

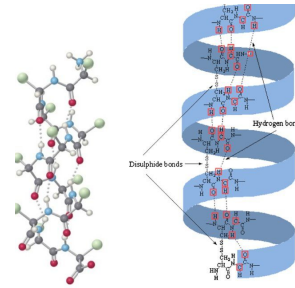
Resilience

A green wavy line graphic consisting of a series of connected, overlapping loops, resembling a ribbon or a stylized wave, positioned below the word 'Resilience'.

Abbie Bowman, Genna Bruns, & Jill Mueller

Resilience

Veterans have been through adversity, but are resilient and adaptable. Resilience is not just a building, it's a community of proactive people that help each other achieve their goals. Resilience serves as a temporary, affordable housing location to get veterans back on their feet. We want to give them the freedom they gave to us.



Vigilant Woodworking & Art Shop - Vigilant describes being attentive and observant which are characteristics that veterans have, but also need while doing activities in this room.

Hero Counseling Services - The men and women who have served our country *are* heroes. We want this to be a place where they can feel safe receiving therapy and counseling from what they've endured in the service.

Loyalty Lounge - Veterans are very loyal to not only their country, but also their brothers and sisters in the service. This is a place where they can relax and connect with each other.

Wise Cafe - This is an area where veterans can grab coffee or a snack to eat while connecting with other people who have been through similar experiences as them.

Skilled Meditation - Army soldiers are skilled at what they do and so are we. We work hard to give them the best of the best.

Deep Dive Room - Veterans like to keep emotions pushed down. They prefer to talk about their deeper issues in a private, safe space.

The color palette reflects nature. By bringing natural colors inside, we can make the environment more relaxing for veterans. Green is a color appreciated by those who served in the deserts of Afghanistan and also represents support for those still deployed. Blue represents support for police officers as well.



Research

- Toward a Framework for Designing Person-Centered Mental Health Interiors for Veterans
- Environmental Programs Service Mental Health Guide
- Mental Health Environment of Care Checklist
- Planterra Lighting Guide
- Personal Interviews

SAMPLE CONFIGURATION FOR A LIVING WALL

MINIMUM FOOT CANDLE/UNIFORMITY (MIN/AVG) MATRIX					
		LIVING WALL HEIGHT			
		4 FEET	8 FEET	12 FEET	16 FEET
LIVING WALL WIDTH	4 FEET	186/0.7	91/0.6	52/0.5	30/0.3
	8 FEET	249/0.9	123/0.6	82/0.5	53/0.4
	12 FEET	235/0.9	145/0.7	94/0.6	63/0.5
	16 FEET	265/0.9	165/0.7	114/0.7	69/0.6

In this example, a single row of 5500K fixtures are placed 4 feet away from a wall. If a single row does not meet the required minimum foot candle, an additional row is recommended.

Typical layout (two rows of fixtures)

Finding: Space layouts that lessen the potential for patient crowding may also decrease incidents of aggression.

Design Solution: Create spaces with ample circulation space to prevent feelings of being trapped.

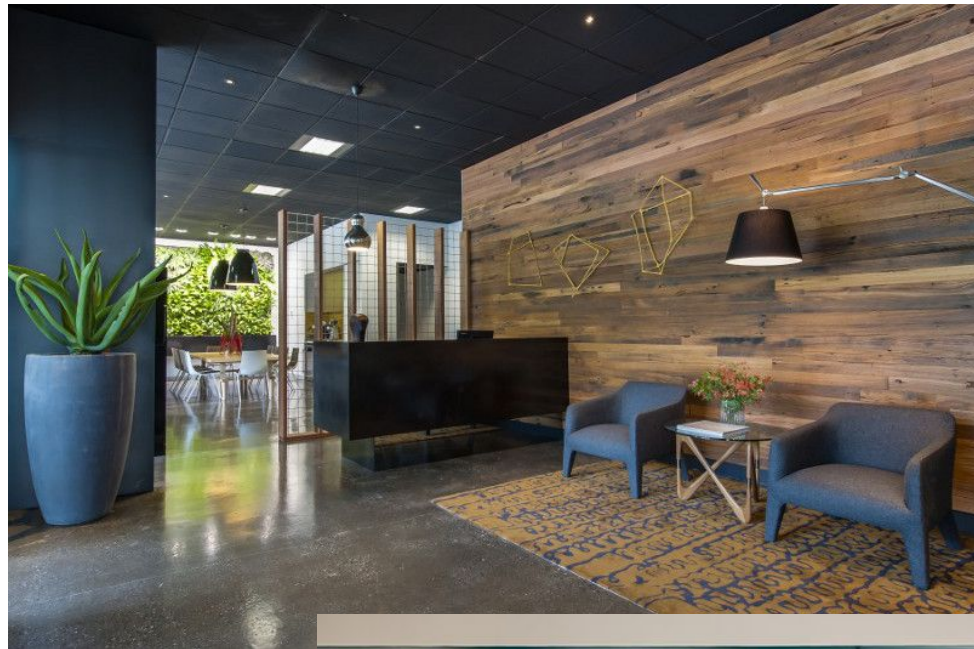
Finding: Socialization areas with comfortable furniture may positively contribute to patient and family member satisfaction, decrease patient anxiety, and improve patient–provider communication.

