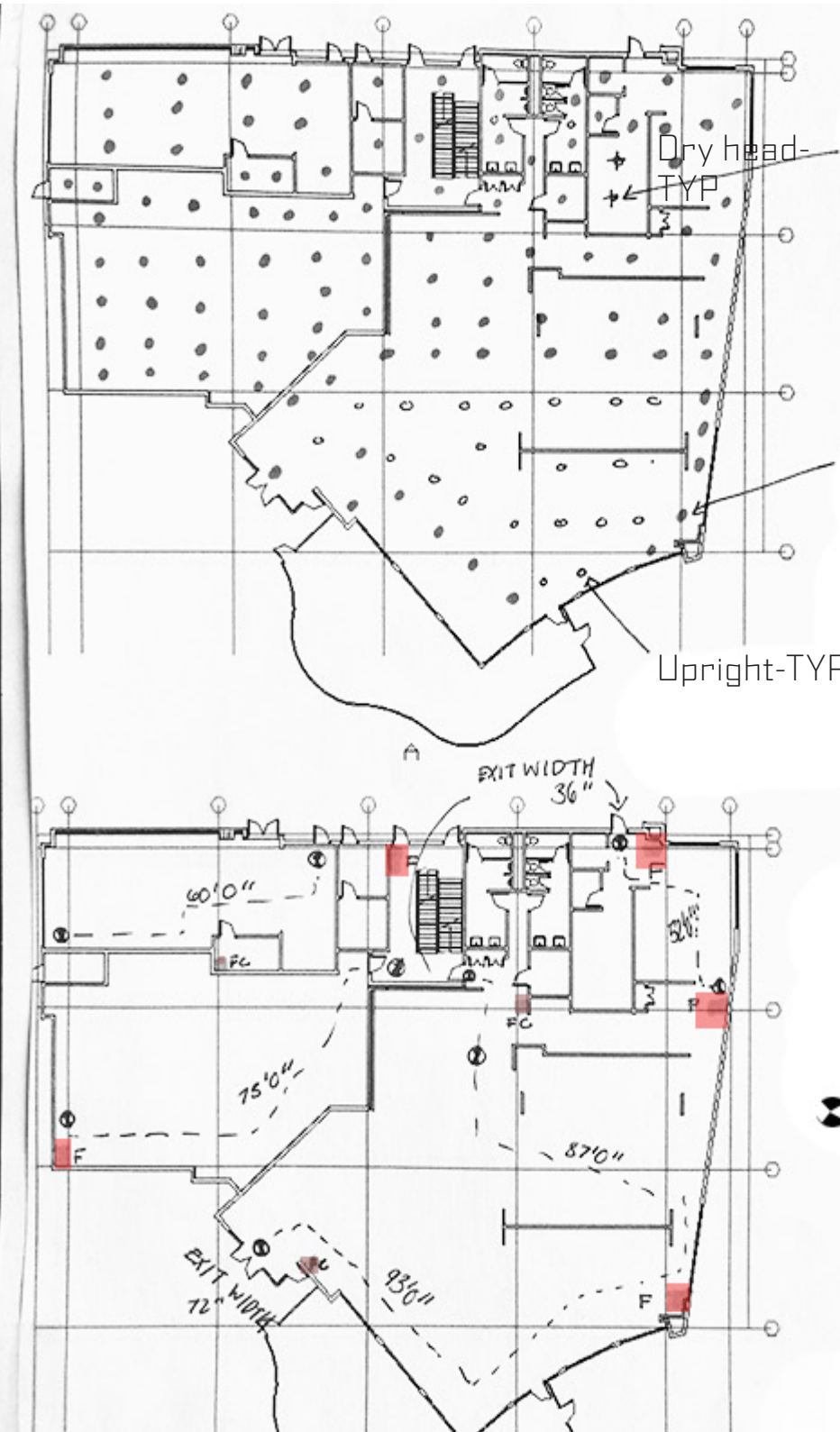
This is the main entrance to the building & features many storefront windows

+Light & featuring opportunity

DESIGN OPPORTUNITY:

The tower space, shown in the southeast elevation will provide a great light-filled and high ceiling entrance opportunity. The outdoor signage designated would be used for the client's logo.


FIRE SAFETY & SECURITY



NOTES:
 Sprinkler Coverage = 100 SQ.FT.
 Sprinkler K Factor = 5.65
 Density = .15 SQ. FT. over 1000 SQ.F.T
 Occupancy: Ordinary hazard- group I

Pendant - Concealed TYP

Upright-TYP

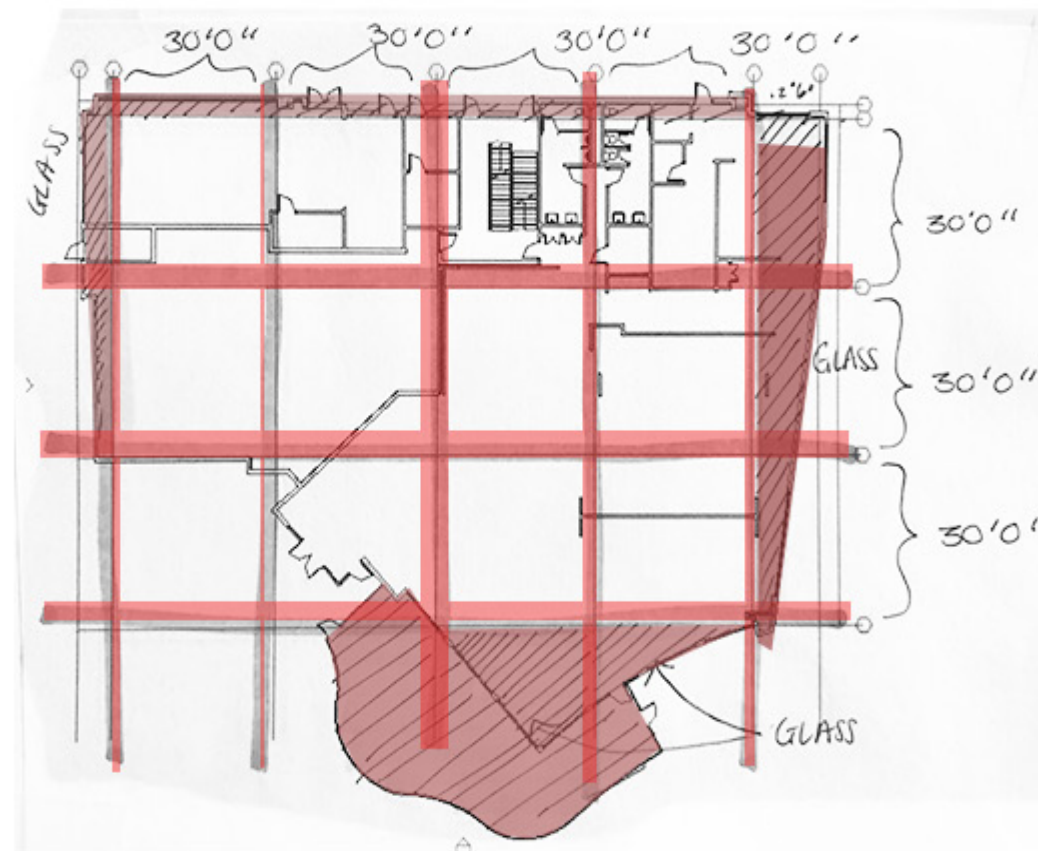
-  Exit Sign Lights
- F- Fire Extinguisher
- FC- Fire Extinguisher Cabinet

LAYOUT & ORIENTATION

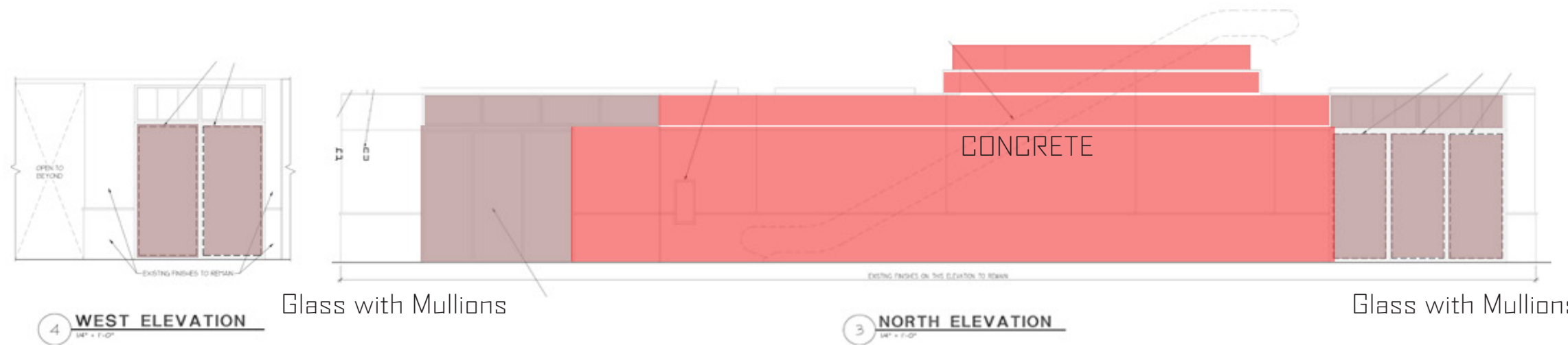
The linear layout follows solid walls, while the outlying format is along the glass walls

A majority of the building is formatted in a grid layout, spaced (30'0")

The smaller components of the building do not follow this format



MATERIALS



TYPES OF MATERIALS:

The majority of the building's facade is concrete with an exterior paint

There are two main storefront types:

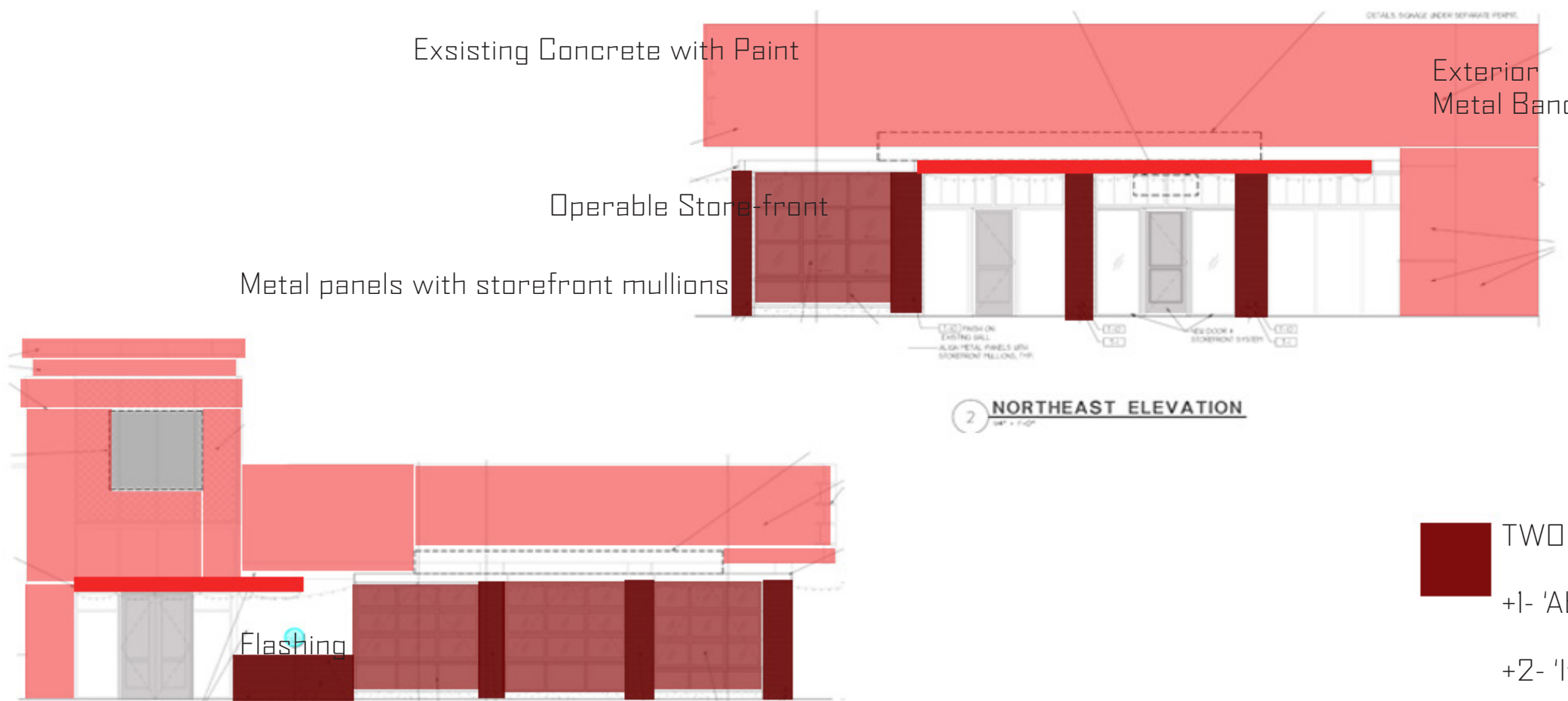
- +1- Glass with Mullions
- +2- Operable Storefront with Metal Panels

On the second level there are metal bands that lay across the concrete

There is metal flashing in horizontal strips above the tiling

2 metal canopies

The exterior sidewalk leading up to the entrance is concrete

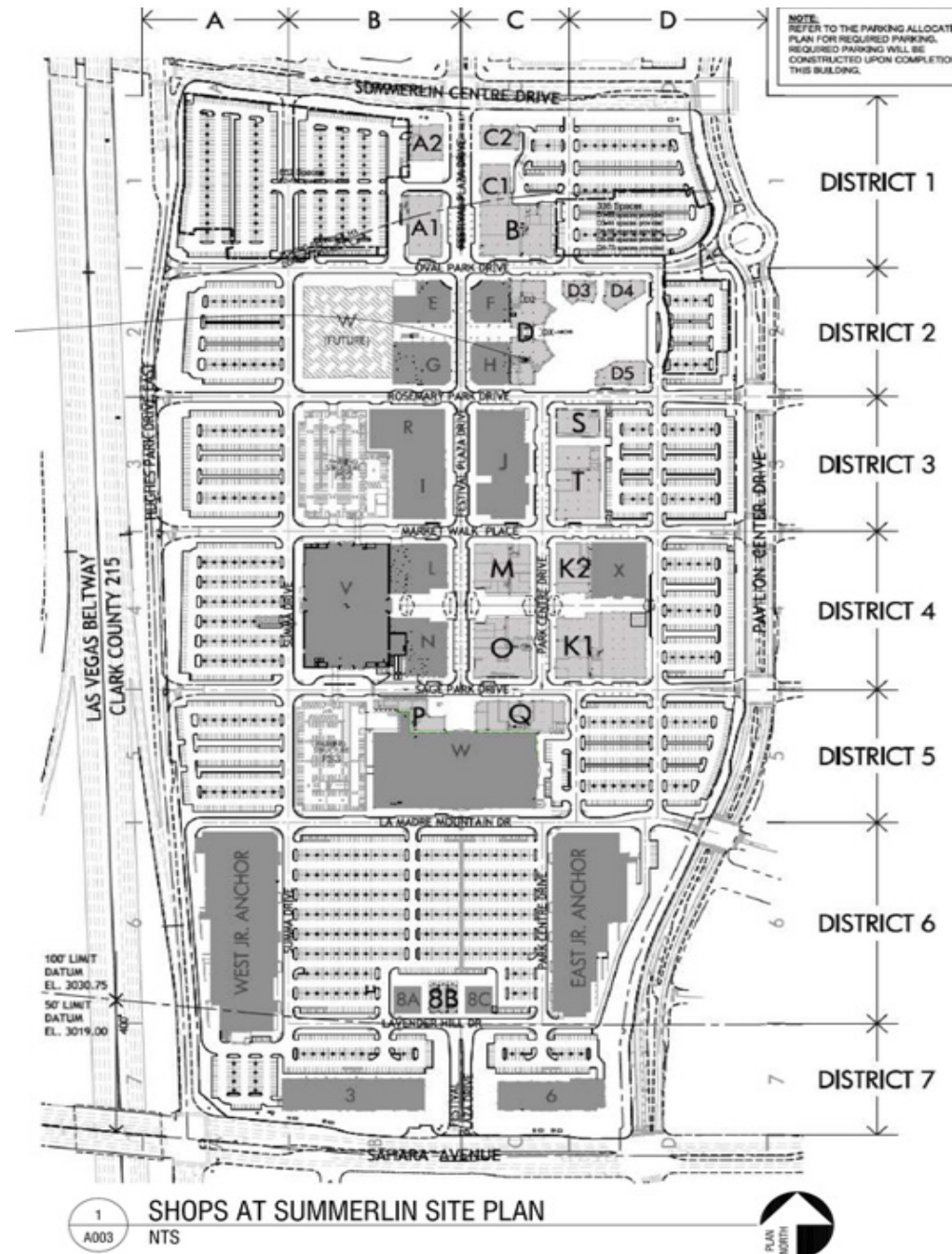


Great signage "LOGO" opportunity

TWO TYPES OF EXTERIOR STONE TILE:

- +1- 'Absolute Black' stone tile
- +2- 'Ivory' porcelain tile

LEED BUILDING DESIGN



LOCATION & TRANSPORTATION:

Downtown Summerlin provides numerous bus sharing routes, through which vets could receive discount & walk five minutes from the nearest stop to the building

The Las Vegas area is very dry & has experienced severe droughts so water is an issue +Opportunity to capture & reuse water & recycle greenwater on roof

LOCATION & TRANSPORTATION:

One whole span of the building is covered in storefront windows +The construction of this actual building of this year includes operable reflection shutters to control direct sunlight & reduce thermal gain

Outside the main complex is a man-made river & pond which in addition to a cove-entrance +(creating an overhang from the buildings southeastern tower), could create a natural cooling ecosystem & redirect the harsh direct, mid-afternoon sun



WAIHINGA MARTINBOROUGH COMMUNITY CENTER



PRECEDENT STUDY

RELATIONSHIP BETWEEN PUBLIC & PRIVATE:

The main public spaces take up the majority of the building, including main hallway access, while the private spaces like the medical clinic and meeting rooms are spread to the side or corners for ultimate privacy. Public spaces are not separated by walls, while private spaces are fully enclosed.

