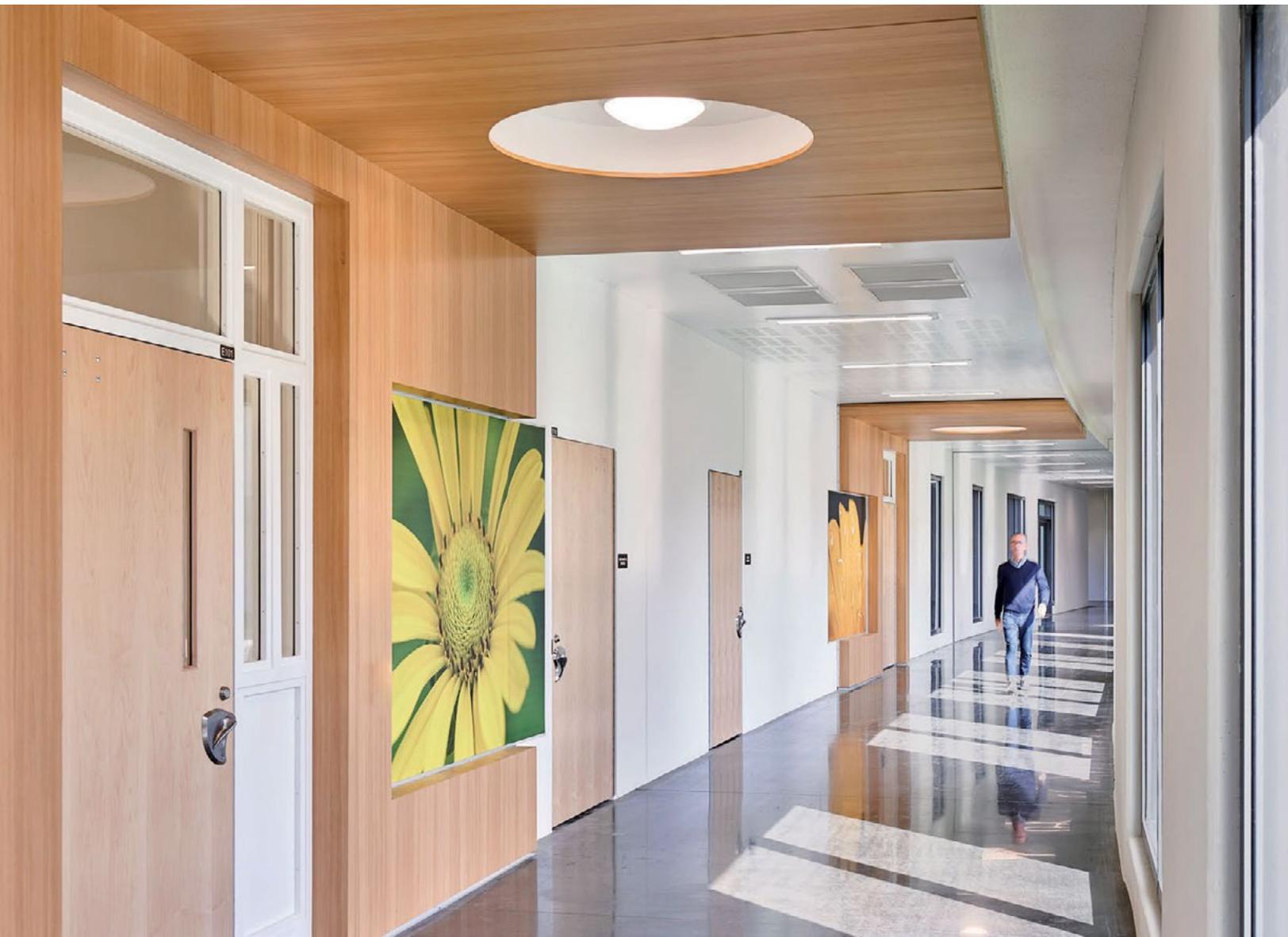




## BEHAVIORAL HEALTH

Creating hopeful places where people heal



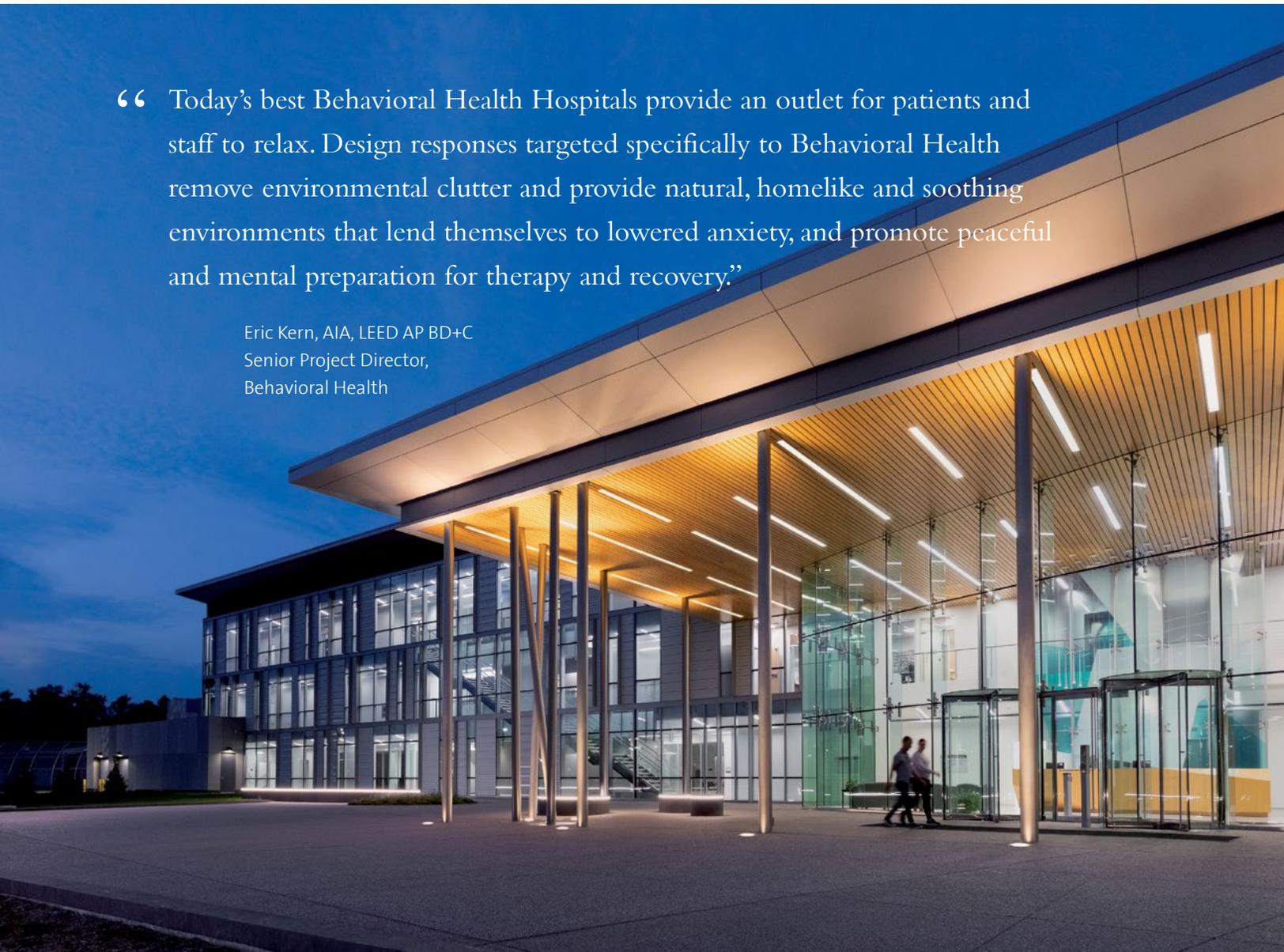
EYP is invested in helping our clients integrate quality of life, advanced therapeutic treatment, safe environments and good stewardship for the betterment of all.