Design Solution: Utilize fully upholstered seating with moisture-resistant fabrics. COVID consideration - spec wipeable materials on high contact areas.

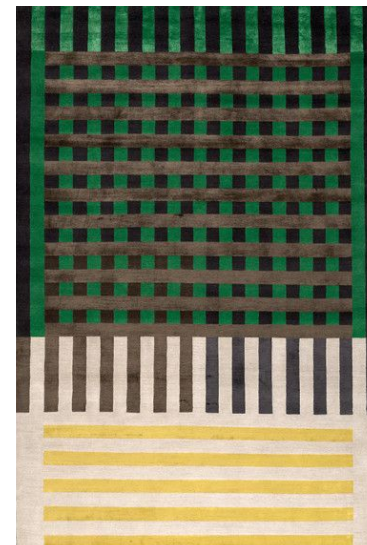
Finding: The Sensory Modulation Room has strong, evidence-based support that helping patients engage their senses when they feel angry or anxious by looking at soothing digital images (aquariums, stars in the night sky, or snowy landscape scenes) listening to music, or enjoying the scent of lavender has positive physiological effects such as lowering blood pressure and increasing the brain’s level of serotonin.

Design Solution: Design a room that provides images of nature, access to lavender essential oil, and calming music.

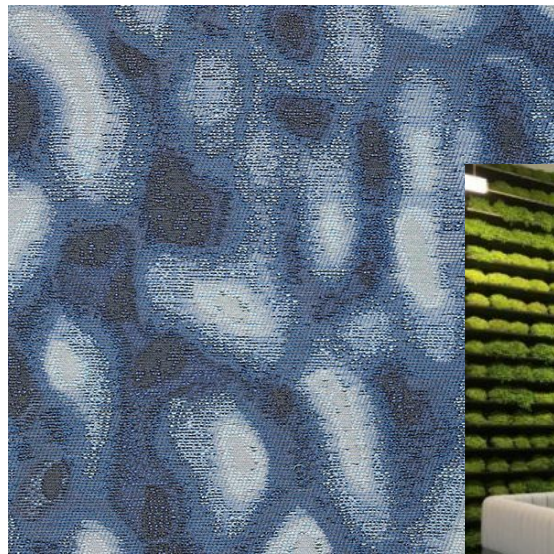




CALM



COMFORTABLE



FRIENDLY



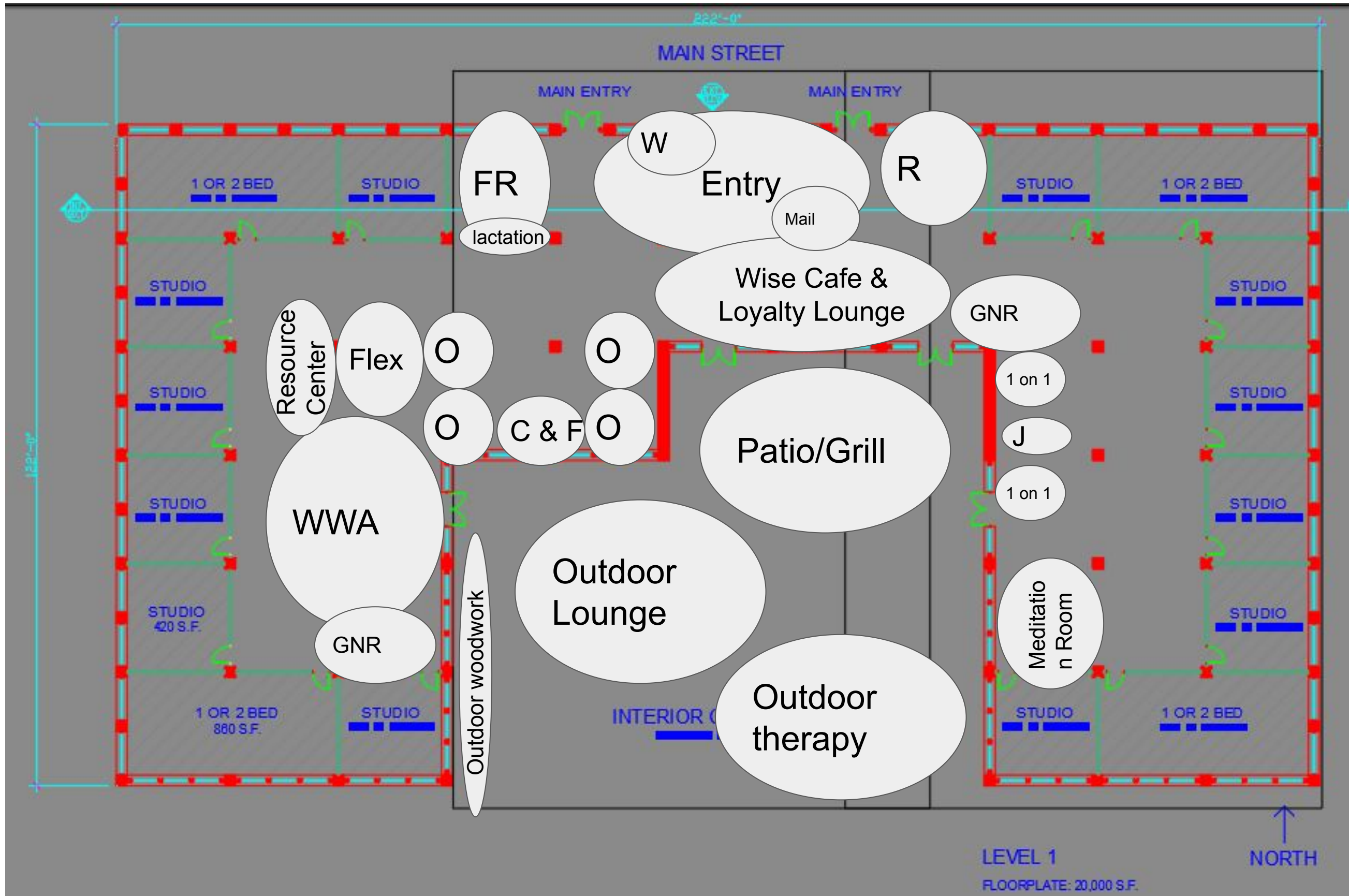
WELCOMING



Site Location

- Downtown Fargo
- Access to VA Hospital - 9 minute walk to MATBUS GTC center.
- 3 block walk to nearest bus stop.
- Paratransit option for those eligible.
- Close to parks, river, and community for support and reintegration.



