HEALING SPACES TO PROMOTE WELL-BEING

PRESENTATION OUTLINE

- Unique Issues of Mental Health Design
- Concepts for Inspiration
- Strategies for Mental Health Design
- Does it Make a Difference?
  - Case Study: University of Minnesota Children’s Hospital
- Takeaways: 8 Action Items for Tomorrow
- Q&A

Unique Issues of Mental Health Design

**Emotional:** Agitated, angry, isolated, frightened, depressed, lonely, denial, confused, anxious

**Physical:** Frozen, violent, destructive, unsafe, cold, tired, fatigued, hyper-sensitive, dehydrated
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Concepts for Inspiration

- nature
- calm, quiet
- transitions
- prayer, meditation
- inner journey, discovery
- places of negotiation
- inviting

foster communication
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Design
Planning
Operations/Care Model
Cultural/Care Team

Strategies for Mental Health Design

Create transformative environments that encourage health and wellness... and patients will respond.

Additional Patient Room Features
- Chalkboards
- Sentinel Event
- Bathroom Doors
- Integral Patient Room Door Blinds
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Strategies for Mental Health Design

“DOES SPACE MATTER?”
- Literature Review
- Staff Surveys
- Staff Interviews
- Patient Exit Interviews
**Research Questions**

- Among patients hospitalized on a child-adolescent mental health unit, which environmental characteristics contribute most to patients feeling calm?
- How does the design influence staff perceptions of the environment and its influence on patient behavior?
- In addition, this exploratory case study will begin the process of validation for new measurement tools.

**Literature Review**

- 142 articles reviewed
- Between 1984 and 2013
- 57 were specific to child-adolescent mental health
  - Over half were 10 or more years old
  - This population is underrepresented in the literature

**Staff Surveys**

- Email invitation (75 staff)
- 52 responses
- 70.6% response rate
- Likert-scale questions with open-ended questions

**Demographics**

<table>
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<tr>
<th>Job Role</th>
<th>Percentage</th>
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<tr>
<td>Psychiatric Associate</td>
<td>44%</td>
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<tr>
<td>Physician</td>
<td>4%</td>
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<tr>
<td>RN</td>
<td>38%</td>
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<tr>
<td>CTC</td>
<td>8%</td>
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<tr>
<td>Clinical Rehab</td>
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<tr>
<th>Unit</th>
<th>Percentage</th>
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<tr>
<td>7A</td>
<td>45%</td>
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<tr>
<td>7ITC</td>
<td>28%</td>
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<tr>
<td>Both</td>
<td>21%</td>
</tr>
<tr>
<td>N/A</td>
<td>6%</td>
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<thead>
<tr>
<th>Primary Shift</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Days</td>
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<tr>
<td>Evenings</td>
<td>14%</td>
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<tr>
<td>Nights</td>
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**Staff Survey Results**

- How long have you been working on this unit?
  - 5 months or less: 15%
  - 5 months – 1 year: 38%
  - 1 year – 5 years: 26%
  - 5 – 10 years: 9%
  - 10 – 20 years: 6%
  - Over 20 years: 6%
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**STAFF ATTITUDES**

78% responses for very positive or somewhat positive for the environment’s impact on staff attitudes.

- "It's a brighter place to work – makes me happy to be here…"
- "...appreciate the brightness and calm therapeutic environment..."

**STAFF INTERACTIONS WITH PATIENTS**

86% responses for very positive or somewhat positive for the environment’s impact on staff interactions with patients.

- "The environment contributes to calming the patients."
- "The new unit is something to be proud of and that can ‘rub off’ on the patients."

**STAFF INTERACTIONS WITH COWORKERS**

60% responses for very positive or somewhat positive for the environment’s impact on staff interactions with coworkers.

- "Better for coordination and collaborative team work. Better places to share confidential information."

**STAFF FEELING CALM**

81% responses for very positive or somewhat positive for the artwork and colors impact on staff feeling calm.