ORGANIZATION:

There are two main spaces; one being the central auditorium which includes a gallery hall and is surrounded by smaller rooms. The secondary space includes the cafe and library. Therefore, the organization is clustered into two central nodes between a pre-existing town hall and new extension.

APPROACH/ARRIVAL/SEQUENCES OF SPACE/DEPARTURE:

ENTRANCE: Main lobby area with desk security and frameless glass doors with a wayfinding hallway to introduce the building.

SEQUENCE: Once past the lobby, you are introduced to the community hub, apart of the new extension of the building. This extension fits in with the surrounding area and provides a sense of friendliness through warm, rich materials, public seating and smaller organized seating.

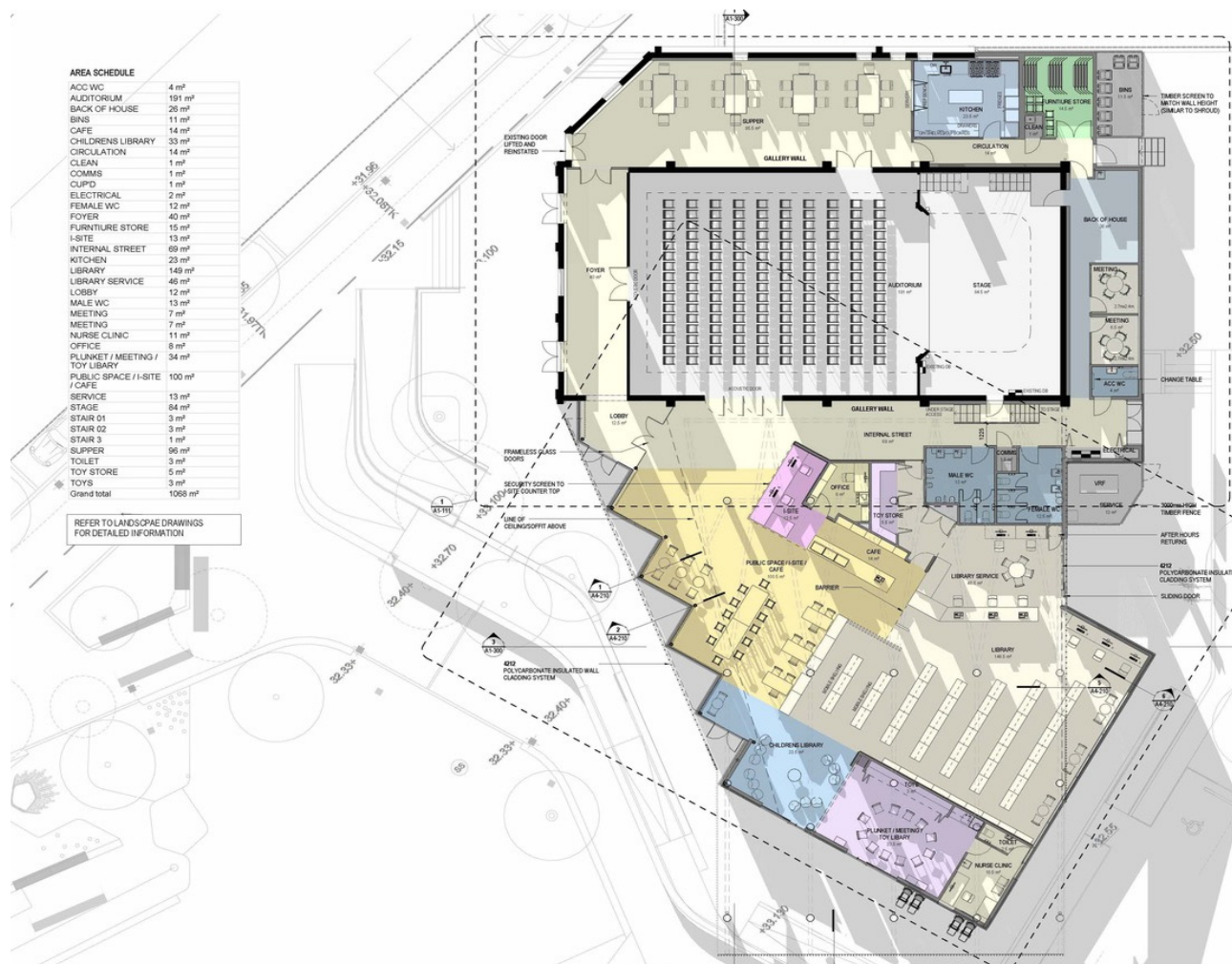
DEPARTURE: Before the departure, this would most likely include a show in the auditorium space and a meal in the hall gallery before leaving with large groups of people through the hall exit doors.

PRIMARY SPATIAL RELATIONSHIPS:

Most of the space is geared towards children and families to provide support and health resources, so child specific spaces are attached to family and adult spaces. While the public spaces take up the majority of the building, two back of house spaces are solely for privacy and the hardest to get to in terms of circulation.

PARTS TO THE WHOLE:

There is a direct relationship between the older and newer part of the building. "The design response upgrades the much-loved and enduring town hall by seismically strengthening the building in a sympathetic and unobtrusive manner while retaining existing features.



PREDOMINANT SURFACES/PLANES/TEXTURES/COLORS:

A mix of history and new age technology, juxtaposing the lightweight timber and steel, transparent and open structure against the robust form of the town hall.

Exposed column and beam truss

+warm tones, wood, metal and concrete floors

PRECEDENT STUDY

ORGANIZATION:

The organization is very much linear and on a grid system, as the building is orientated between outdoor and courtyard spaces and private rooms along the edges to receive natural daylight. The interior spaces are the most public and facilitate the most interaction.

APPROACH/ARRIVAL/SEQUENCE/DEPARTURE:

The approach and arrival are both quite surreal as the building is situated in a beautiful lush forest out on a large overlooking hill. The exterior of the building mimics this green color and includes the welcoming exterior artwork from the residents. The sequence of events takes you round in a circular fashion inbetween public and private spaces. The departure brings you through an intermediate courtyard level on base level and back out into the surrounding nature.

PRIMARY SPATIAL RELATIONSHIPS:

Each of the double resident rooms must be attached to a bathroom and central hallway for safety and security as well as natural light from the window. Service spaces are in the interior and then attached to larger surrounding served spaces.

PARTS TO THE WHOLE:

"The idea matrix is to protect, in materials and shapes, (as evidenced by the roof geometries) the original plan and emphasize the extension with shapes and materials close to contemporary culture."

CASA VERDE YOUNG WOMEN'S CARE HOME FOR MENTAL HEALTH



PREDOMINANT SURFACES/PLANES /TEXTURES/COLORS:

"The indoor spaces, in their simplicity, wanted to recreate the feeling of being in a carded wool space (in view of neuropsychiatric disorders). The basic color used is a light grey (code 7047) with colored lines (Green, Blue and Orange) forming the three different zones where the girls live according to the degree of their disease. Green, blue and orange are also in furniture details and in the icons on the walls/doors (pear/strawberry-dining room, TV-room, smile-living room, boy/girls-gym, patch-medical center, washing machine-dishwashing room, pot-kitchen, sofa-living room) to identify the various functions"



Relationship between public & private

1/ LIVING ROOM 2/THERAPIST AREA 9/COURTYARD 10/TECHNICAL ROOM
11/BATHROOM 13/STORAGE 14/TV ROOM 15/ROOM (DISABILITY)
16/ ROOM (DISABILITY) 17/ROOM (DISABILITY)

CONCEPT

“THE TENSILE STRENGTH OF METAL”

“The uniforms that veterans wear during combat not only protect from physical harm, but are symbolic for their visualization of strength of heroism.

The makeup of these uniforms are subjected to intense and harsh conditions under which they must perform or result to failure.

This community center aims to rebuild that sense of emotional strength, to give veterans a program of continuous care under which they can face challenges but still succeed.”

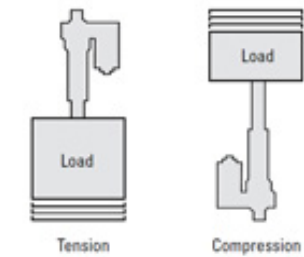
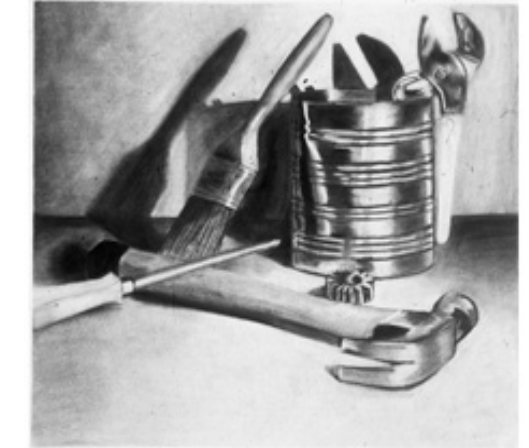
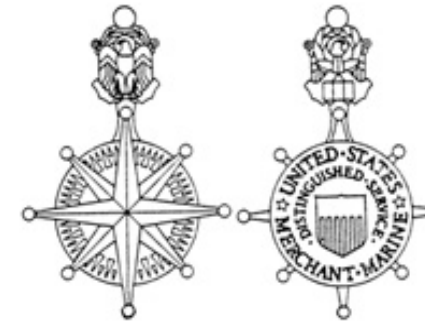
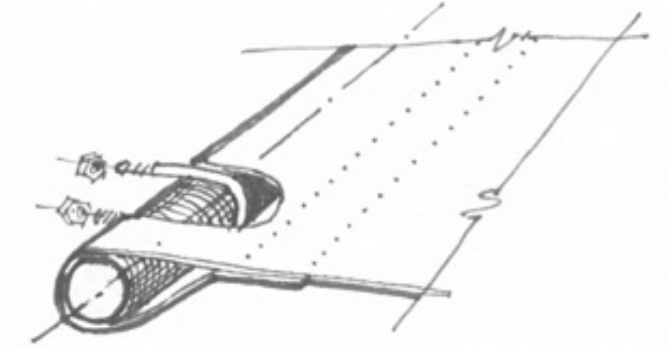
HOW CAN THIS INFLUENCE MY DESIGN?

+1- SPACE PLANNING:

Create areas of phasing based on the various tasks, example; “WarriorFit” for gym

+2- MATERIALITY:

91% of veteran population is male, metal is very masculine, use strong, grounded materials and textures



MEDICAL

EXAMINATION TABLE/DESK CHAIR/EXAMINATION LIGHTS/MEDICAL INSTRUMENTS/STORAGE/SANITARY BASKETS/COMPUTER/FILING SYSTEM/ PATIENT CHAIR/HAZARDOUS MATERIALS BASKET/SINK/CURTAIN/RECEPTION DESK/DESK CHAIRS/CUSTOM ART INSTILLATION

COUNSELING

COUCH/CHAIRS/RUGS/PILLOW/LAMPS/ORGANIC PENDANT LIGHT/COFFEE TABLE/SIDE TABLE/DESK/COMPUTER/BOOK SHELF/BOOKS/WRITING MATERIALS/NOISE DIFFUSER/3D WOOD WALL ACCENTS/RECEPTION DESK/DESK CHAIRS

SKILL TRAINING

WORKSHOP

WORKSHOP TABLES/STOOLS/GROUP ROUND TABLES/ART DESKS/STORAGE/SINK/MACHINERY-LATHE, TABLE SAW, DRILL PRESS, LUMBER RACK, TOOL RACK /DESKS/LAMPS/COMPUTERS/DESK CHAIRS/PENDANT LAMPS/TASK LIGHTS/SLIDING BARN DOORS, HEAVY DUTY GARBAGE DISPOSAL/POTTERY/EASELS/SAFETY PROTECTION/PROJECTOR/TACKABLE SURFACES/CLEANING SUPPLIES

RECEPTION

CUSTOM MADE RECEPTION DESK WITH SWINGING DOOR, TWO RECEPTION CHAIRS/BAR WORK TABLE, STOOLS/ COUCH/ COFFEE TABLE/DROP PENDANT LIGHTS/CUSTOM INTERIOR LOGO, CONCRETE FLOORING, WOODEN WALL BOARDS, MARBLE SLABS/COMPUTERS/CABINETS/OFFICE ORGANIZATION/TASK CHAIRS

CAFE

METAL MEETING TABLE WITH STOOLS/CIRCULAR DINING TABLES WITH CHAIRS/BAR TOP WITH STOOLS/SQUARE PENDANT LIGHTING/ STOVE/REFRIDGERATOR/FREEZER/DISHWASHER/SINKS/VENT/COUNTERTOPS/STORAGE/KITCHEN UTENSILS/MICROWAVE/COFFEE STATION/STORAGE/OVEN/WASTE DISPOSAL/PANTRY/FOOD CONTAINERS/FIXTURES TO BE STAINLESS STEEL

OUTDOOR PATIO

TWO PERSON CIRCULAR DINING TABLE/COORDINATING CHAIRS/OUTDOOR LAMPS/BENCHES/OVERHEAD WOOD BEAMS/OUTDOOR STRING LIGHTS/CUSTOM LAYERED WALKWAY WITH LEVELLED SEATING/PLANTERS/GARDEN BOXES

GYM

ROCK CLIMBING WALL/ROPE WITH SAFETY EQUIPMENT/HARNESSES/MAT/CUSTOM CIRCULAR TRAINER DESK/CABINETS/LOCKERS/BENCHES/CONCRETE BENCH SEATING/TREADMILLS/FITNESS BIKES/BARBELL BENCHES/WEIGHT-LIFTING MACHINES/SQUAT RACKS WITH DUMBELLS AND ASSOCIATED WEIGHTS/ CUSTOM WATER THERAPY WALKING TREADMILL/ ASSISTED WALKING TREADMILL/ELLIPTICALS/CABLE PULLEY MACHINES/LAUNDRY WITH WASHER AND DRYER/SINK/LAUNDRY BASKET/WASTE BINS/COMPUTERS/CUSTOM LIGHTING SIGNAGE/CONCRETE/WOOD/METAL ACCENTS/FLOORING WITH WORD SIGNAGE