We believe in humanizing and destigmatizing behavioral/mental health facilities with design that enhances a healing environment and offers:

- State-of-the-art treatment spaces
- Trauma-sensitive environments
- Comfortable and durable interior finishes
- Natural light
- Access to nature
- Uninterrupted sight lines
- Subtly integrated security systems
- Secure exteriors
- Community connection
- Hope/recovery for our most vulnerable population

“ Today’s best Behavioral Health Hospitals provide an outlet for patients and staff to relax. Design responses targeted specifically to Behavioral Health remove environmental clutter and provide natural, homelike and soothing environments that lend themselves to lowered anxiety, and promote peaceful and mental preparation for therapy and recovery.”

Eric Kern, AIA, LEED AP BD+C  
Senior Project Director,  
Behavioral Health



## Changing the Perception

Historically, social stigma has surrounded the perception of mental institutions. Society has an image of a locked, dark building on a distant hill with forbidding tall gates. Today's best behavioral facilities aim to tell a different story through design. We have an opportunity to create spaces where people can heal — spaces that blur lines between the building and nature, present a welcoming face to the outside community, offer state-of-the-art treatment, prioritize safety for patients and staff, and most importantly, offer hope.

Behavior/Mental health design has progressed, but choices often have been limited by the hospital's need for balance — a need to strike an equilibrium between:

- Respecting budget restrictions and investing in highly durable construction materials
- Providing observation and maintaining patient privacy
- Integrating daily structure and control while maintaining patient dignity
- Providing a normative, stress reducing, highly therapeutic environment that meets patient, facility, and staff safety requirements

We think about this concept of balance a little differently. We believe integration, rather than balance, should drive design of these facilities. Highly therapeutic environments and staff and patient safety can be achieved simultaneously without compromise.

Our designers, programmers, and engineers have 30 years of experience working shoulder-to-shoulder with facilities' directors, staff, and operations, but we also have specialists consulting on our core team like the former Chief Operation Officer for Fulton State Hospital among others. Their insights to the needs of patients and staff guide us through realities of life in a behavioral health facility.

Because of this knowledge, we've been able to respond directly to behavioral/mental health needs, turning their desires and concerns into physical floor plans, interior environments, and amenities that work. For example, for Fulton State Behavioral Health Hospital, we revolutionized the approach to forensic treatment spaces by developing Program Communities, a collection of commons and counseling rooms that serves as a middle-ground option between the 25-patient Living Units and the 100+ patient Treatment Mall — that's a national innovation. And, it gives us the ability to create spaces where a patient walks in the door and says, "I believe I can get better here."

## Partnerships with Practitioners

In addition to EYP's long experience designing and working alongside Behavioral Health clients, we utilize a network of nationally-known clinicians and practitioners who regularly contribute to Owner discussions and design discussions. These include both current and former hospital CEO's, Directors of Treatment Services, and lead Nurses, as well as highly experienced consultants. This network includes experienced directors of Behavioral Health facilities in New York, Virginia, Missouri, Washington DC, Arizona, and other locales, and has proved invaluable in design and in providing expert opinions on operations and recovery-based recommendations, both to clients and code officials.

EYP's teaming with practitioners does not end at move-in day. Instead, we remain in contact with our clients during the ongoing use of their facilities, and track both anecdotal and quantitative feedback on the therapeutic success of our designs.

## Empathy Meets Function

Effective Behavioral Health design reconciles seemingly irreconcilable needs. Tensions between privacy and observation, security and personal freedom, dignity and control are examples. A successful solution both maintains the dignity of patients as individuals and provides for the essential tools that caregivers need in an environment that is safe and supportive of the therapeutic work.

To that end, architectural and engineering systems - and even landscape materials - address unique characteristics in behavioral health facilities that go beyond those posed by other healthcare facilities. And those characteristics are best addressed through an integrated solution rather than by an attempt to “balance” competing requirements.

### Architecture Communicates Values

This is true for any building but particularly important in behavioral healthcare facilities. The stigma associated with mental health issues and receiving mental health care can still be very real. Architecture, landscape, finishes, lighting, access to nature and a host of other details will communicate, or undermine, how the treatment community of patients, families, advocates and caregivers feel about these issues. Spaces that feel safe and allow for family involvement, dignified meals, pleasant conversation, a good night sleep, effective staff efforts, and that make therapy seem valued and worthwhile tell a story.

### Privacy and Observation

Personal dignity is a basic human need. Observation of hospitalized psychiatric patients is an absolute requirement. Clear sightlines, appropriate interpersonal distances, technology, and carefully designed areas for individuals and groups can do both. The building becomes an unobtrusive tool centered on supporting staff and patients.