- "Very, very lovely, calming, and healthy emotionally."
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STAFF SURVEY RESULTS

75% responses for very positive or somewhat positive for the safety features impact on
SENSE OF FEELING SAFE AT WORK

Very negative
Somewhat negative
No impact
Somewhat positive
Very positive

31% 4% 19% 44%

75% responses for very positive or somewhat positive for the sentinel event prevention bathrooms impact on
ABILITY TO KEEP PATIENTS SAFE

Very negative
Somewhat negative
No impact
Somewhat positive
Very positive

2% 47% 28% 19%

94% responses for very positive or somewhat positive for the environment’s impact on
WELCOMING FAMILIES

Very negative
Somewhat negative
No impact
Somewhat positive
Very positive

2% 26% 4% 68%

81% responses for very positive or somewhat positive for environments impact on
STAFF INTERACTIONS WITH FAMILIES

Very negative
Somewhat negative
No impact
Somewhat positive
Very positive

6% 13% 46% 35%

"Parents and patients are impressed"
"Parents love it and feel very comfortable leaving their child on the unit once they have had a tour."

"Not having to check for locked bathrooms allows staff to be more present in the milieu."

"Families share their feelings of safety and comfort."
"7A is better set up for interacting with patients."

STAFF SURVEY RESULTS

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STAFF SURVEY RESULTS

FAMILY ROOMS ACCOMMODATING OVERNIGHT STAYS

96% responses for very positive or somewhat positive for

“It makes it a more private affair for the family…”

87% responses for very positive or somewhat positive for

PATIENTS’ BEHAVIORS

“Sensory and game rooms are fantastic.”

“More options of calming, soothing places…”

79% responses for very positive or somewhat positive for

PROMOTING PHYSICAL ACTIVITY FOR PATIENTS

“We are able to encourage patients to explore and apply a wider variety of coping skills for in and out of the hospital.”

79% responses for very positive or somewhat positive for artwork and colors impact on

CALMING PATIENTS

“Light dimmers and music are great.”

“Quiet room and play room are great for individual time.”
PATIENT EXIT SURVEYS
- Staff administered
- 197 collected surveys
- 3 versions (to test measurement tool)
- Consistent results

PATIENT EXIT SURVEY RESULTS
Which of the following features/spaces were calming/healing for you?

- Sensory Room
- Pool
- Colored Lights
- Music Panel
- Light Dimmers

OTHER HIGH RANKING FEATURES/SPACES
- Quiet Room
- Music Room (In-Integral)
- Blinds on Patient's Hall Doors
- Rainbow Room (In-Integral)
- Blinds on Patient's Windows to the Outside

TOP 5 FEATURES/SPACES
- Music
- Panel
- Colored Lights
- Pool Light Dimmers
- Sensory Room

STAFF SURVEY RESULTS
- Patient exit surveys
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- 197 collected surveys
- 3 versions (to test measurement tool)
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PATIENT EXIT SURVEY RESULTS

**TOP 5 FEATURES**
- Music Panel
- Colored Lights
- My Room
- Pool
- Light Dimmers

**Other high ranking features/spaces**
- Bench in My Room
- My Desk
- Rainbow Room
- Playground
- Sensory Room
- Art
- Windows in Pool Area

**STAFF INTERVIEWS**
- 15-minute individual interviews
- 27 staff members
  - Psych Associates, RNs, Clinical Treatment Coordinator, Occupational Therapists, Child Psychologist
- 6 questions (semi-structured)

“There are more options for interventions with patient behaviors.”
“This unit decreases the disparity saying mental health care is as valued as medical care.”

STAFF INTERVIEW RESULTS

ANALYSIS

Does Space Matter?

ANALYSIS/FINDINGS

HOW DO THEY COMPARE?

STAFF
- Pool
- Colored Lights
- Music Panel
- Light Dimmers

PATIENTS
- Pool
- Colored Lights
- Music Panel
- Light Dimmers

IMPACT AREAS
- Calming Environment
- Sense of Pride
- Interactions with Patients
- Safety
- Attitudes

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**Patients**

**Impact Areas**
- Calming Environment
- Interactions with Staff
- Safety
- Opportunities for Physical Activity

**Families**

**Impact Areas**
- Welcoming Environment
- Sense of Confidence in Care and Decision to Leave Child
- Opportunity for Overnight Stays

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**Take Action Today**

- De-clutter
- Reduce Noise
- Lighting
- Art
- Paint
- Clean/Maintain
- Incorporate Exercise
- Culture

**Questions?**

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