YOGA STUDIO

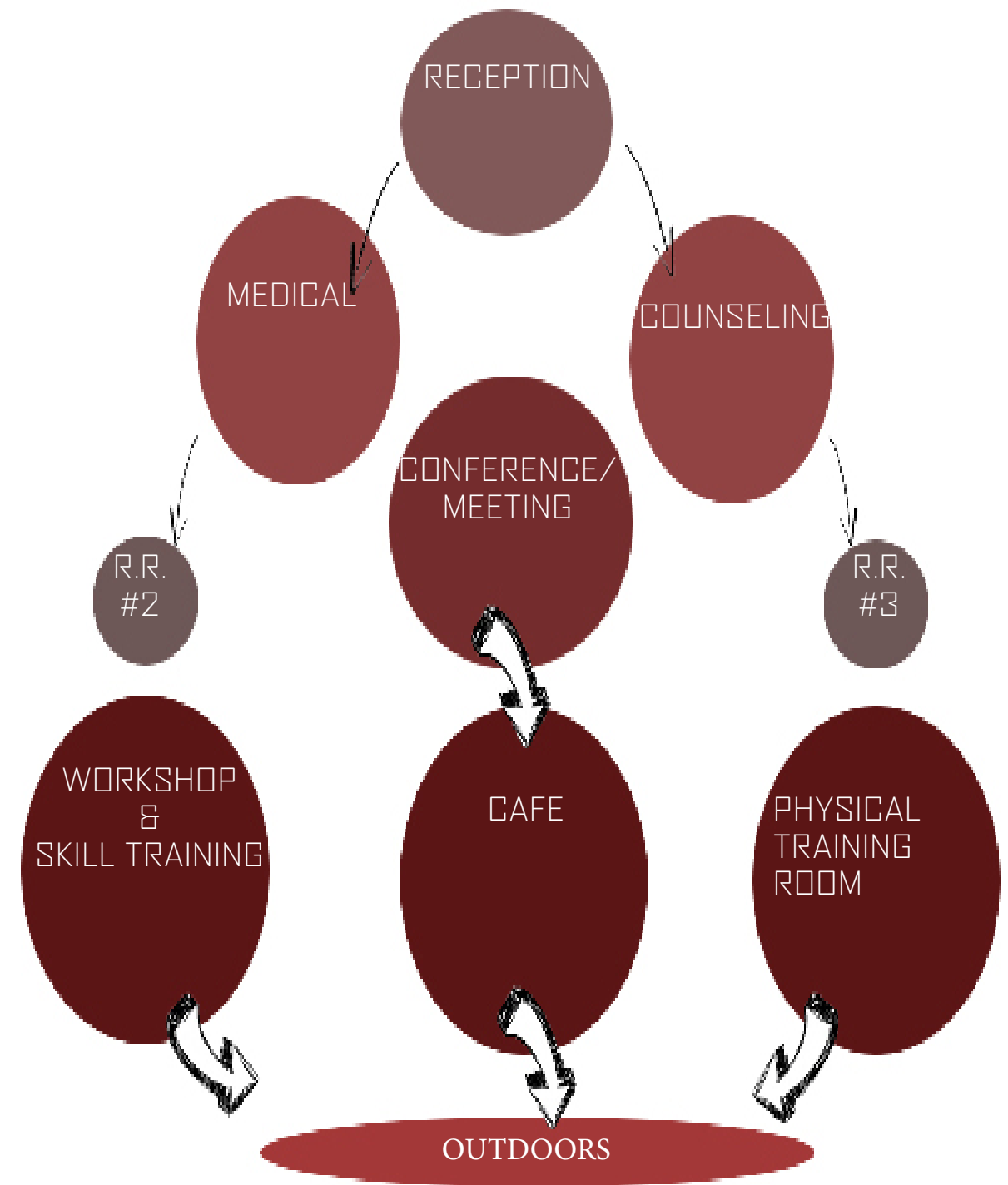
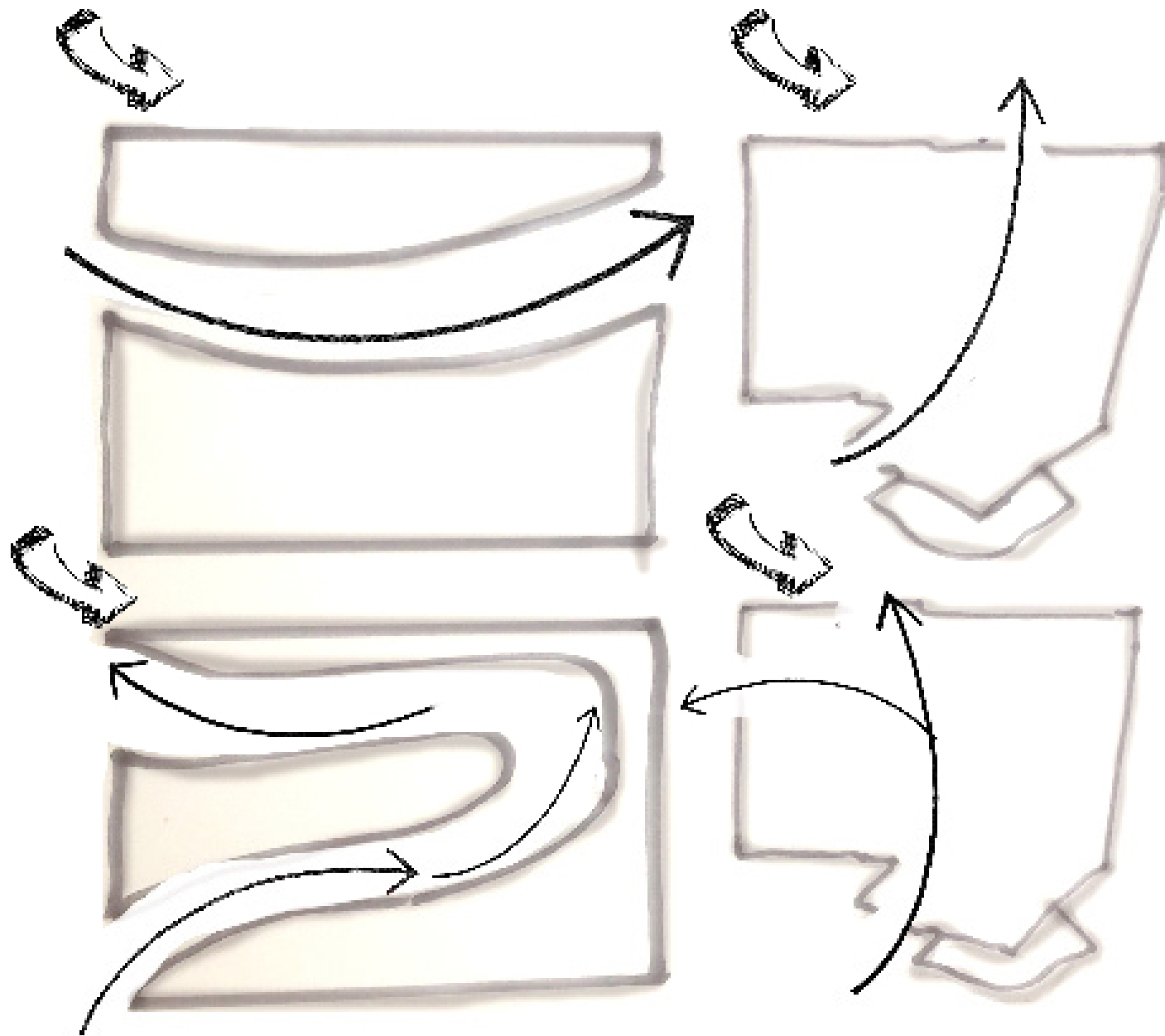
YOGA MATS/PILATES EQUIPMENT/SPEAKERS/NOISE MACHINES/OIL DIFFUSERS/MAT RACK/ REMOTE CONTROLLED CEILING LIGHTING/WINDOW SHADES/SOFT MATS/SHOE RACK/WATER STATION/TOWLETTE STATION/CHAIRS/LARGE MIRRORS

RESTROOMS/SHOWERS/

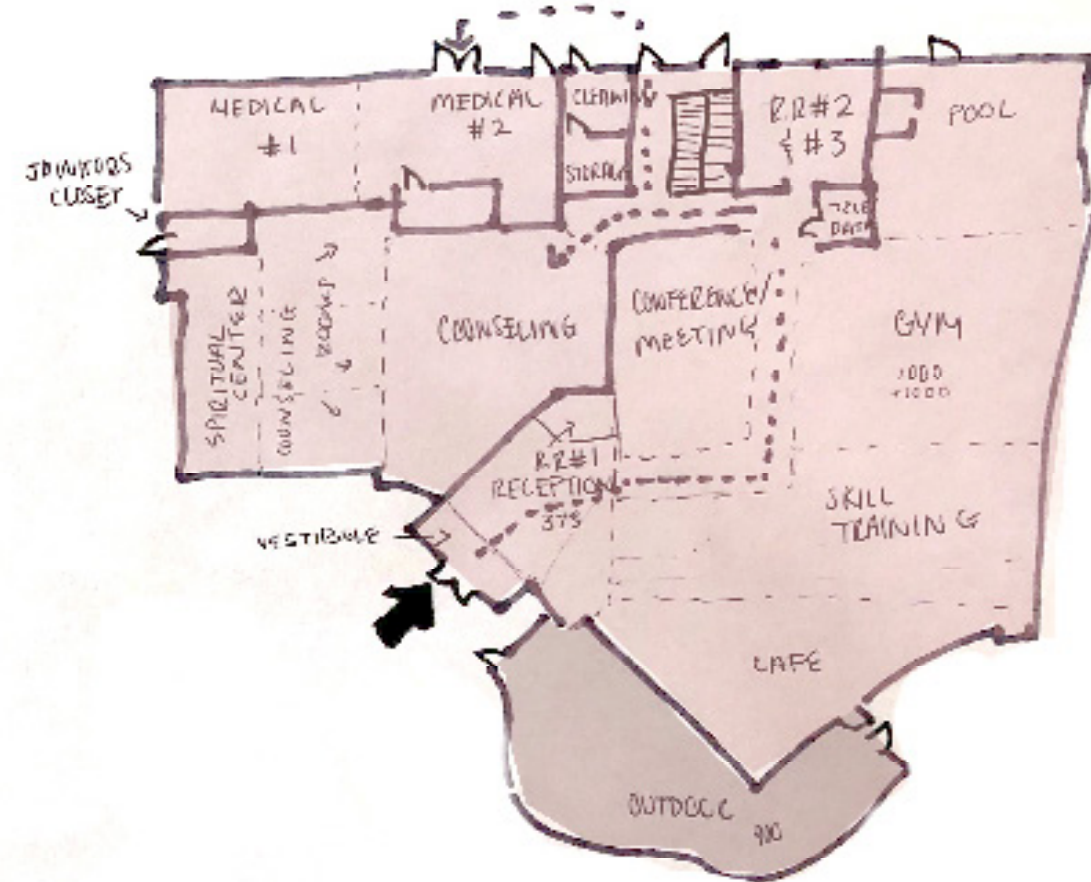
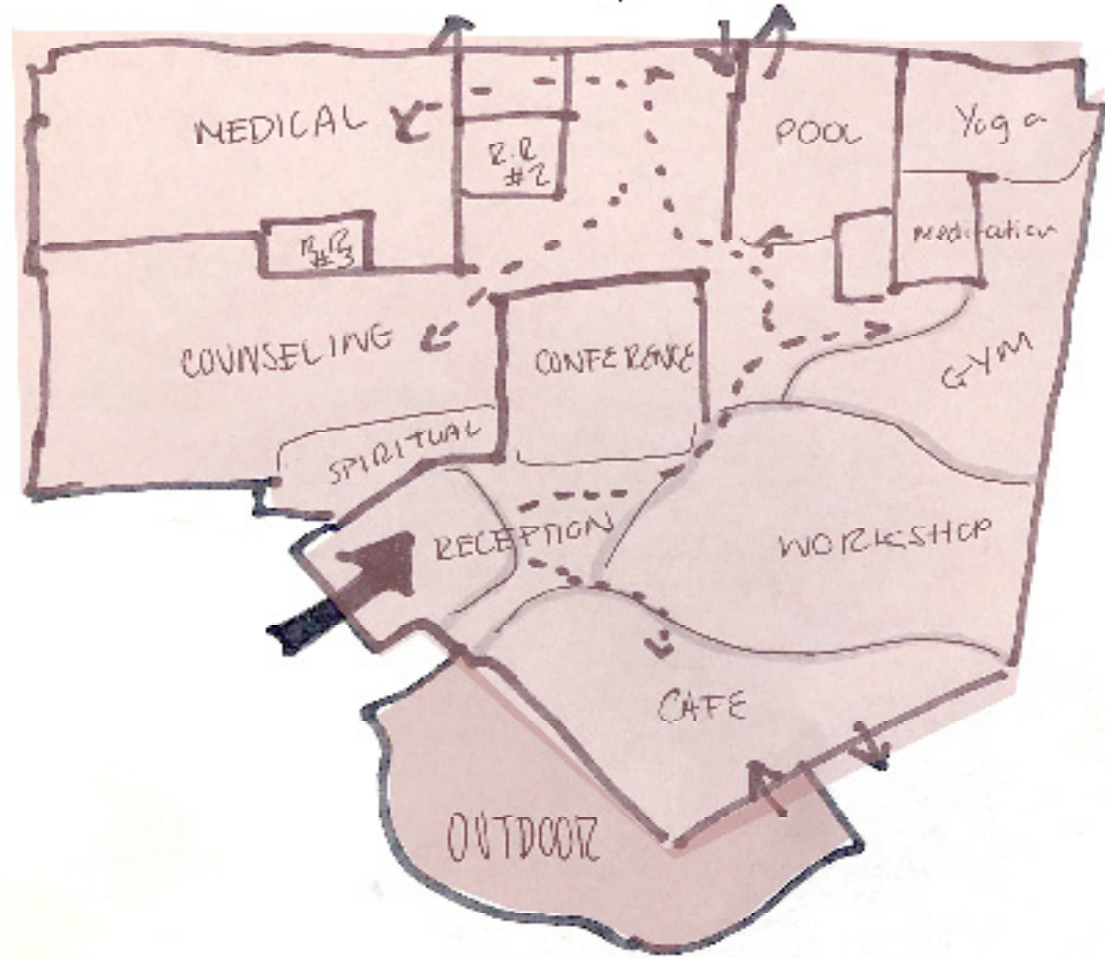
LAUNDRY

WATER CLOSETS/URINALS/SINKS/SHOWERS/CURTAINS/HAND DRYING MACHINES/WASTE BASKETS/IN SHOWER BENCH/HAND RAILS/ TOWELS/ WASHER AND DRYER/TOWEL STORAGE/DRY HANGING RACK

CIRCULATION & ADJACENCY



ADJACENCIES



BLOCK DIAGRAMS:
 RECEPTION- 375 SQ.FT.
 CAFE- approx. 1000
 CONFERENCE- 500-1000
 WORKSHOP- 2,500
 GYM- 2,500
 POOL- 1000
 COUNSELING total- 300
 PATIO- 900

NOTES:

- +Important to have the private areas (medical & counseling) in the rear
- +Storefront windows - utilize this to engage areas
- +Connect the cafe & outdoors for easy access
- +Split medical for independent clinician rooms
- +Spiritual center- place next to counseling
- +Create a linear hallway in between conference, gym, skill training, reception and cafe





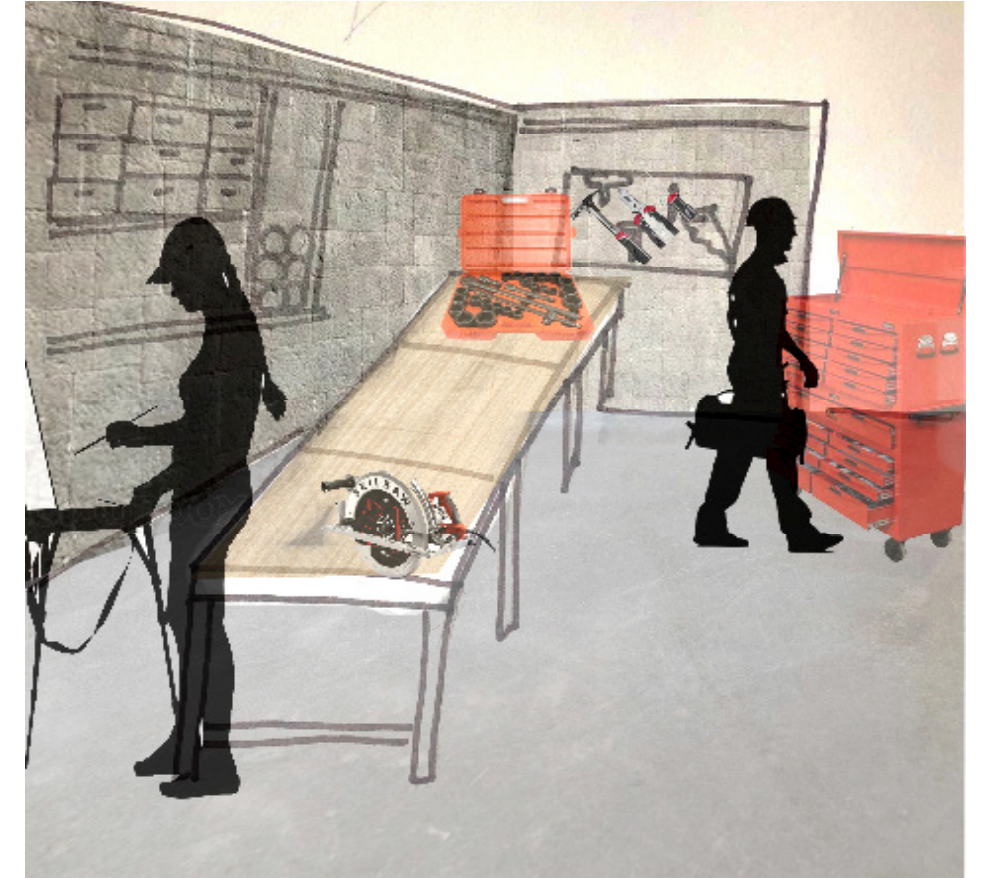
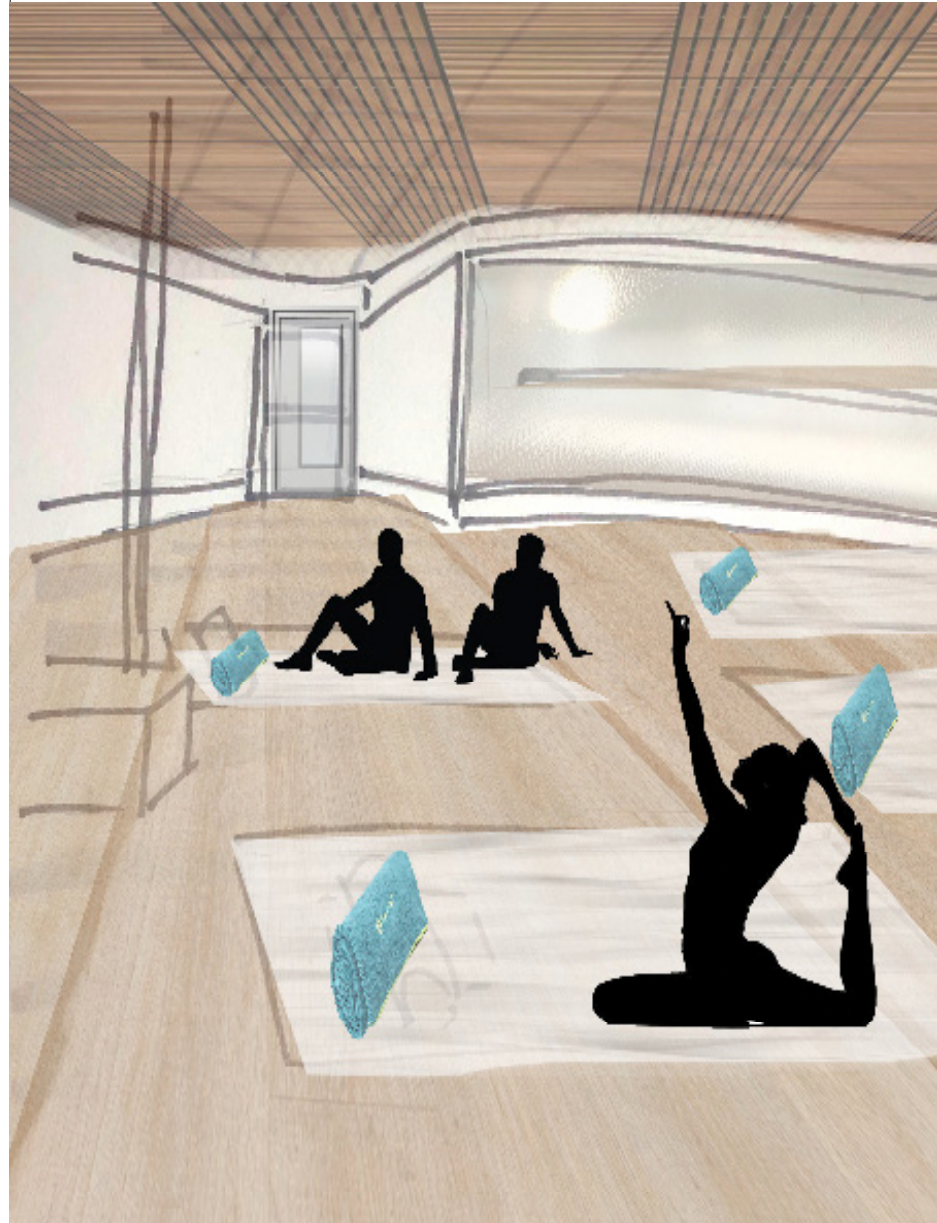
RECEPTION