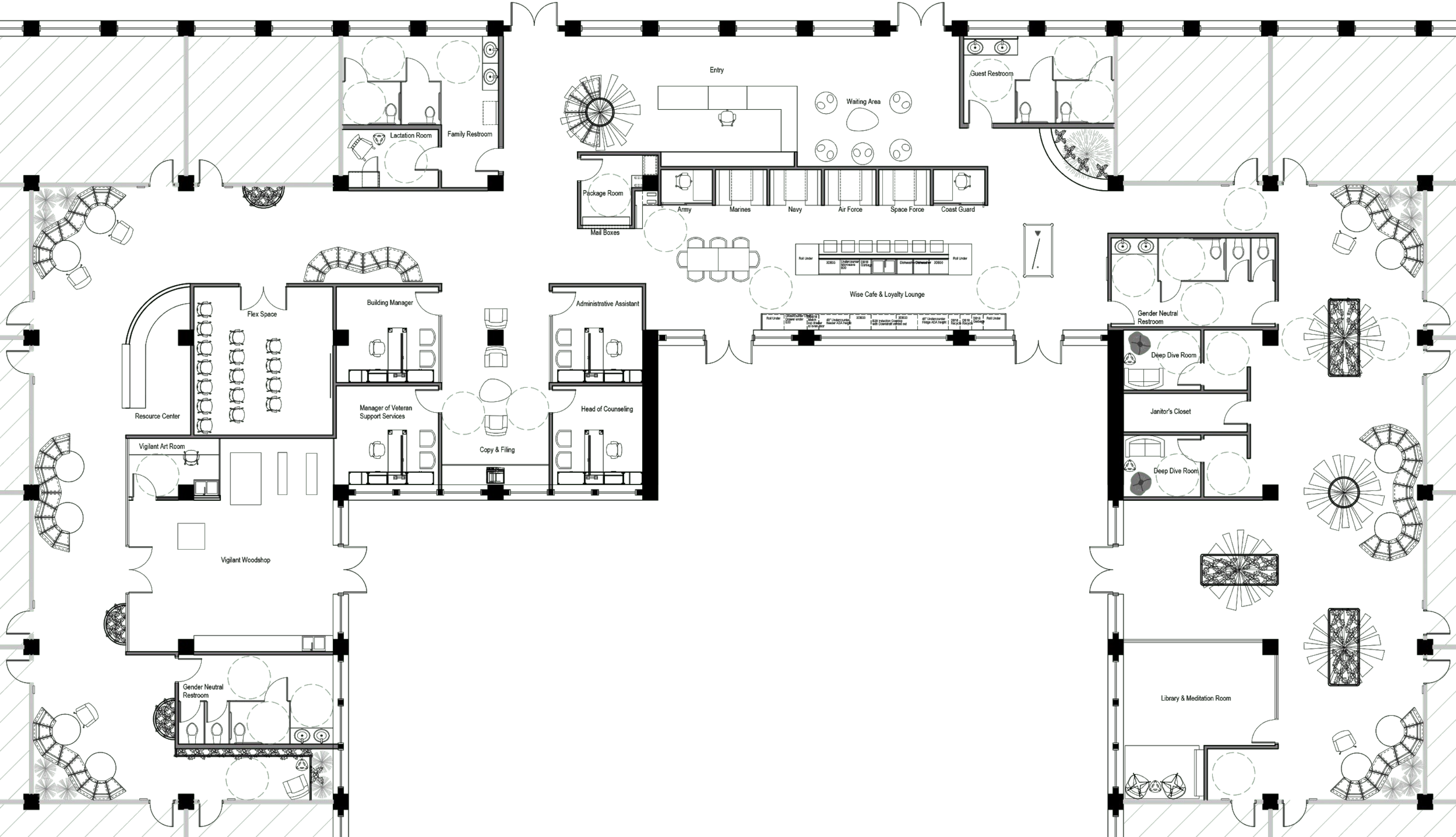


- KEY:**
- FR:** Family restroom
 - W:** Waiting Area
 - R:** Restroom (Visitors)
 - O:** Office
 - C & F:** Copy & Fax room/area
 - J:** Janitors Closet
 - GNR:** Gender Neutral Restroom
 - WWA:** Woodworking shop/Art
 - K:** Kitchen