### Dignity and Control

Recovery and reintegration require an ongoing connection to the outside world and modeling appropriate behaviors. Views and access to nature are therapeutic. Variations in sunlight promote connection to the outside world and help counter institutionalization. Technology can allow patients to travel appropriately freely while location and travel time is monitored, and for staff to adjust that level of passage. Layout can allow residents to avoid or de-escalate conflict in appropriate ways and allow staff to coach and reinforce these behaviors. And properly configured spaces avoid overcrowding that leads to higher stress and conflict.

### Security and Personal Freedom

Both residents and caregivers must feel and be safe in order to provide and receive care in a therapeutic setting. Technology is inevitably part the solution but not a panacea. Layouts that allow for ongoing formal and casual observation provide real and perceived safety, and allow staff to focus on care. Improperly observable areas can be problematic and can even go unused if staff identify them as such. Yet the possibility of violent behavior is real. Staff must be able to monitor, respond, and address situations quickly and with minimum risk to all involved. Systems include centralized monitoring, personal alarms, and anti-barricade planning.



## Experience

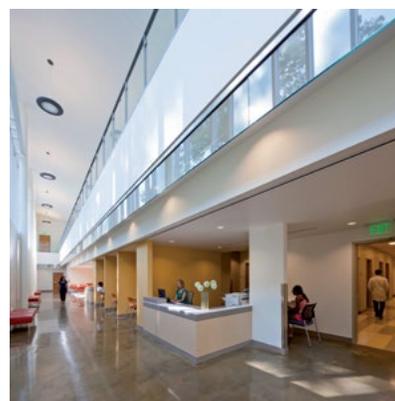
Children's Health, Dallas, Emergency Department Behavioral Health Unit  
Comanche County Memorial Hospital, Emergency Department Behavioral Health Unit  
DC Department of Mental Health, St. Elizabeths Hospital  
Devereaux Neurobehavioral Institute, Inpatient Psychiatric Facility  
Fulton County Georgia, Adamsville Regional Health Center  
West Central Georgia Regional Hospital, Behavioral Health Treatment Mall  
Grady Health System, Behavioral Health Unit  
Hackensack Meridian Health, Ocean Medical Center, Hovnanian Emergency Care Center, Behavioral Health Unit  
Kennedy Krieger Institute, Weinberg Center for Developmental Disabilities, Psychiatric Physician Offices and Behavioral Health Clinics  
Missouri Department of Mental Health, Nixon Forensic Center (at Fulton State Hospital)  
Office of General Services, New York, Kline Research Institute Expansion and Renovation  
Regional Institute for Children & Adolescents (RCA) School, MD  
Sheppard Pratt Hospital Renovation  
Stanley Regional Medical Center, Behavioral Health Unit Renovations  
Texas Children's Hospital, Autism Center Renovation – Multidisciplinary Clinic  
UCHealth, University of Colorado Hospital, Anschutz Tower 3, Behavioral Health Floor Programming  
University of New Mexico Health, Sandoval Regional Medical Center, Mental Health Unit  
US Army Corps of Engineers, Behavioral Health Clinic and Substance Abuse Disorder Clinic  
Virginia Department of General Services, Central State Hospital

### **Behavioral Health & Social Science (Health Education) Projects**

James Madison University, Health and Behavioral Studies Building  
UTHealth, Research Park Complex, Behavioral and Biomedical Sciences Building with Outpatient Clinics  
College of William & Mary, McLeod Tyler Wellness Center



Click to visit our website to read our publications, meet our team, and learn more about our behavioral health projects.