THIS IS THE ENTRANCE PHASE IN WHICH POTENTIAL MEMBERS CAN RECEIVE AN INTRODUCTION AND MEET AND GREET TO THE FACILITY



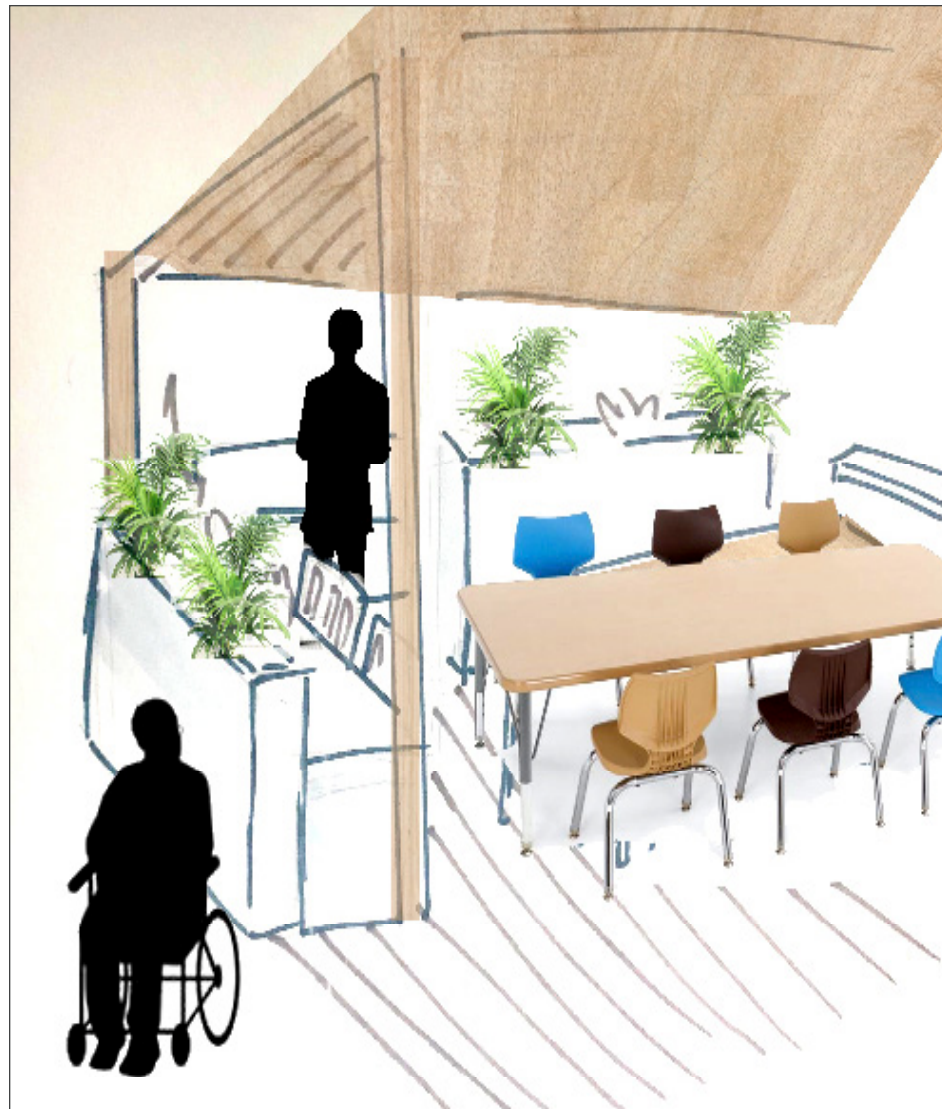
YOGA STUDIO

THIS IS A PART OF THE PHYSICAL THERAPY PHASE IN WHICH VETERANS CAN CHOOSE FROM A TRADITIONAL GYM SETUP, YOGA, AEROBICS, MEDITATION OR ONE ON ONE



LIFE SKILL TRAINING

VETERANS CAN CHOOSE FROM A VARIETY OF CLASSES IN HANDS ON EXPERIENCES SUCH AS WOODWORKING TO COMPUTER CLASSES ON FINANCES



CAFE

This is a break space for participants, family and friends as well as staff to convene over healthy food and discussions in more relaxed seating

COUNSELING

This is the counseling phase in which veterans can receive therapy via licensed professionals in one on one settings, group or family sessions



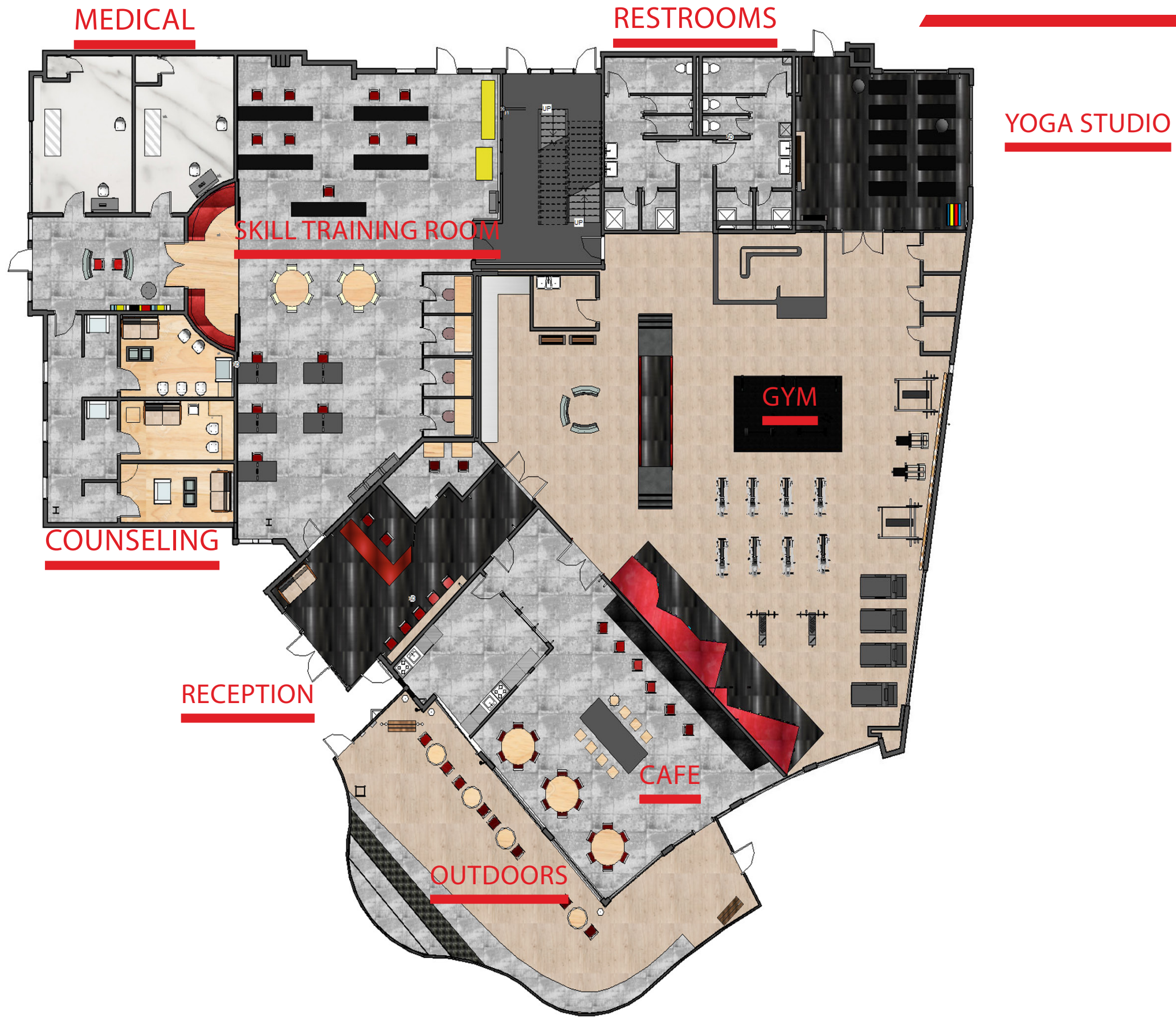
COUNSELING

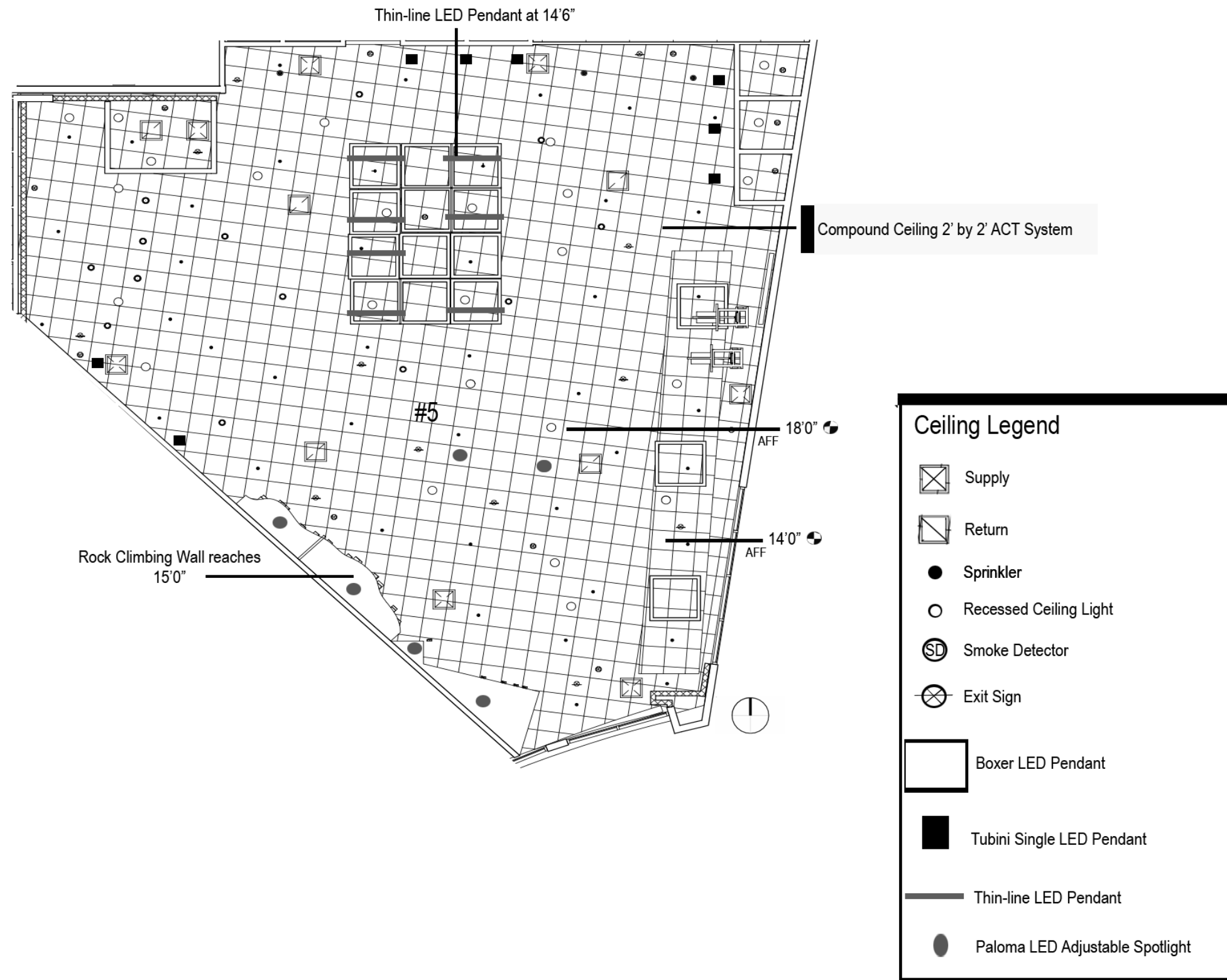


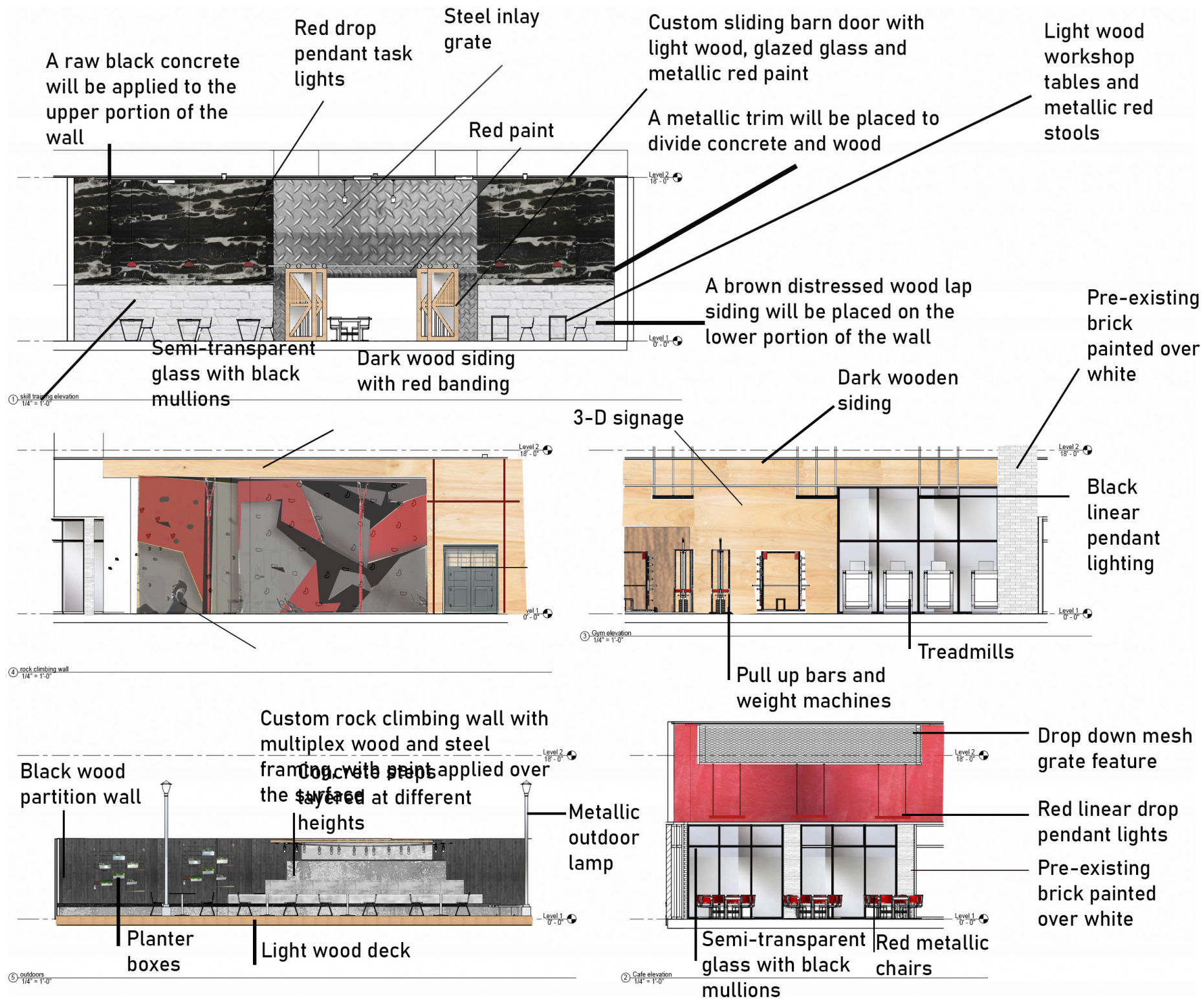
OUTDOORS

This space is located with the backdrop of the building behind and includes green space and relaxation space to connect with the outside