FF&E Plan

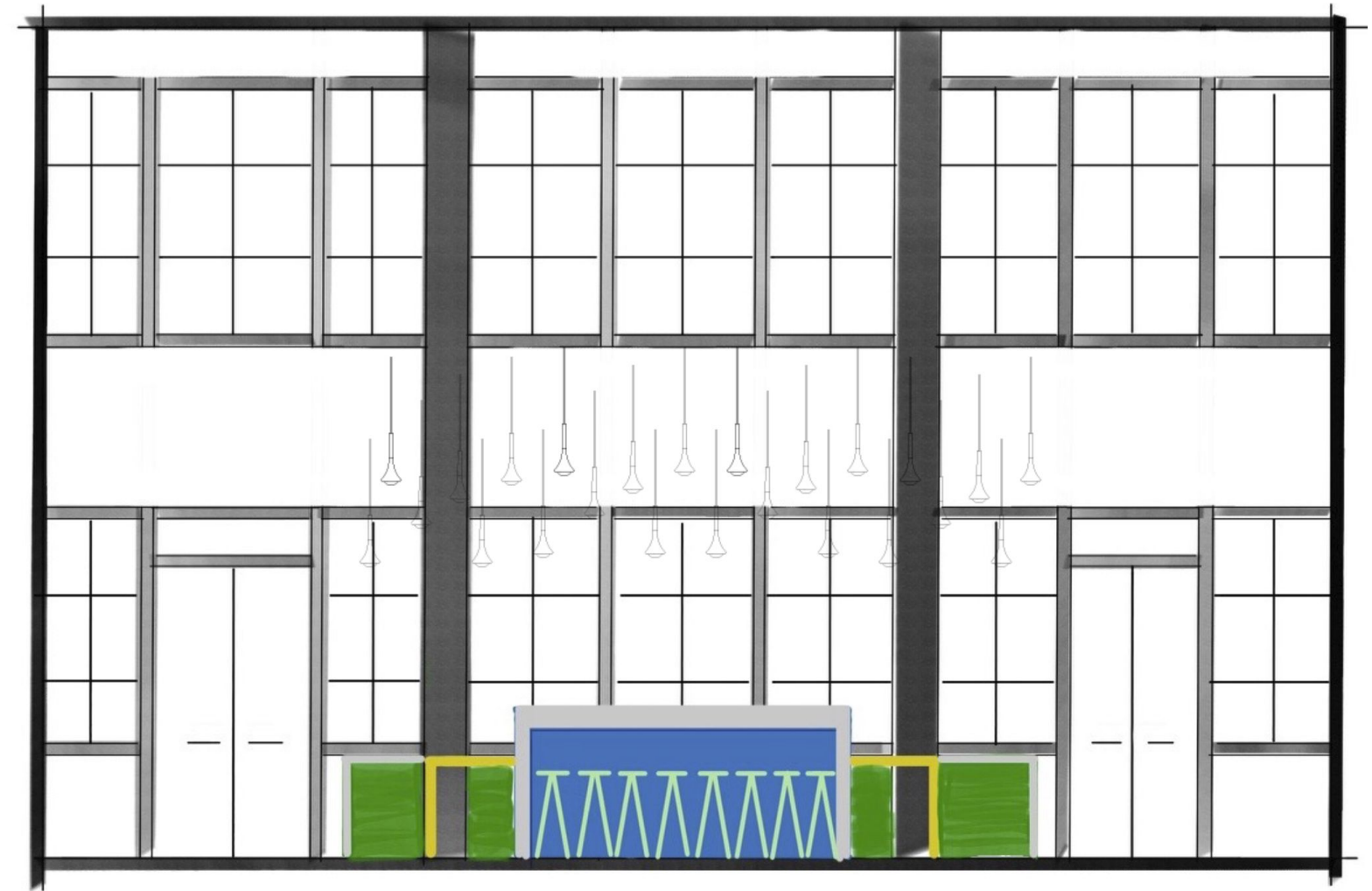
MAIN ENTRY

MAIN ENTRY

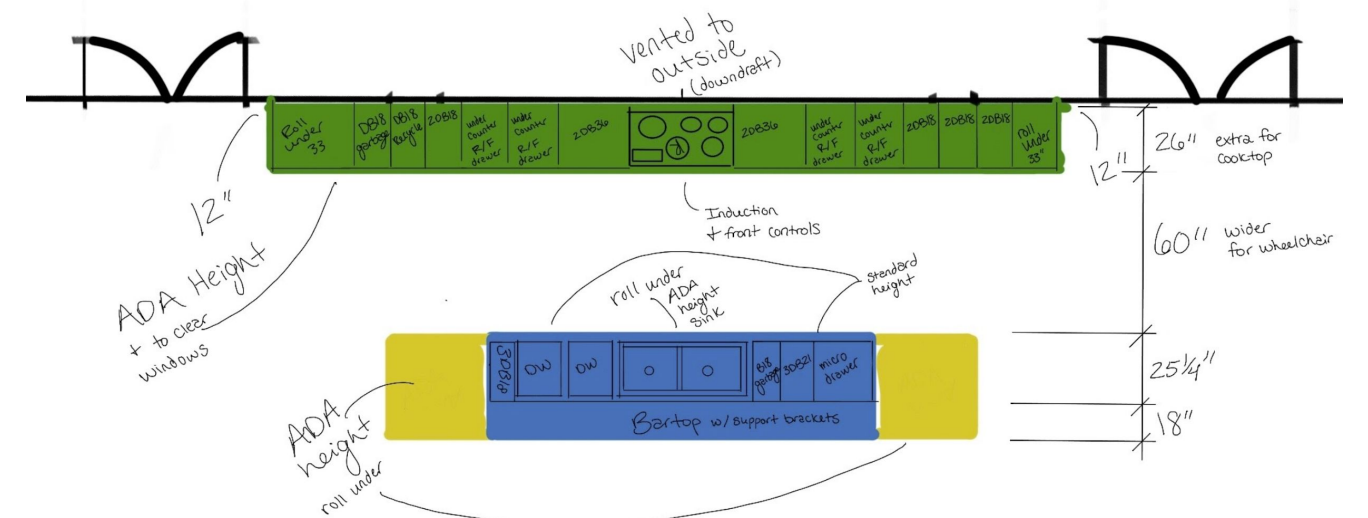


NORTH

Loyalty Lounge



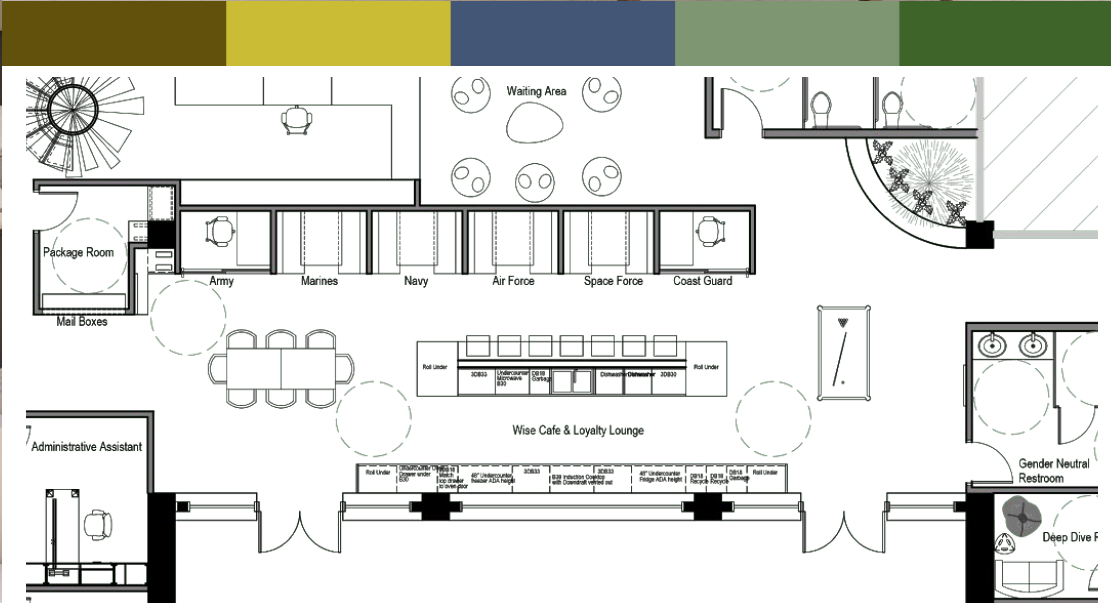
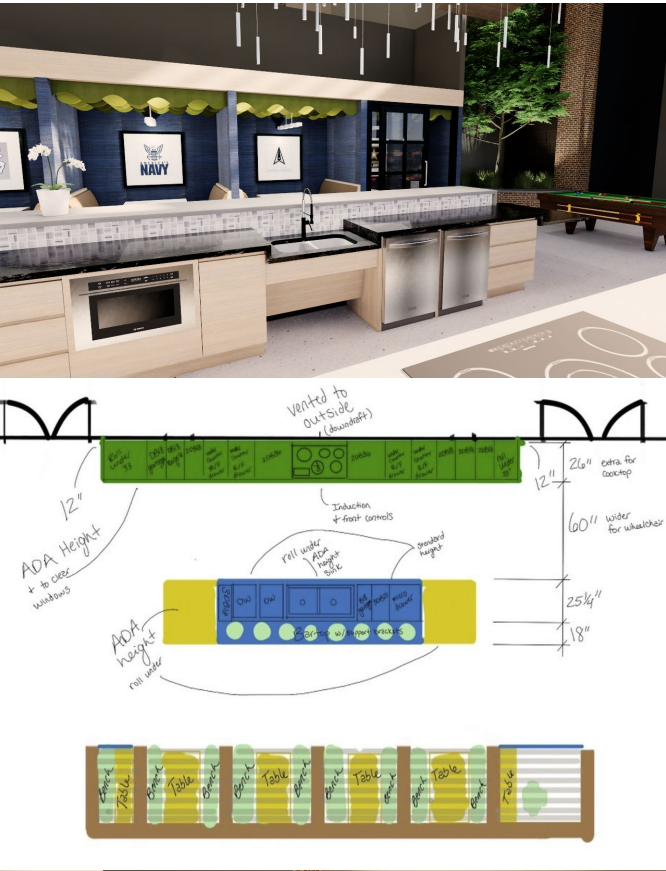
The top diagram shows a kitchen layout with a green countertop. The layout includes a sink, stove, and various storage units. Dimensions are noted: 12" for the counter height, 26" extra for cooktop, 60" wider for wheelchair, 25 1/4" for the counter height, and 18" for the base height. The bottom diagram shows a row of yellow and green rectangular blocks representing a counter or table, with labels for 'Bench' and 'Table' and a note 'roll under ADA height sink'.