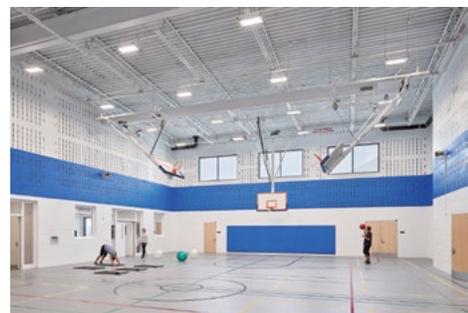
## Missouri State Department of Mental Health Fulton State Hospital, Nixon Forensic Center Fulton, Missouri

A significant part of the safety of a psychiatric facility stems from the original floor planning of the treatment areas. At Nixon Forensic Center, in Fulton, MO, EYP worked with hospital clinicians to develop a new patient treatment space for daytime activities. Dubbed the “Program Communities,” this collection of commons and counseling rooms serves as a middle-ground option between the 25-patient Living Units and the 100+-patient Treatment Mall. This “three tier” organization of psychiatric patient spaces is the first of its type constructed in the world. Moreover, all spaces are designed for passive observation by providing clear sight lines through patient spaces and to critical doors, allowing for easy observation to historically problematic areas such as dining rooms and toilet room doors. The living units also were located back-to-back to not only add efficiency to hospital operations but provide a second means for staff security to travel quickly to each unit. The floor plan promotes seamless integration between safety and effective therapy, and our three-tier approach is becoming a new trend in behavioral health hospital design.

- 300-bed, behavioral health forensic hospital
- 450,000 GSF, new construction
- Collaboration with WSP
- AIA Mid-Missouri, Honor Award
- Healthcare Design 2020 Showcase Award, Honorable Mention
- Meets requirements of maximum and intermediate-security, severely mentally ill patients.
- First of its kind in US – 12 distinct living areas / 4 unique program communities
- 3 levels of activity and security according to patient needs
- Communities share the Hope Center – a town square-like mall

“The patients, love, love, love, the treatment mall. It’s something many of them have never experienced during any hospitalization.”

Peggy, Lead Social Worker, Hospital Anti-Stigma Project



## Virginia Department of General Services

New Central State Hospital  
Petersburg, Virginia

The Commonwealth of Virginia is committed to providing safe, effective, efficient, economically responsible, high quality behavioral healthcare for its citizens. Because its existing facilities at Central State Hospital are dated, spread across multiple buildings, and do not support recovery-based treatment, the Commonwealth determined that a new hospital was required.

Encompassing 471,000 SF, the new facility will provide a total of 252 in-patient beds, including 111 maximum security and 141 civil beds. The project includes patient treatment/program areas and administrative and support services space.

The new facility will have delineated treatment areas for maximum security and civil patients, as well as secure enclosed courtyards for outdoor recreation of those committed for care. The design will anticipate the construction of a future 48-bed addition.

“ The design of the new Fulton State Hospital seems to say to patients: ‘This was done because we believe all of you are worthy of an aesthetic experience’, We want that at Central State.”

Dr. Rebecca Vauter, Director, Central State Hospital



## DC Department of Mental Health

St. Elizabeths Hospital  
Washington DC

Clinicians have long understood the therapeutic benefits of natural light, fresh air, and access to the outdoors, but integrating access with security is delicate. At St. Elizabeth's Hospital in Washington DC, we embraced wellness by designing Living Unit courtyards, which patients can enter without an escort but still be fully visible from the nurses' station. There are also staff/patient courtyards located between units for potential group sessions, and there's a large, secure outdoor recreation area. You'll also find a covered outdoor amphitheater, walking trails, and detached greenhouses where patients can take an active role in nature by planting gardens. These multiple options allow for smaller group, easily supervised interactions, and the freedom of movement lends dignity not typical in behavioral health hospitals.



## Hackensack Meridian Health, Ocean Medical Center

Hovnanian Emergency Care Center, Behavioral Health Unit  
Brick, New Jersey

Ocean Medical Center and EYP combined an evidence-based design process with a robust empathetic approach to transform the behavioral health component of OMC's emergency department. Previously located in an open, four-bed ward with frequent overflow, the behavioral unit was unsecure and offered no dedicated spaces for nurse/team work areas. The new approach seamlessly integrates treatment and safety needs for patients and staff. The unit now houses seven private patient rooms, each offering windows with access to daylight from the adjacent outdoor garden. The adjustable corridor lighting promotes patient sleep quality, thereby reducing anxiety and stress. For the staff, a new vestibule entrance for patient screening promotes a safer environment while dedicated nursing work areas provide the ability to conduct tasks with minimal interruptions, offering heads-down concentration and raising the bar on delivering medicine without distractions. Polycarbonate glazing at the nursing station and on private patient rooms, as well as tamper-resistant lighting fixtures and electrical outlets, promote visibility and safety. In an emergency room environment, these responsive design solutions improve the patient experience while addressing the personal safety of the front-line practitioner, promoting better treatment outcomes.