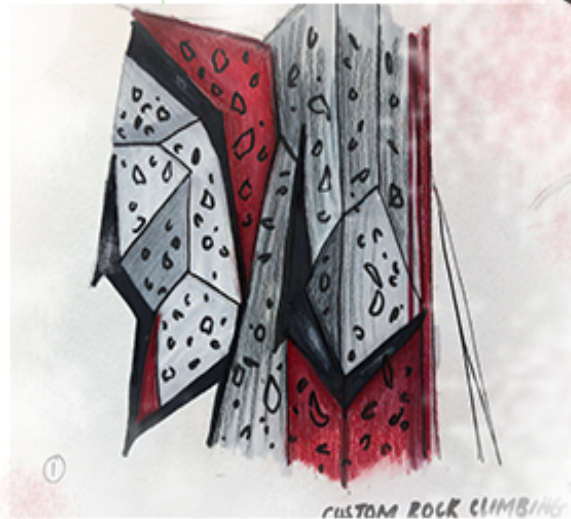
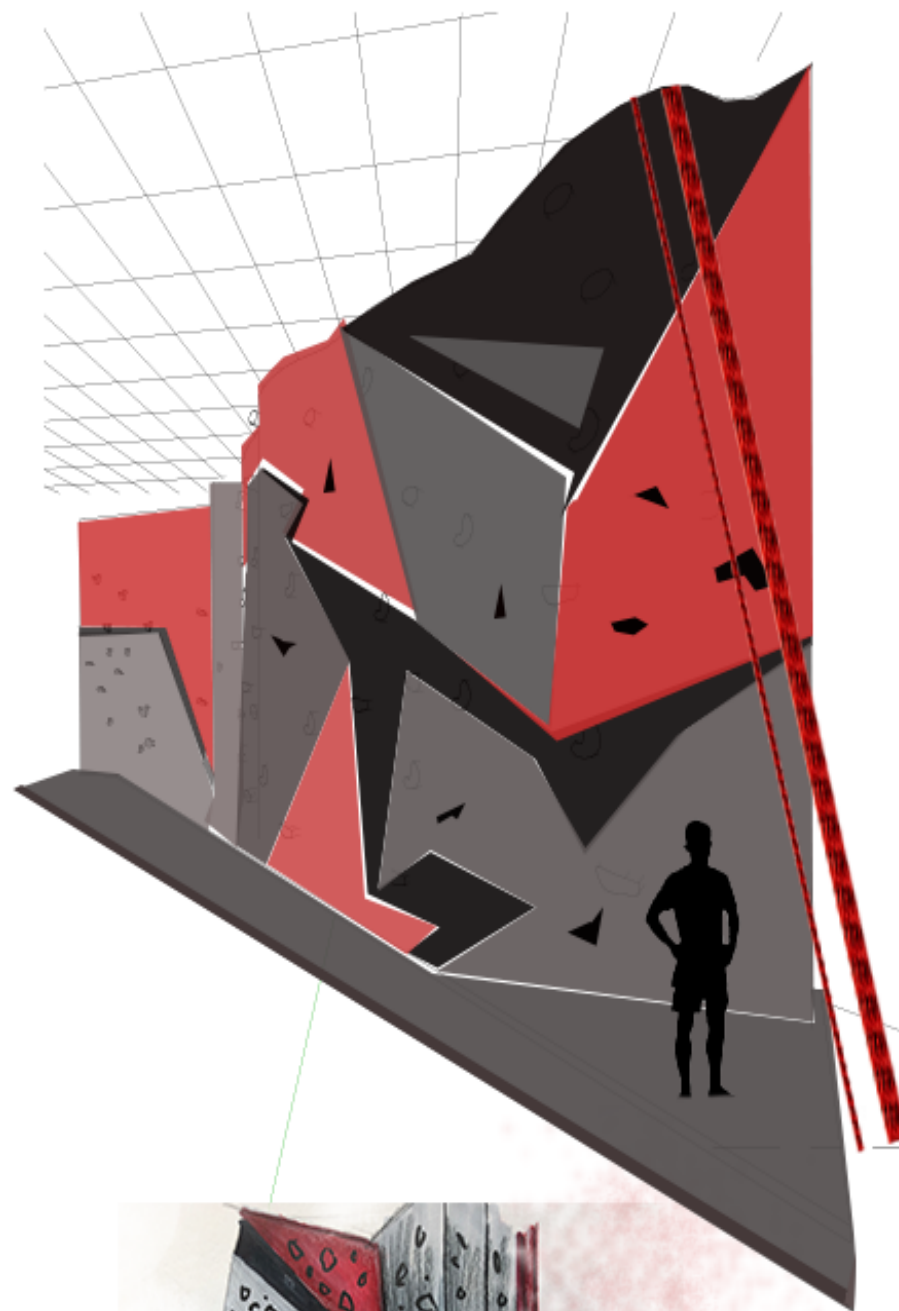




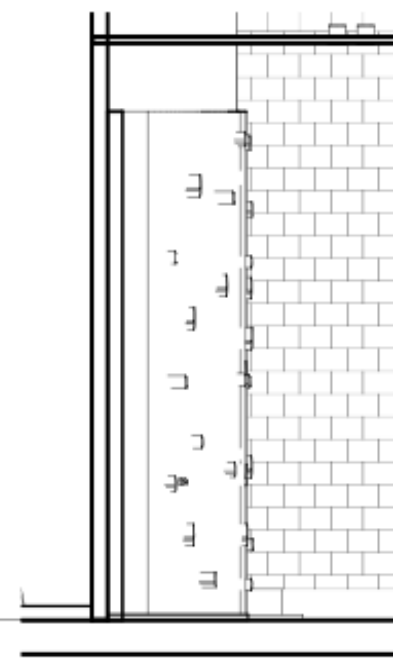
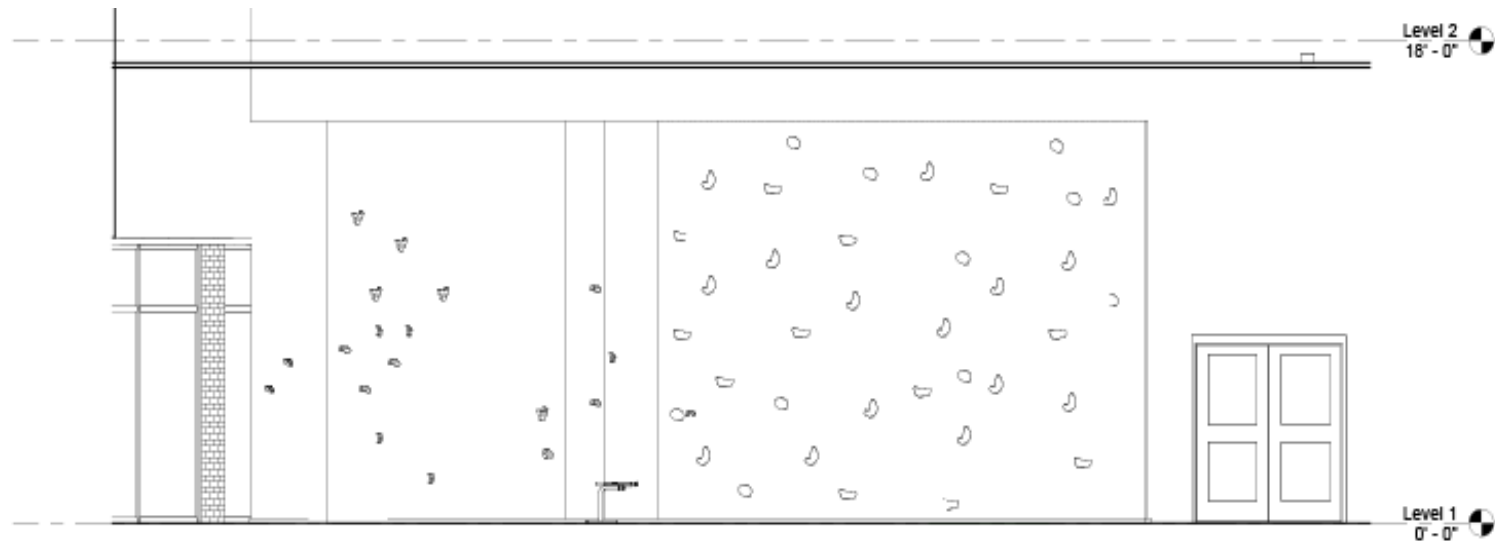




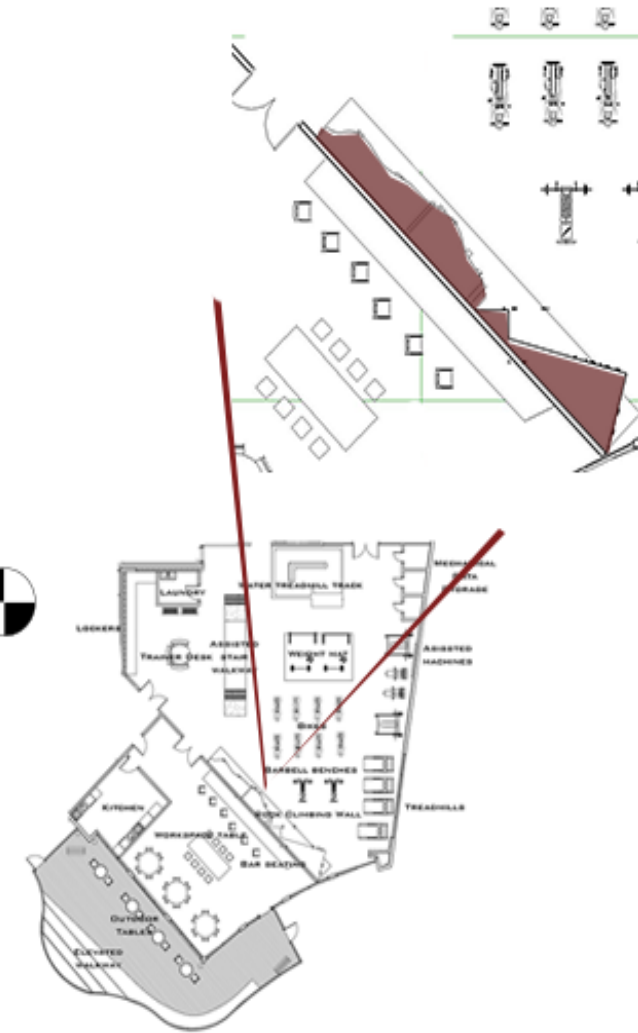
#1

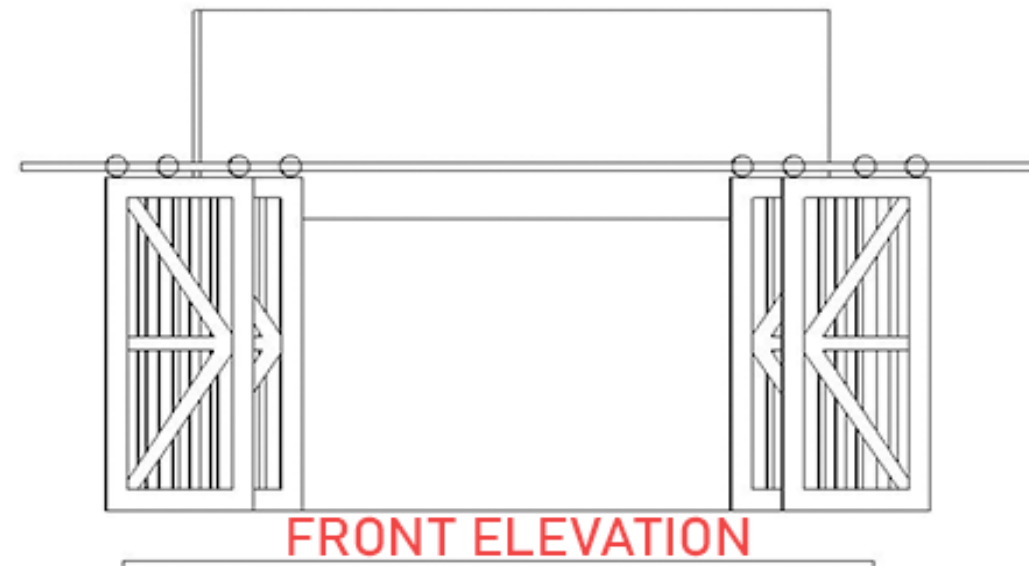


PROTOTYPE - ROCK CLIMBING WALL

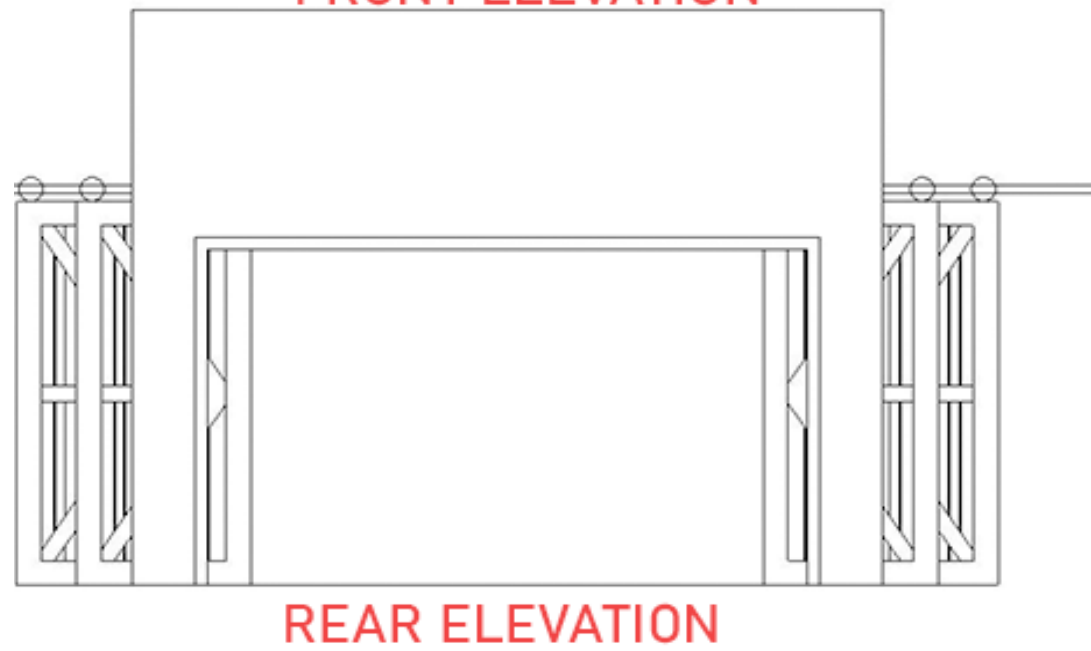


Level 1
0' - 0"





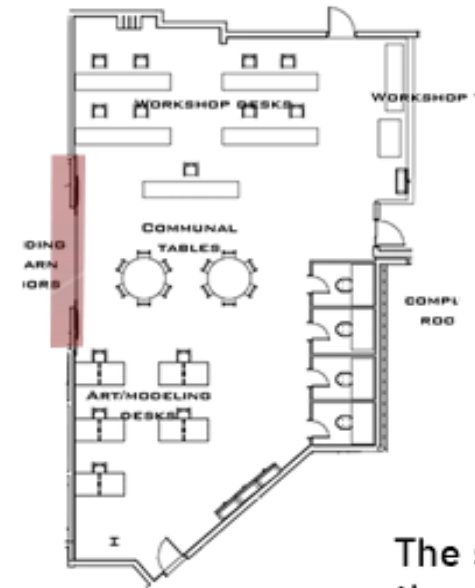
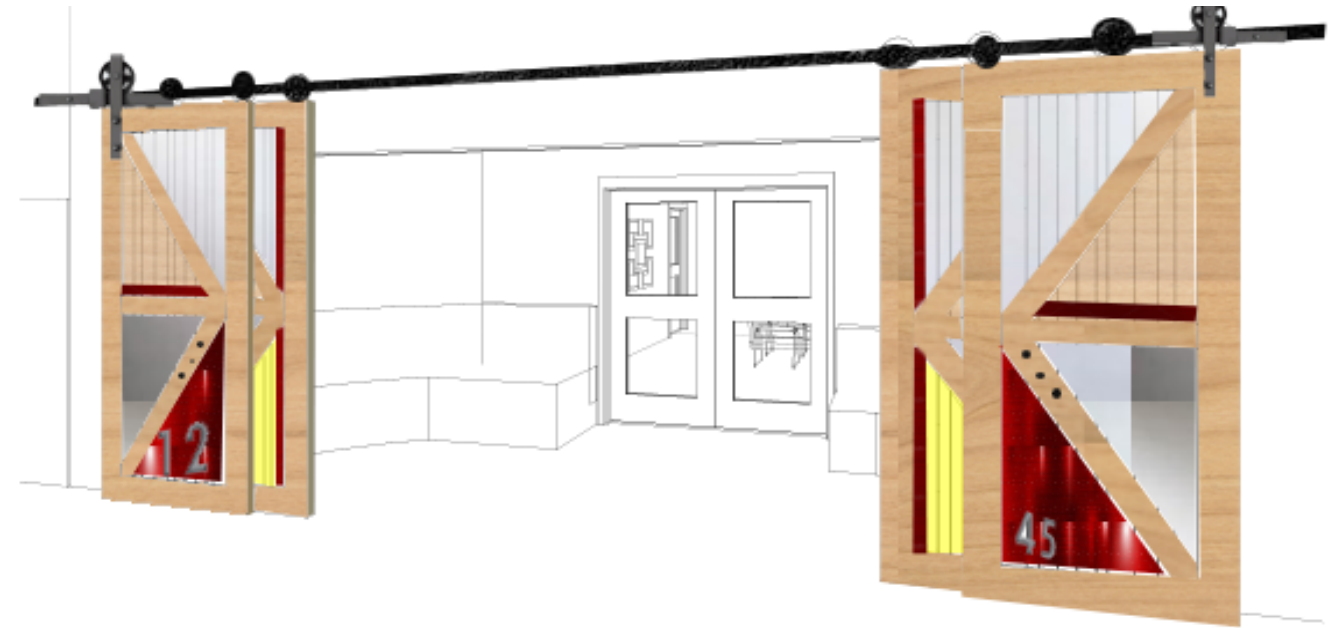
FRONT ELEVATION