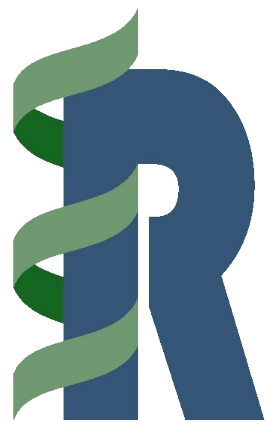


Wise Cafe & Loyalty Lounge

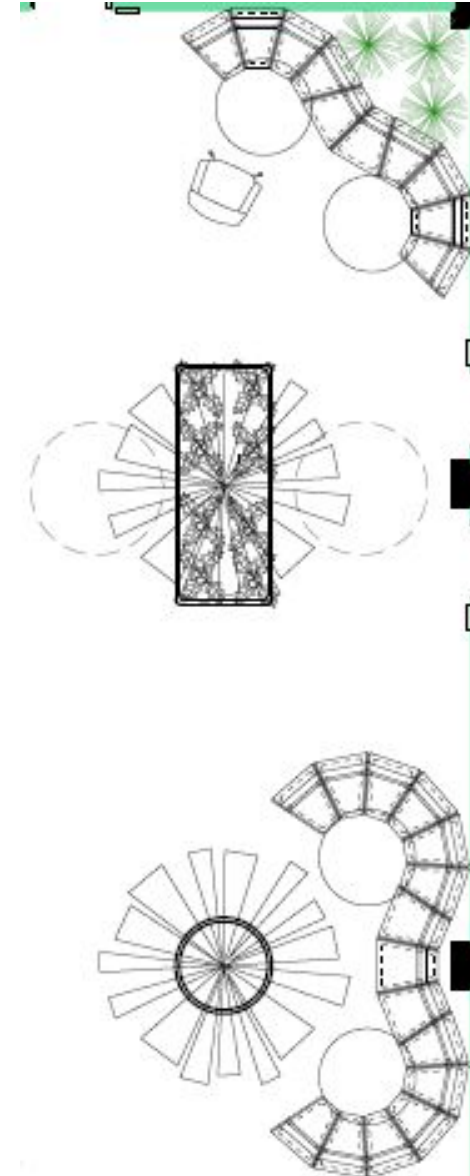
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Interior Corridor & Façade