## Adamsville Regional Health Center

Fulton Co., Georgia

Developed to address the healthcare and social needs of an economically challenged population, Adamsville Regional Health Center contains a behavioral health clinic within a facility that provides other community health services. This ensures that mental health services are available to those who might otherwise not have the resources or ability to visit multiple physicians' offices. This holistic approach to wellness is represented throughout the design, with the spatial organization, anchored by a central, two-story lobby and connecting stair, easily guiding visitors to their destinations. Likewise, the attractive, quilt-like exterior metal paneling, inspired by the paintings of Atlanta artist Radcliff Bailey, celebrates the cultural roots of Adamsville residents.



## College of William & Mary

McLeod Tyler Wellness Center

Williamsburg, Virginia

The McLeod Tyler Wellness Center houses the Office of Health Promotion, Counseling Center, Campus Recreation's Wellness programming and the Center for Mindfulness and Authentic Excellence. The goal of this facility is to inspire students to take accountability for their health by actively seeking activities and methods that invigorate the mind and body. The McLeod Tyler Wellness Center will impact the student-life experience by providing the resources necessary for students to establish a foundation of life-long wholesome living.

The Wellness Center is a safe, inviting and modern addition to a campus traditionally influenced by Georgian architecture. Our design incorporates brick and natural stone to complement its neighboring buildings and pay homage to the college's roots. The facility resides in nature and is accompanied by a naturally flowing stream of water. Warm light floods into the space by way of expansive glazing and sections of curtainwall that provide a contemporary finish and peak into indoor activities.



## Georgia Regional Hospital

The Georgia Department of Behavioral Health and Developmental Disabilities  
Various Locations, Georgia

Activity Therapy has become an integral part of the rehabilitation process for individuals with physical/psychological disabilities or mental illness. Working through the Georgia State Financing & Investment Commission, the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) renovated 3 of their hospitals to have a psychosocial treatment mall and recreational center - encouraging the community through programs that can help heal the mind. These facilities accommodate active recovery-oriented courses that prepare individuals for their transition back into the community by allowing them to cultivate skills and generate motivation necessary to fully participate in and manage their wellness once discharged from institutionalized care.

### Georgia Regional Hospital Treatment Mall

*Atlanta, GA*

A beautiful feature wall in the lobby of the 17,000 SF facility showcases photos and quotes from inspiring people with mental illness throughout history. The treatment mall has 11 therapy classrooms including specialty rooms for art, music, activities of daily living (ADL), and computer technology. Support services include common areas, staff space, and medical suite with exam room, medication storage, and quiet retreat.

### West Central Georgia Regional Hospital Treatment Mall

*Columbus, GA*

An initial activity therapy assessment is done on all new clients to set goals and objectives. Active treatment, using recreation, music and arts and crafts, is used to meet the goals. The program for this 16,000 SF facility includes 12 therapy classrooms including specialty rooms for art, music, activities of daily living (ADL), and computer technology. Support services include common areas, a gymnasium, beauty shop, staff space, and medical suite with exam room, medication storage, sick bay, seclusion space, and quiet retreat.

### Georgia Regional Hospital Treatment Mall

*Savannah, GA*

The 17,000 SF is a central recreation and social center where the activity therapy department operates a day facility treatment mall where individuals from the campus come and go for courses in standard group therapy classrooms and specialty rooms such as art, music, activities of daily living (ADL), and computer technology. The facility is open throughout daylight working hours only. During occupancy, individuals have free egress to and from the facility.





[eypae.com](http://eypae.com)

ALBANY  
ATLANTA  
AUSTIN  
BOSTON  
DALLAS

DENVER  
HOUSTON  
LOS ANGELES  
RALEIGH  
WASHINGTON, DC



## Contact

Eric Kern, AIA, LEED AP BD+C  
Senior Project Director, Behavioral Health  
Principal  
[ekern@eypae.com](mailto:ekern@eypae.com)  
202 471 5048 | M 202 253 9611