REAR ELEVATION



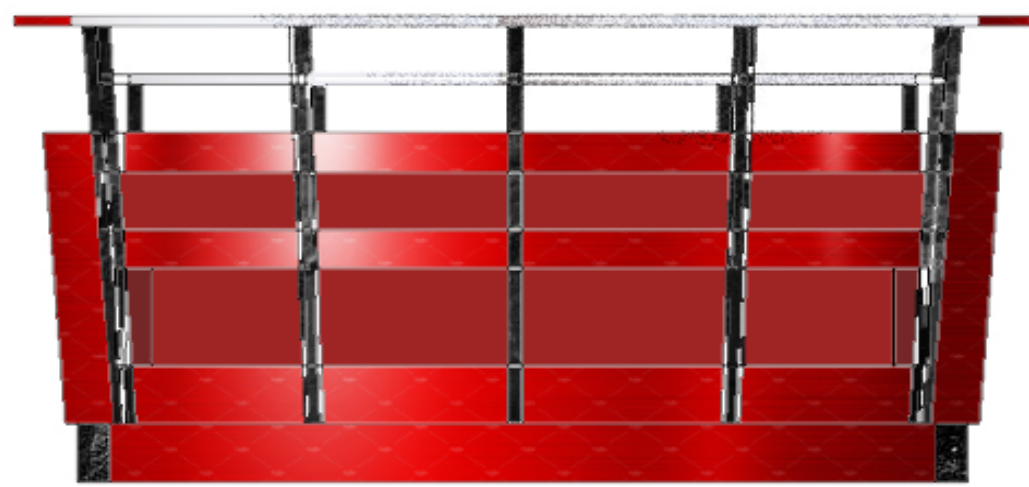
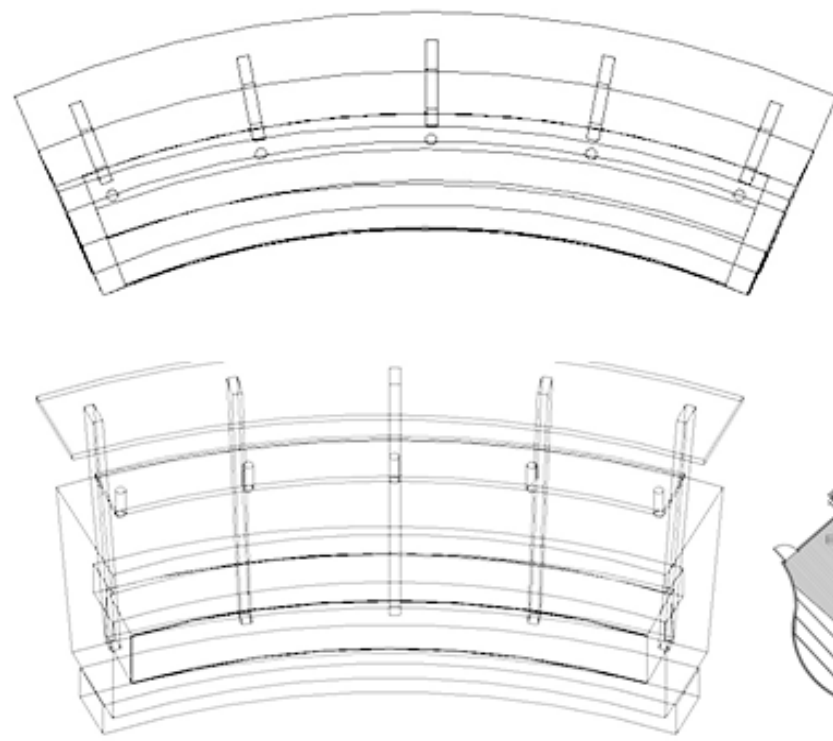
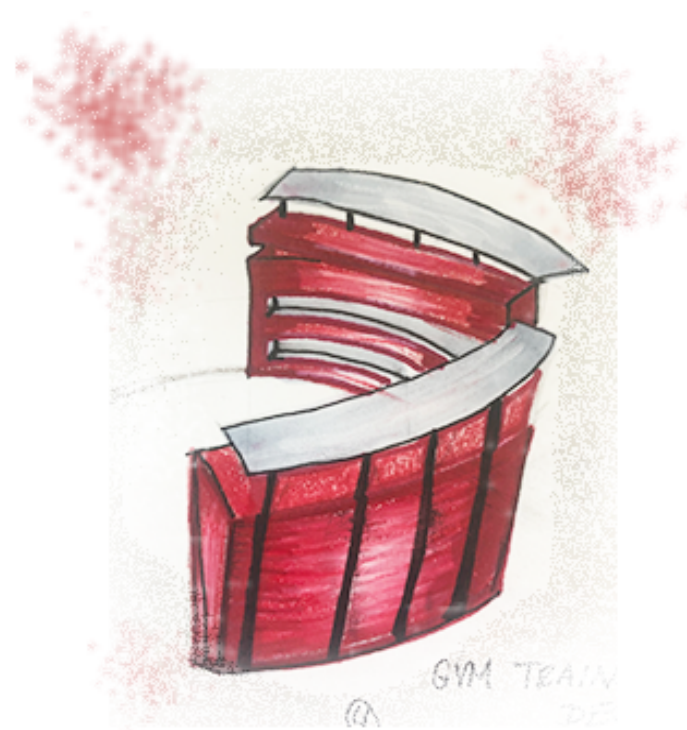
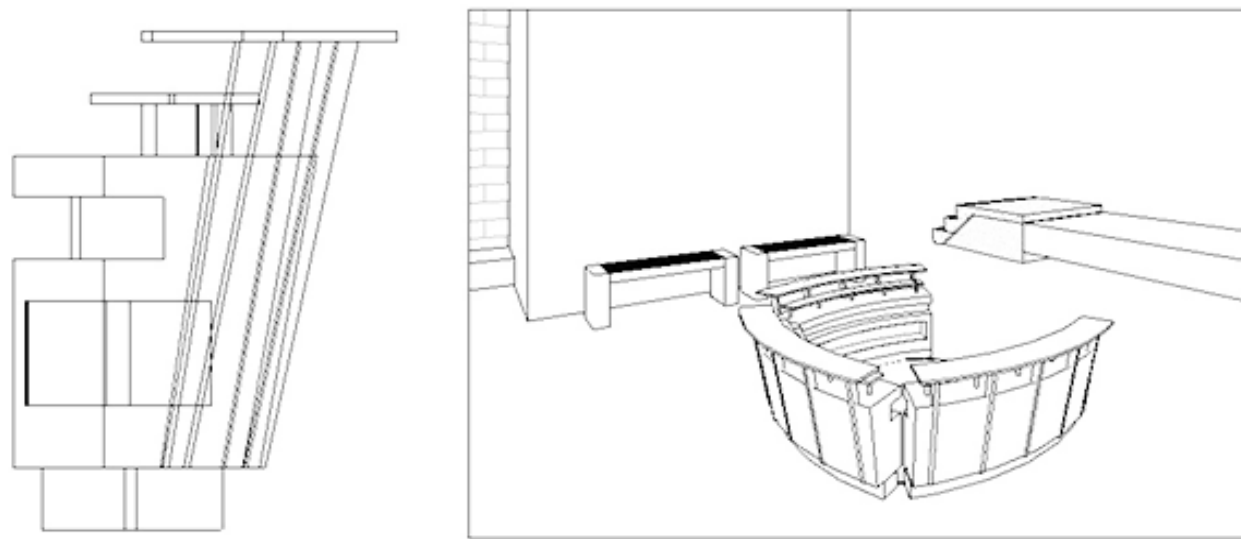
SIDE ELEVATION



The sliding barn door will be placed in the skill training room to create a quiet node between the noisy training room and more secluded reception area. The doors will slide along a wheel and metal rail.

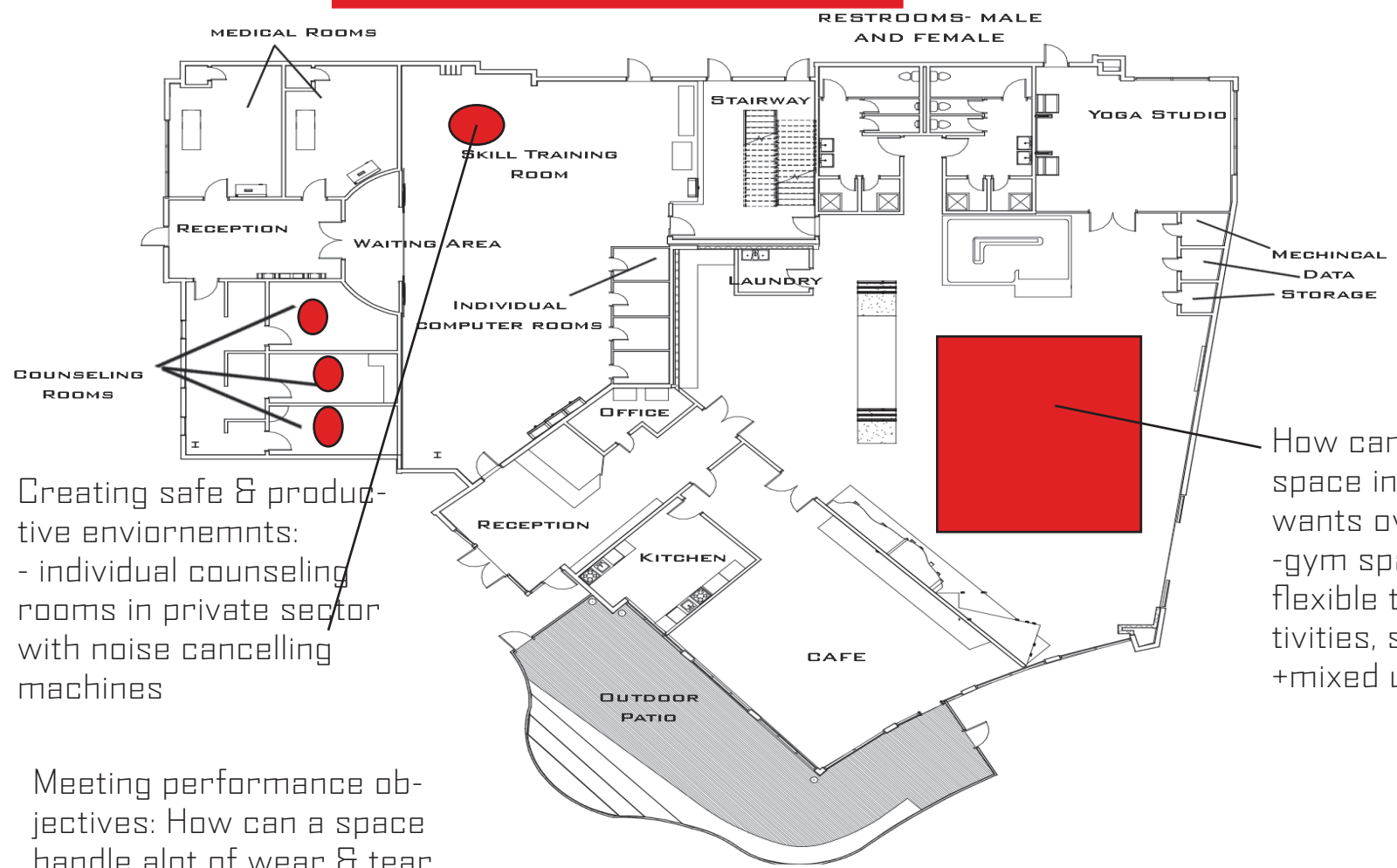
#3

PROTOTYPE - SEMI-CIRCLE ADJUSTABLE TRAINER DESK



This semi-circular desk will be designed to be height adjustable to accommodate wheelchair and other disabilities for trainer, staff members and veterans. The desk will then be set in a circular organization to allow ease of access and will be moveable to accommodate different spacial needs.

FUNCTIONAL/OPERATIONAL

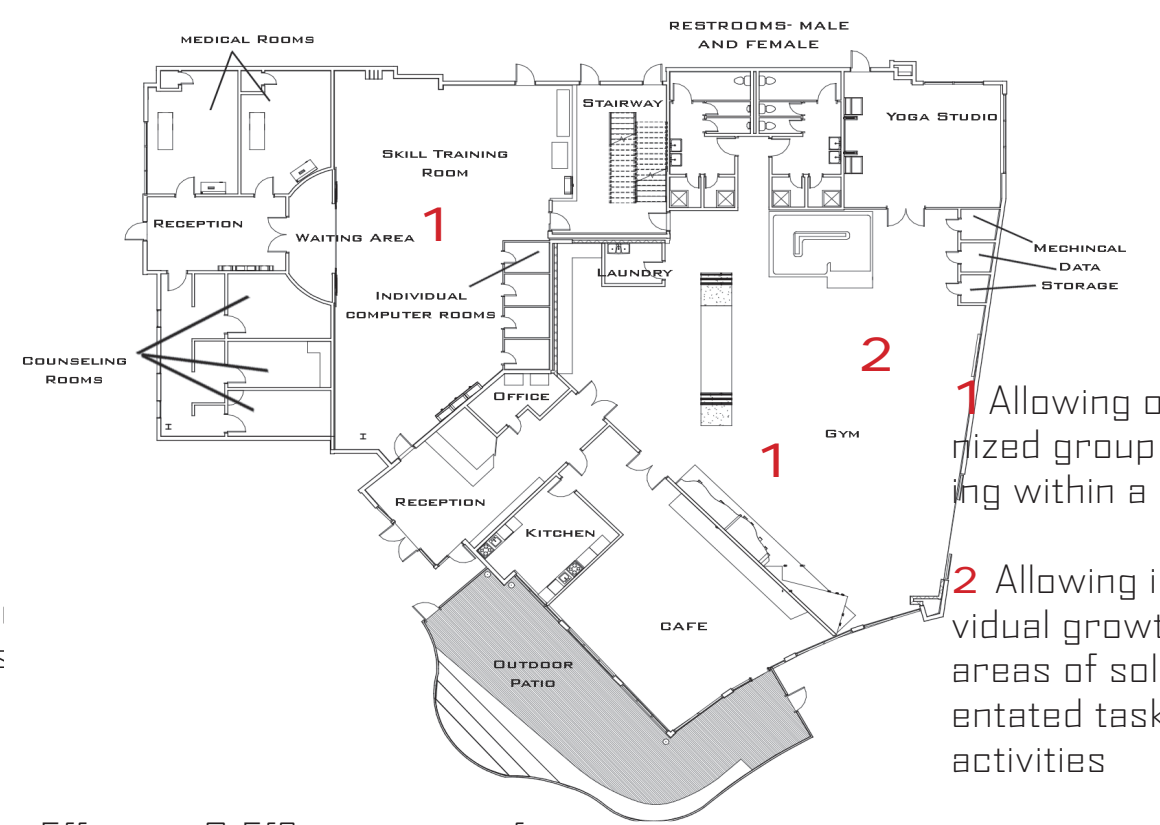


Creating safe & productive environments:
 - individual counseling rooms in private sector with noise cancelling machines

Meeting performance objectives: How can a space handle a lot of wear & tear over time
 -using sustainable durable worktops

How can a programmed space include needs & wants overtime:
 -gym space can become flexible to suit different activities, skill levels & goals +mixed use equipment

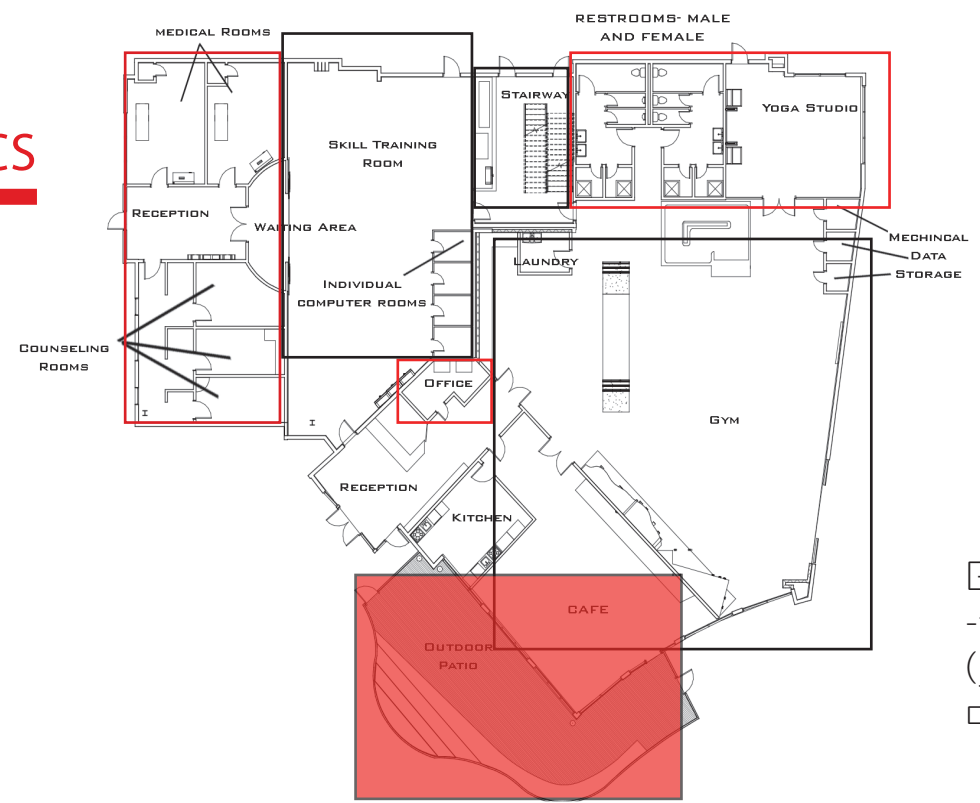
PRODUCTIVE



1 Allowing organized group training within a space
 2 Allowing individual growth in areas of solo-orientated tasks & activities

Effective & Efficient use of space:
 -areas of concentration, -medical, -counseling, - part of skill training
 Learning:
 -gym, -yoga studio, -cafe, -skill training room
 Communication & Collaboration nodes such as:
 -group tables in cafe, -seated benches outdoors, -rock climbing wall

