RESTORING WITH BIOPHILIA
“The goal of biophilic design is to create places imbued with positive emotional experiences – enjoyment, pleasure, interest, fascination, and wonder – that are precursors of human attachment to and caring for self and place.” (Heerwagen, 2009).
Evidence based benefits of nature contact

- Reduced Stress
- Better Sleep
- Greater Happiness
- Lower Blood Pressure
- Better General Health
- Improved Mental Health
- Reduced Aggression
- Improved Immune Function
- More Social
- Quicker Recovery Times
In urban settings, “individuals’ pulse rates are higher (4-6%), their systolic blood pressure is increased (19.4%), they have higher cortisol levels (13-16%), their parasympathetic activity is increased (56%), and their immune functioning is lower” (Ulrich)
Mental fatigue is one of the biggest battles experienced.
Attention Restoration Theory:
Exposure to nature is not only enjoyable, but can also help us improve our focus and ability to concentrate, and allow us to recover our mental energy.

“Our interaction with nature creates a restorative environment than can change negative states to positive ones” (Kaplan)
Residents with views of nature have:

- Less mental fatigue
- Reduction in domestic violence and aggression
- Better performance on measures of attentional functioning
- Lower drug and crime rates
- Improved management of life issues and increased ability to cope
- Increase trust of neighbors and feeling of community, and
- Children have better concentration and self-regulation

Chicago Public Housing Study (Kuo)
“Simply talking about traumatic memories doesn’t fully work, because it engages only those neural pathways associated with logic and speech. Healing involves both separating fearful emotions from bad memories and bringing the nervous system back to the safer, quieter present”.

- Florence Williams
Nature in the Space
Nature of the Space
Providing places for prospect and refuge may be one of the most beneficial elements to incorporate for those experiencing a lot of stress and mental fatigue. Good viewpoints offer feelings of expansiveness and security while places of refuge provide protection and comfort.
Getting outside
Thank you!

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TOWARDS A MODEL OF TRAUMA-INFORMED DESIGN

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DATA COLLECTION

3 SITE TOURS

11 FOCUS GROUPS

59 SURVEYS
ANALYSIS PROCESS

Building Systems
- Sound
- Lighting
- Temperature
- Elevator
- Storage
- Security

Social Interactions
- Inside
  - Floor
  - Shared interests
  - Staff
- Outside
  - Visitors
  - Neighbors
  - City

Building Systems
- Sound
- Lighting
- Temperature
- Elevator
- Storage
- Security

Well-Being
- Dedicated amenities
- Wall color
- Natural elements
- Outdoor space
- Public space
- Special details

Community
- Inside
  - Floor
  - Shared interests
  - Staff
- Outside
  - Visitors
  - Neighbors
  - City
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

- Temperature
- Sound
- Air circulation
- Lighting
- Storage
- Stairs/elevators
- Entry/exit points
- Safety/security
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

- Health & Wellness
  - Dedicated amenities
  - Color
  - Natural elements
  - Scale
  - Outdoor space
  - Aesthetics

Building Systems

Connection
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

- **Health & Wellness**
  - On property
    - Floor
    - Shared interests
    - Staff
  - Off property
    - Visitors
    - Neighbors
    - City access

- **Building Systems**

- **Connection**
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

Health & Wellness

Building Systems

Connection

CHOICE
CONTROL
COMFORT
COMMUNITY
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

- Health & Wellness
- Building Systems
- Connection

CHOICE
CONTROL
COMFORT
COMMUNITY

POLICY & PROGRAMMING
PRELIMINARY MODEL OF TRAUMA-INFORMED DESIGN

**CONTEXTUAL CONSIDERATIONS**
- Lived experience
- Systems & institutions
- Physical environment
- History & memory
- Best practices
- Zoning & building constraints
- Budgetary constraints
- Culture & traditions
- Assumptions & stereotypes

**INTENDED OUTCOMES**
- Dignity
- Peace of Mind
- Joy
- Hope
- Resilience
- Self-esteem
- Grounding