Skilled Meditation Room

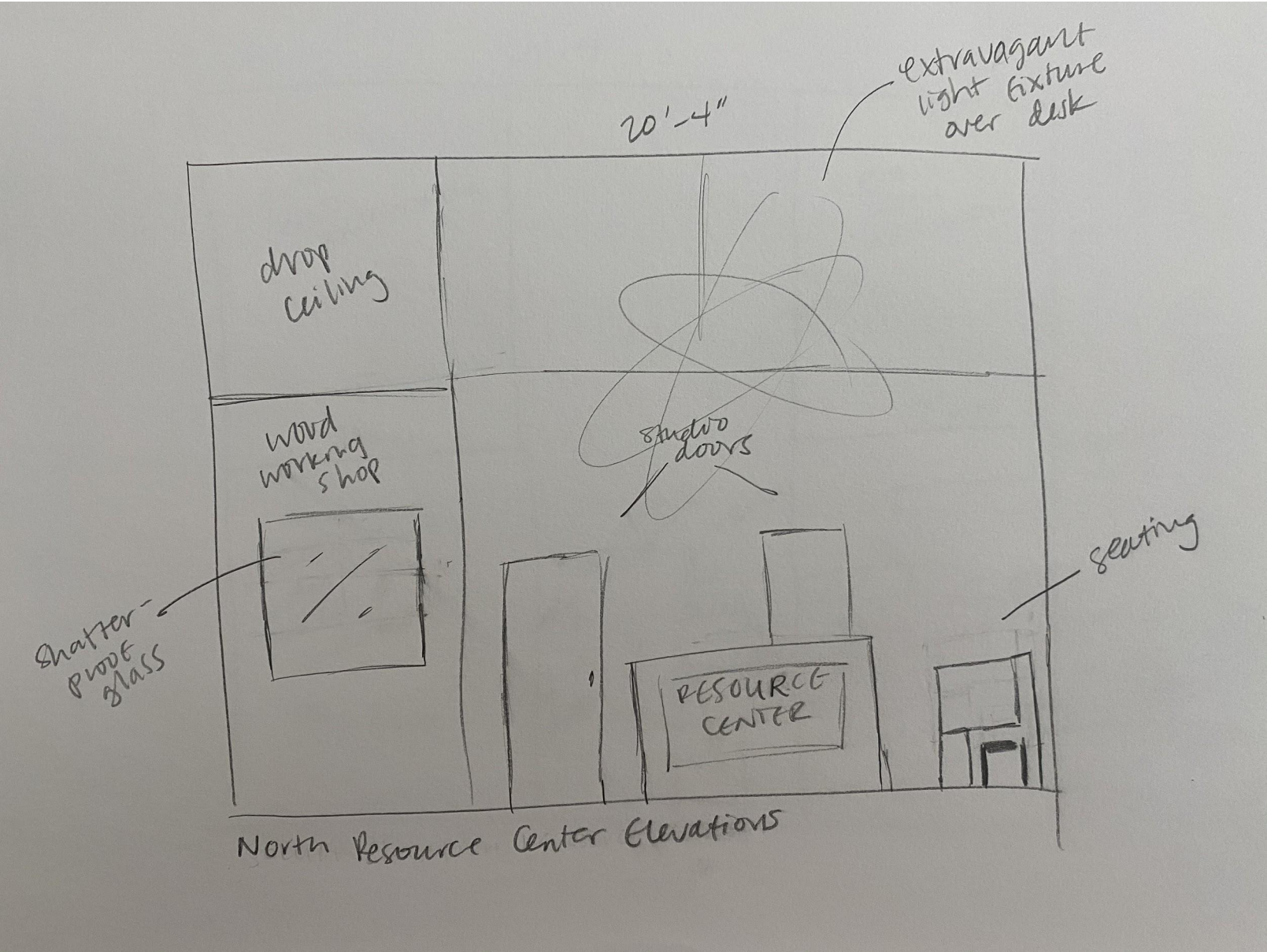


Library

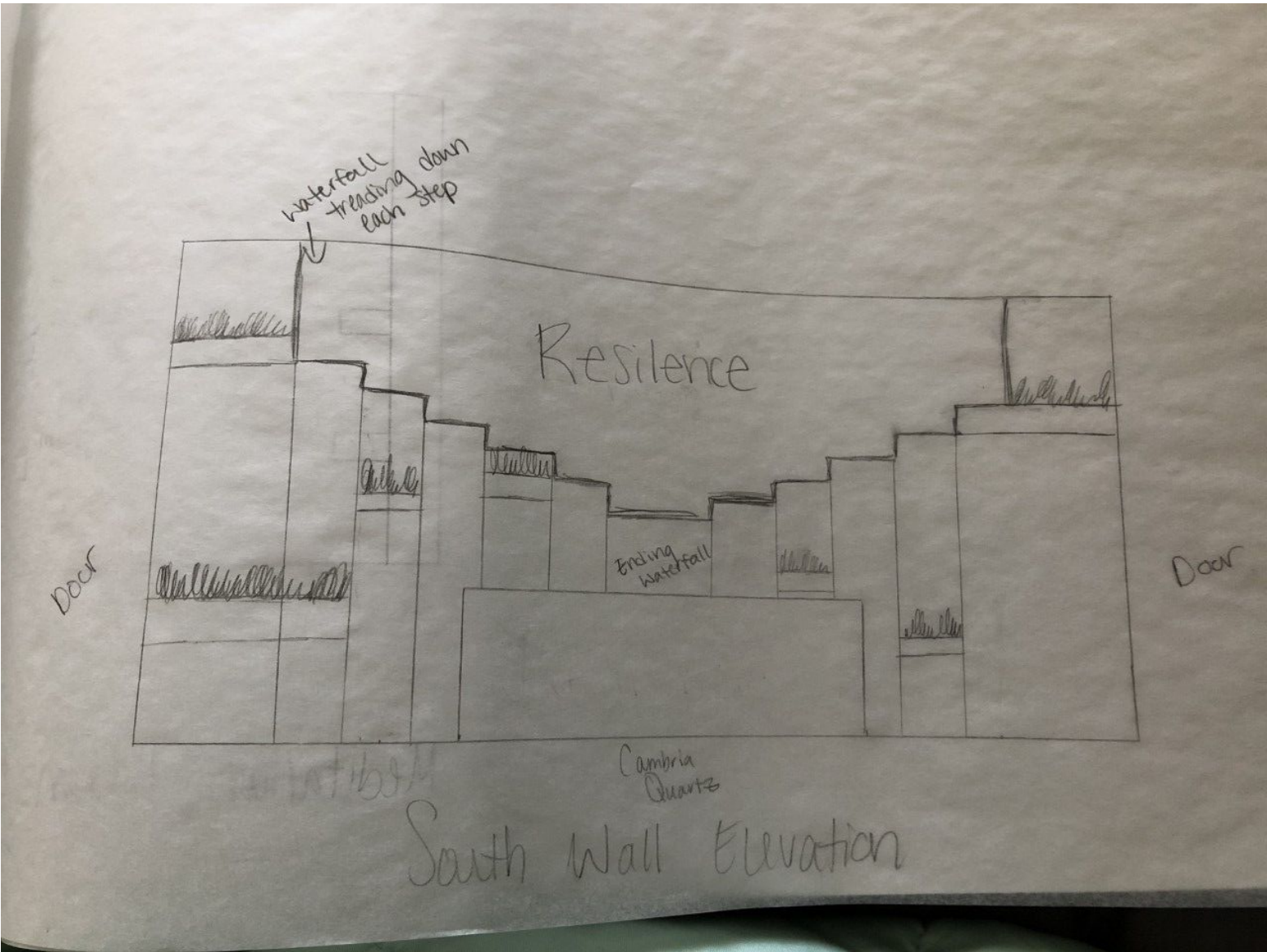
Deep Dive Room

ELEVATIONS

RESOURCE CENTER



MAIN ENTRY





Entryway & Resource Center