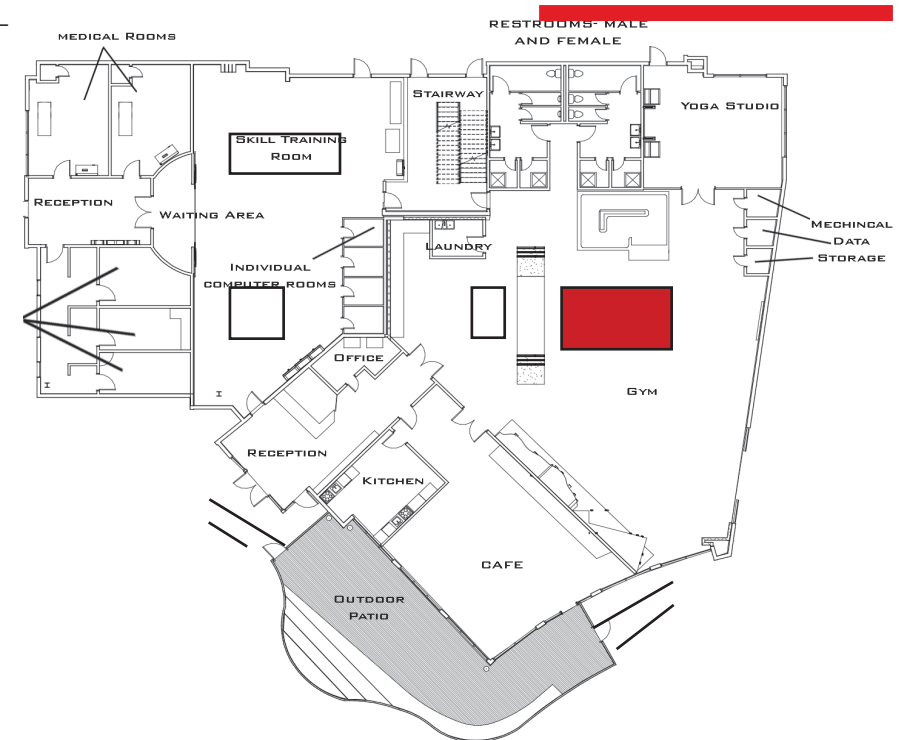
ACCOUSTICS



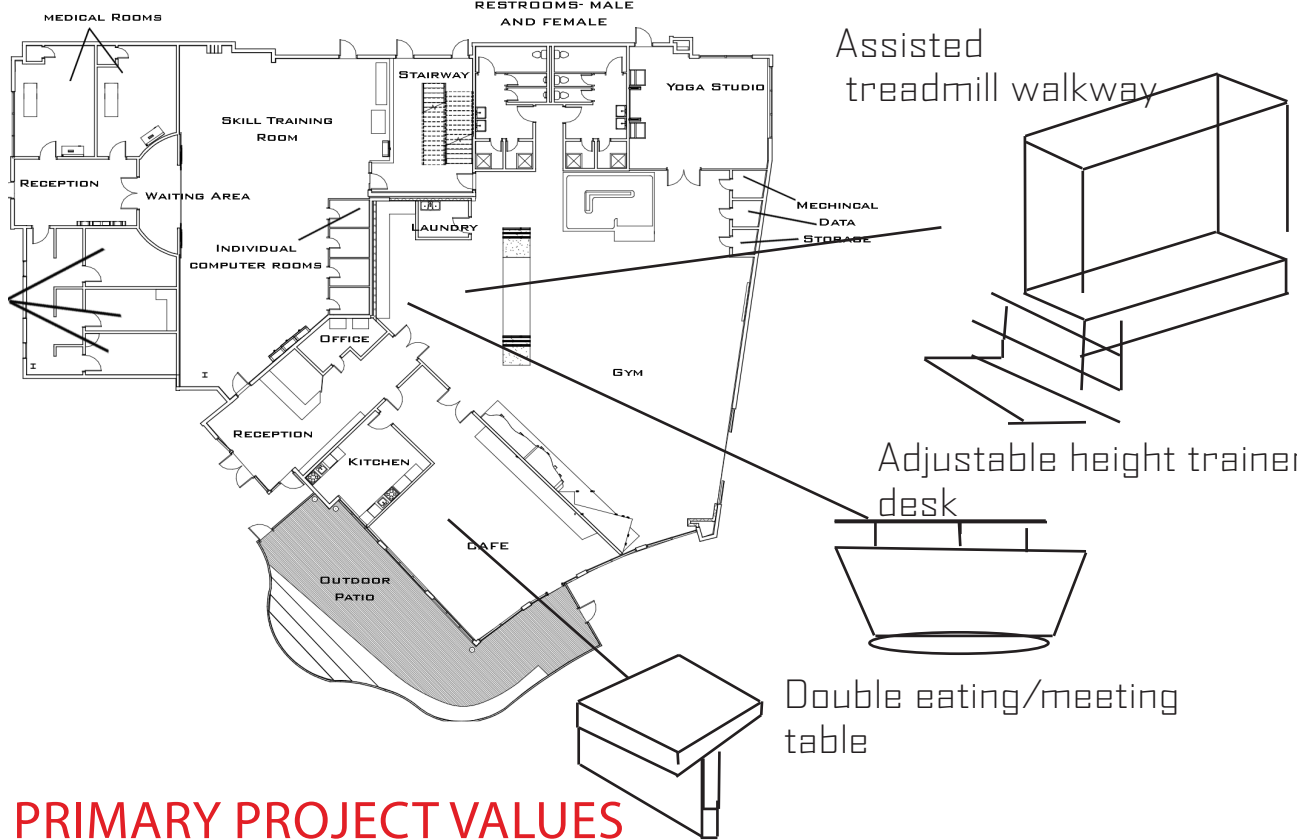
- Needed for sound conversation absorption
- Needed diffusion of impact & transfusion noise
- Needed for custom sound reverberation

GYM/SKILL ROOM:
 -transmission noises- (jumping, running or dropping objects)

ACCESSABILITY



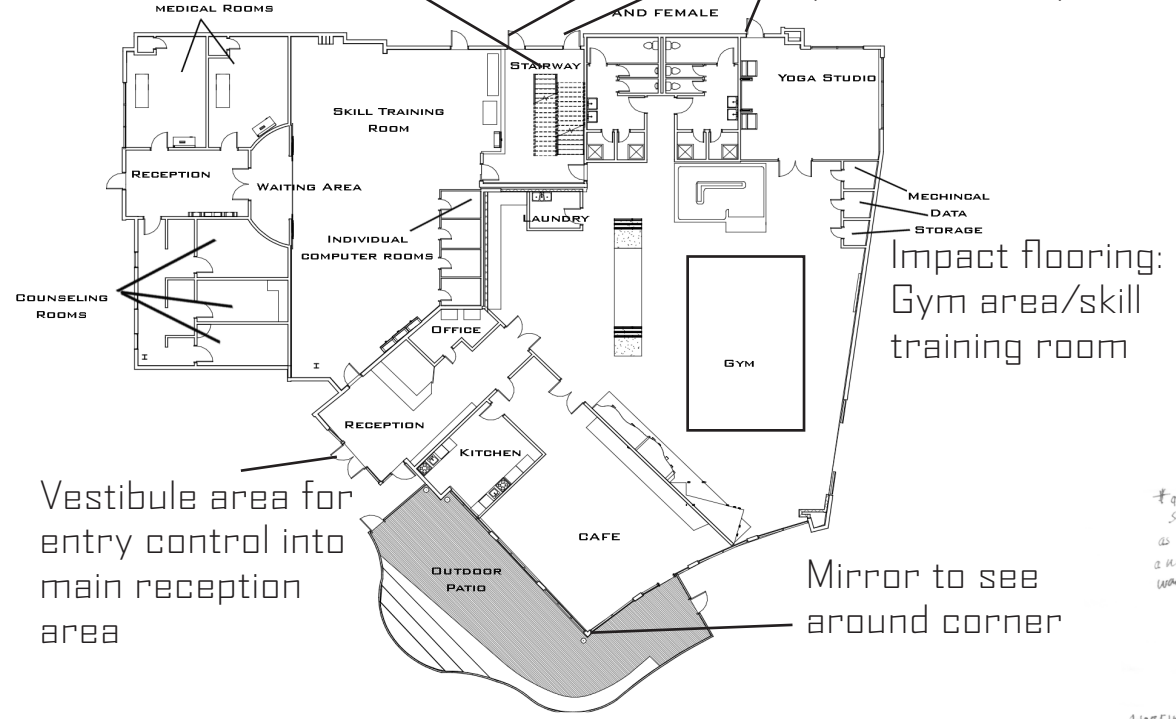
Components specifically designed to be ADA accessible
 ADA accessible ramps
 Patio level is slightly raised so ramps will have to be put in
 -ADA accessible showers
 -Customized adjustable trainer desk



PRIMARY PROJECT VALUES

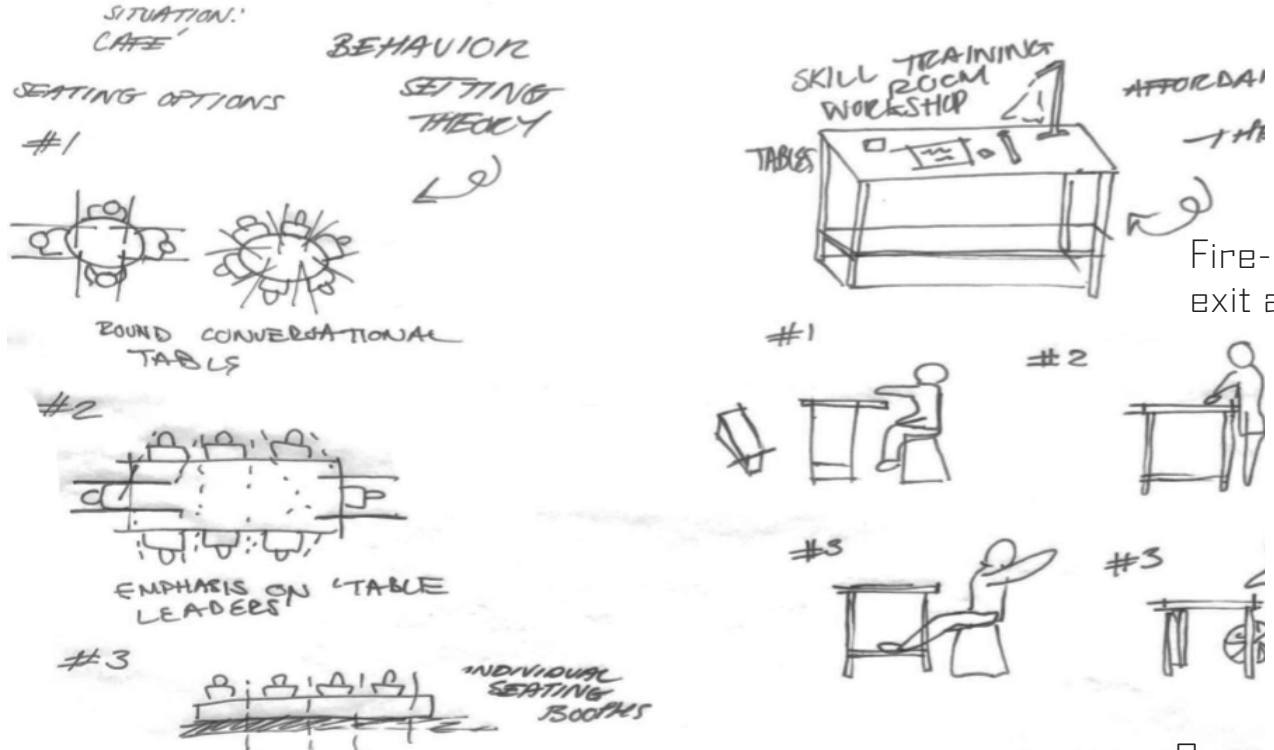
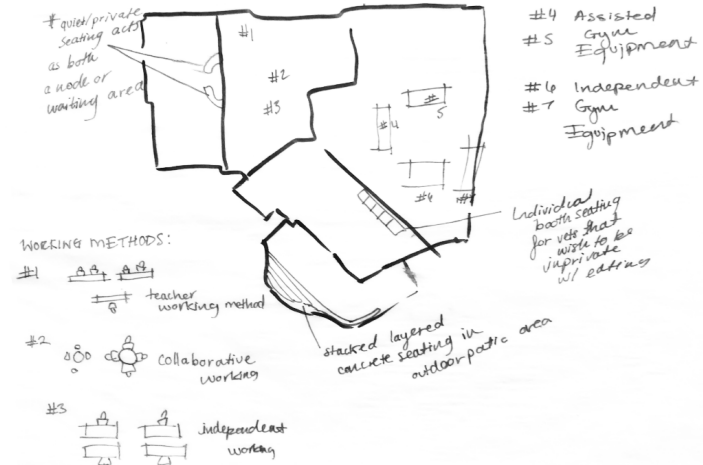
Possibility of becoming darker/hidden corners, *will ensure equal lighting & wayfinding techniques

Access doors with keycard to enter or leave because of public walkway area



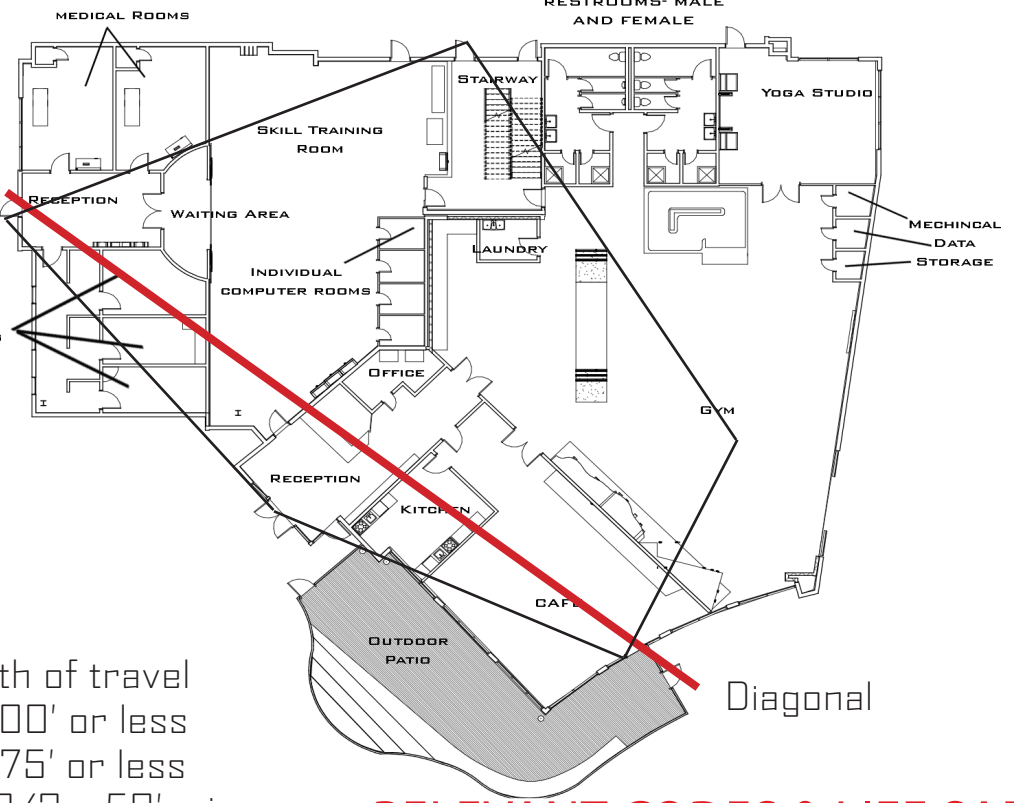
SAFETY & SECURITY

ANTHROPOMETRICS & ERGONOMICS



THEORIES OF ENVIORNMENT & BEHAVIOR

Common path of travel
 Business = 100' or less
 Assembly = 75' or less
 Diagonal, 150/3 = 50' min distance



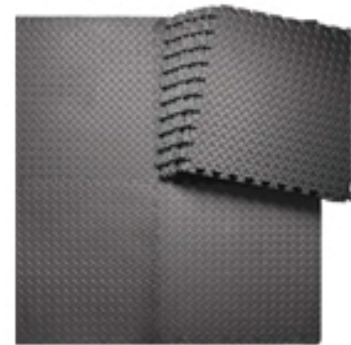
RELEVANT CODES & LIFE SAFETY

SUSTAINABLE DESIGN



GYM

The aesthetic for the gym area is hard hitting and confident in design, with bold red and black hues and clean industrial hardware. Raw materials such as concrete, distressed wood, aged brick and acid metal will be applied with pops of red and white lighting.



Products:
KustomKit Gym Equipment
Oyo Mats and Flooring
Lumens Bench
DK Hardware
AATEPA lockers



12345
67890

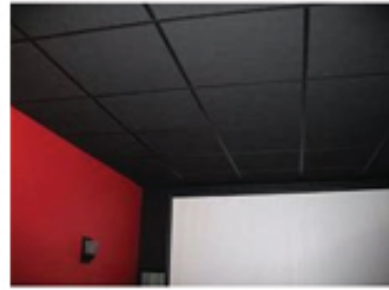


STAY POSITIVE.
STAY FIGHTING.
STAY BRAVE.
STAY AMBITIOUS.
STAY FOCUSED.
STAY STRONG.



All lighting is Lumens

SKILL TRAINING ROOM



CULT LIVING
EURWAY

GKD METAL
FABRICS
SOUNDSULATE
SPACEIST



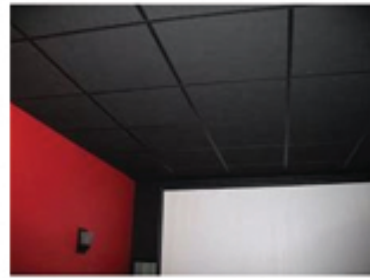
ALCON
AQ
LIGHTING
FOTER
XIDING
MODERN
FORMS



spaceist



CAFE



CULT LIVING
EURWAY
WOLF
SUBZERO
GKD METAL
FABRICS
SOUNDSULATE



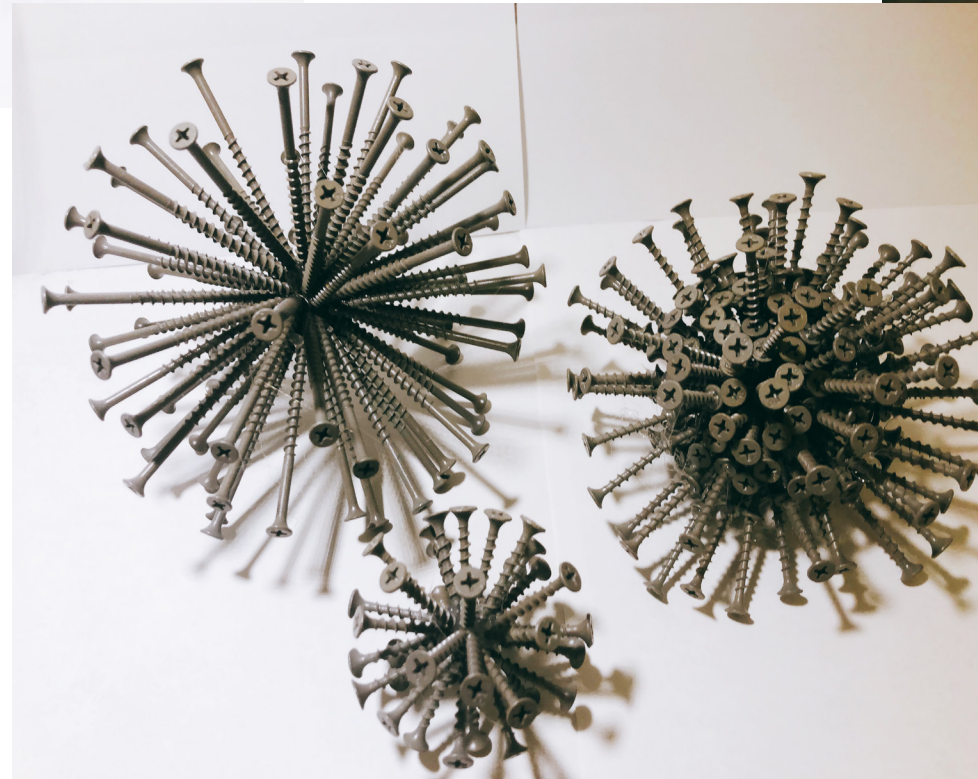
ALCON
AQ
LIGHTING
FOTER



CONCEPT EXPRESSION



The concept of the strength of metal is shown in this 3-d installment through the contrast of delicacy and solitude. Nails inherently are used to build, construct and fortify. Turning the heads outwards and forming the nails into a ball is a balancing act for the nails to now stand alone and they obtain a sense of fragility. This piece is entitled 'Tough as Nails', because often times military members are told to toughen up and be as tough as nails, which is not always necessary.



'TOUGH AS NAILS'

Concept Application

HOW CAN THIS BE APPLIED?

+MATERIALITY

+STRUCTURE

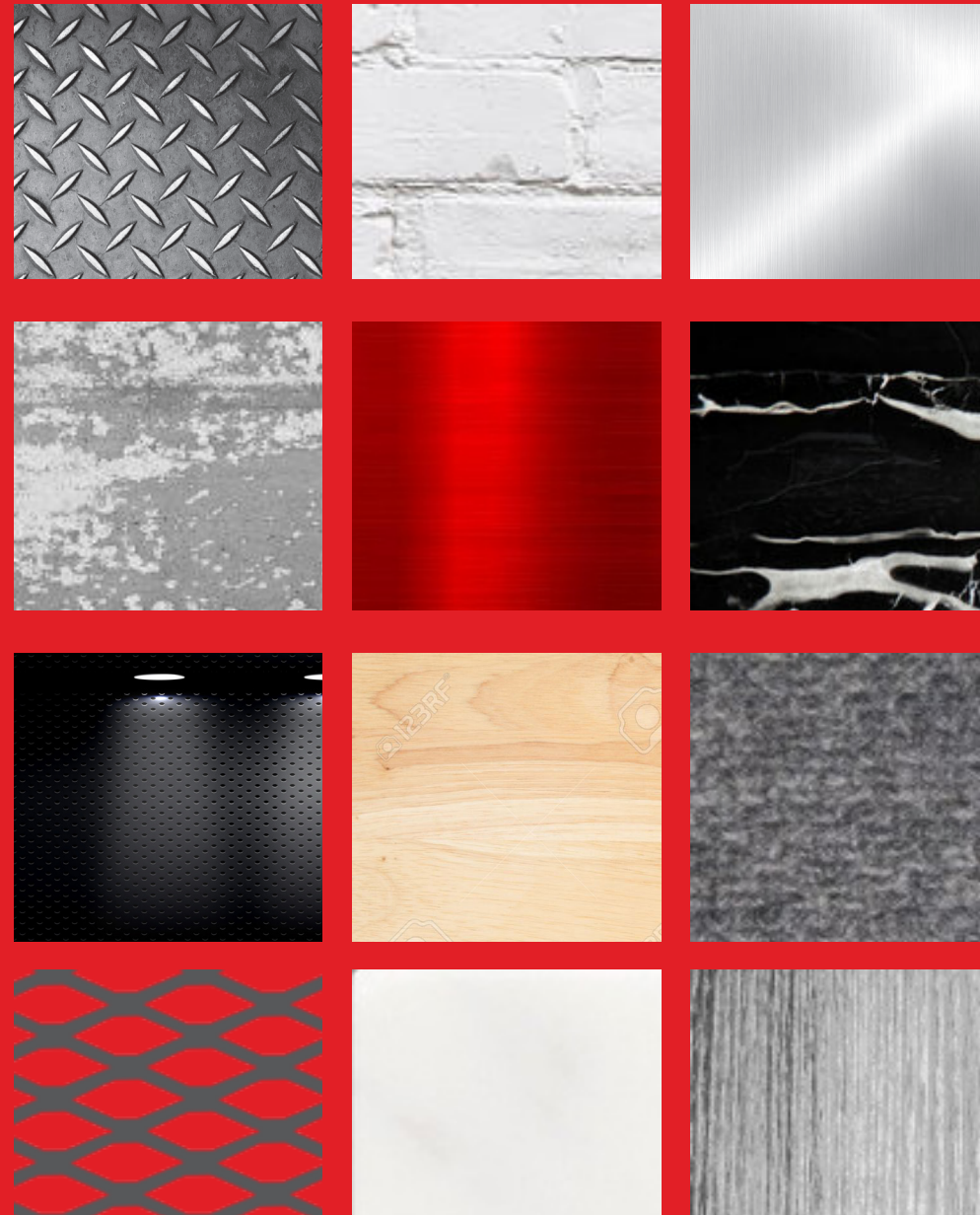
+PROGRAMMING

The 'tensile strenght of metal' is the concept that is driven throughout this project, and it exemplifies both physical and metaphorical qualities.

This journey that veterans go on is symbolic to this, therefore the buidling and design should reflect this relationship of being put under pressure & tension but still progressing in the end.

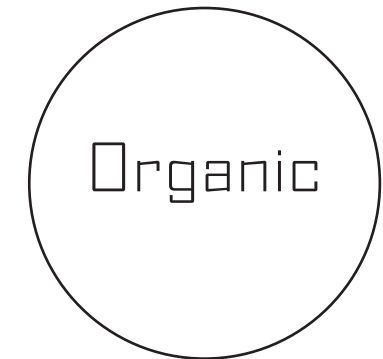


Materiality

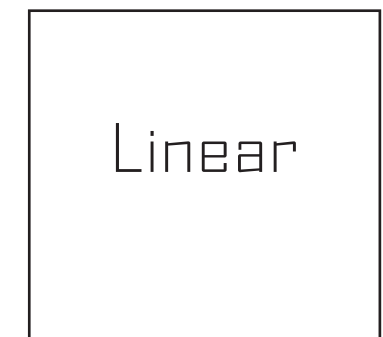


The materials shown are quite raw and industrial in nature and are more muted in tone to replect the different forms of metal. Metal when under manipulation is red hot and is most malleable to change shape and become anew, where as when cooled and hardened metal becomes deeper shades of silver, bronze and gold.

STRUCTURE



VS.

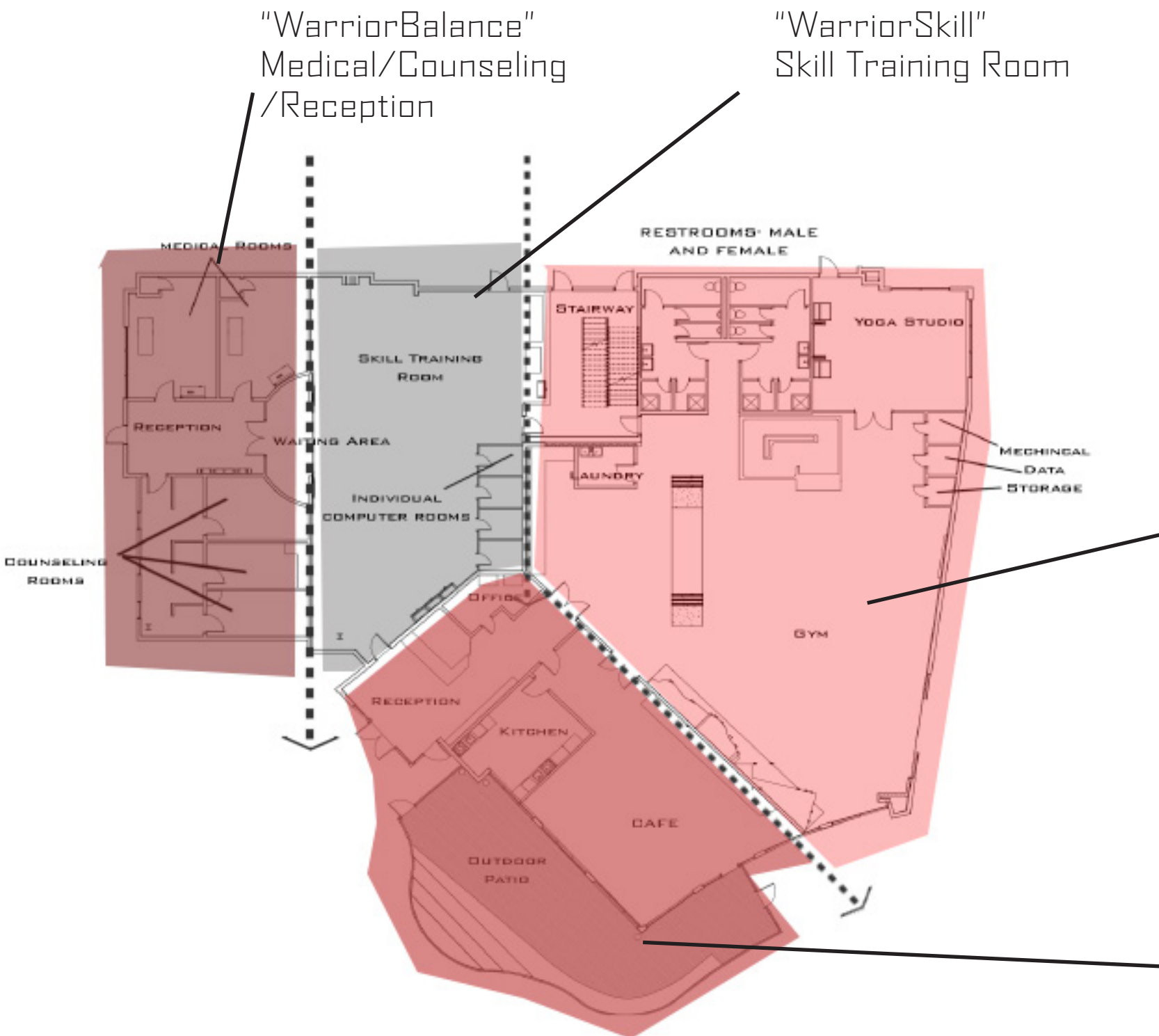


The more private and 'soft' spaces will incorporate organic, rounded shapes such as in the counseling, medical, waiting areas, reception and outdoors.

The more public spaces will be more angular in form to point out the sincerity and motivation in the spaces such as the gym, cafe, yoga studio and skill training room.

PROGRAMMING

The programming of the entire space is based on the concept of metal being made out of formulaic process and over time and change. Each stage metal goes through to become stronger and more durable, so the spaces in the community center evolve around this same idea. The different phases of the process that a veteran should go through are shown by the respective names; "WarriorSkill, WarriorFit, WarriorNourish and WarriorBalance".



"WarriorFit"
Gym/Yoga Studio
/Restrooms with Showers

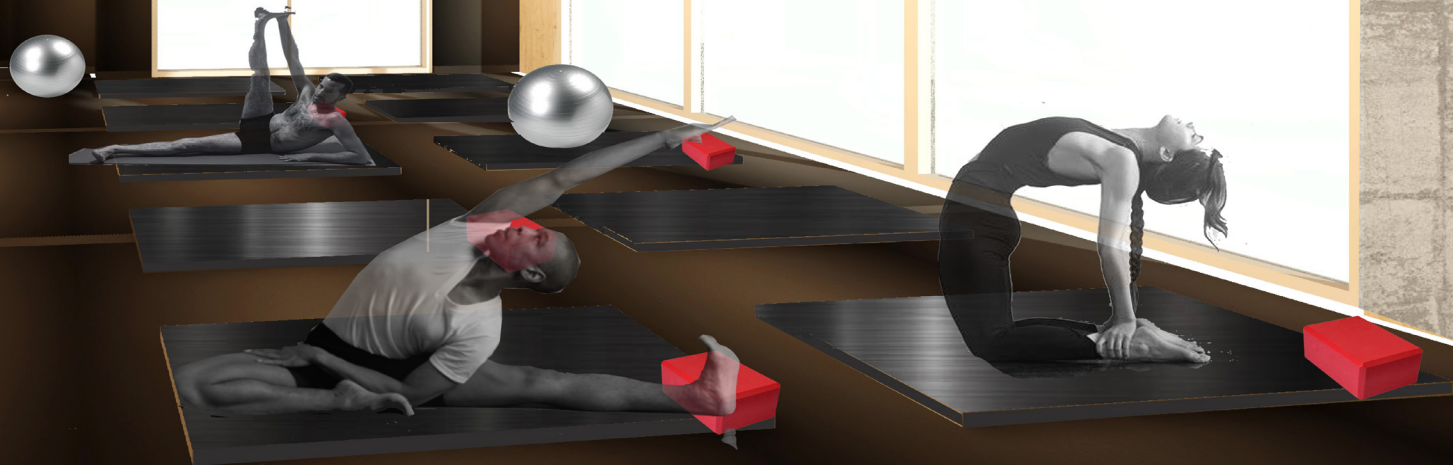
"WarriorNourish"
Cafe/Kitchen/Reception
/Outdoors



WarriorFit

WARRIOR FIT

“ IF YOU HAVE A BODY
YOU ARE AN ATHLETE ”

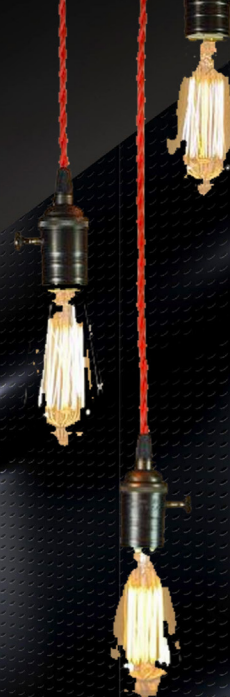
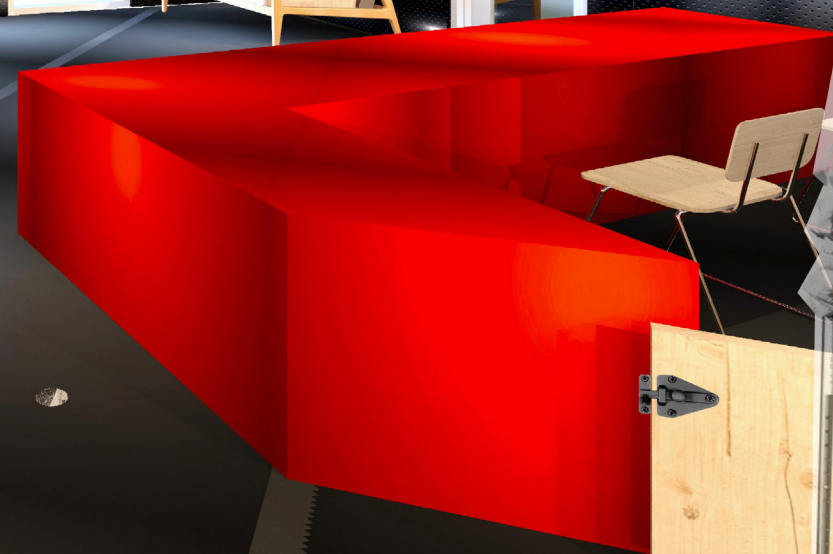




WarriorSkill I



PROJECT TRANSITION



today
was a
good day

FRONT TOWARDS ENEMY

do it
with
passion

WarriorNourish



#blessed

Can you imagine?

