



Designing with Trauma-Informed Design for Health and Lived Experience

Jill Pable, Ph.D.

What is the role of physical setting?

Built spaces can help, harm or be a benign influence on a person's mood, perceptions, and how they see the world, others and their own self.

Built space also lends an impression of your organization, its vitality, ability to manage things well and success in its goals.



“A growing body of research shows that housing quality is associated with morbidity from both chronic and infectious diseases, physical injuries, and mental disorders.”

WELL Building Standard

Housing is healthcare



Restoration House, Atlanta.
Atlanta Mission, Nelson, Architecture

The indirect effects of social and economic stature, such as **standards of living**, political agendas, **social protections** and working conditions, either support or create barriers for those who have mental health conditions.

Mental Disorders World Health Organization Fact Sheets Web site. <https://www.who.int/en/news-room/fact-sheets/detail/mental-disorders>. Published 2019.

Chronic, long-term exposure to stress is strongly associated with negative effects on the cardiovascular and immune systems, making people more vulnerable to communicable ailments.

Kendler KS, Karkowski LM, Prescott CA. Causal relationship between stressful life events and the onset of major depression. Am J Psychiatry. 1999;156(6): 837-841.

Housing is healthcare

Depression is the leading cause of disability worldwide and is associated with an increased risk of suicide and chronic diseases, such as cardiovascular disease, cerebrovascular disease and diabetes.

World Health Organization. Depression.
<https://www.who.int/news-room/fact-sheets/detail/depression>.
Published 2018. Accessed February 2, 2019.

Kearney Emergency Services Center, Tallahassee
CRA Architects





The goal

let architecture anticipate and rise up to meet people's lived experience needs- psychologically, physically, and emotionally.

“The physical environment is the program as much as groups, routines, and therapy.”

Jonathan Farrell
Committee on Temporary Shelter
Burlington, Vermont

Way Station Day Center, Burlington. Duncan Wiesnewski Architects.
Before image: community room.



Way Station Day Center, Burlington. Duncan Wiesnewski Architects.
After image: community room.

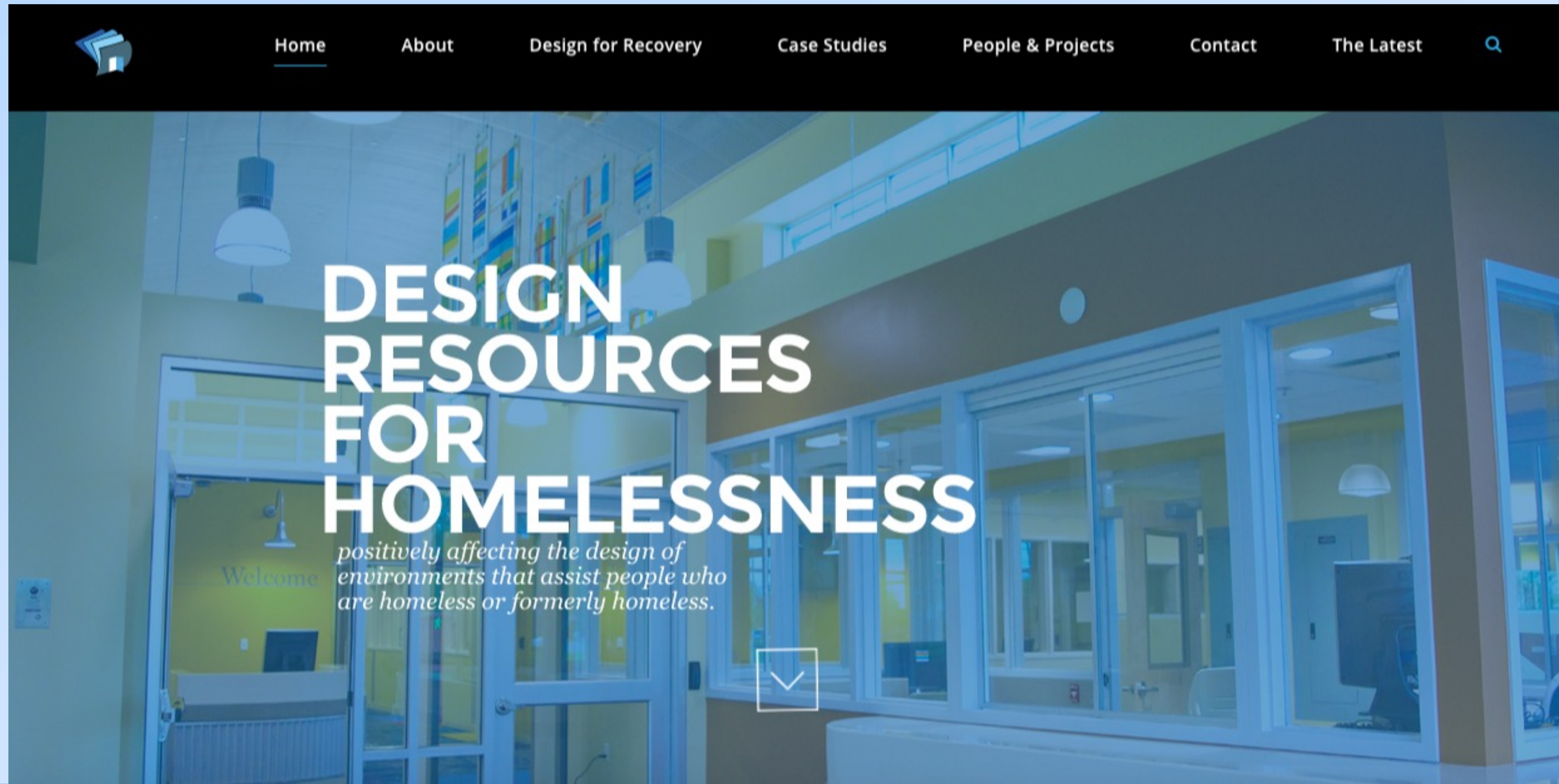


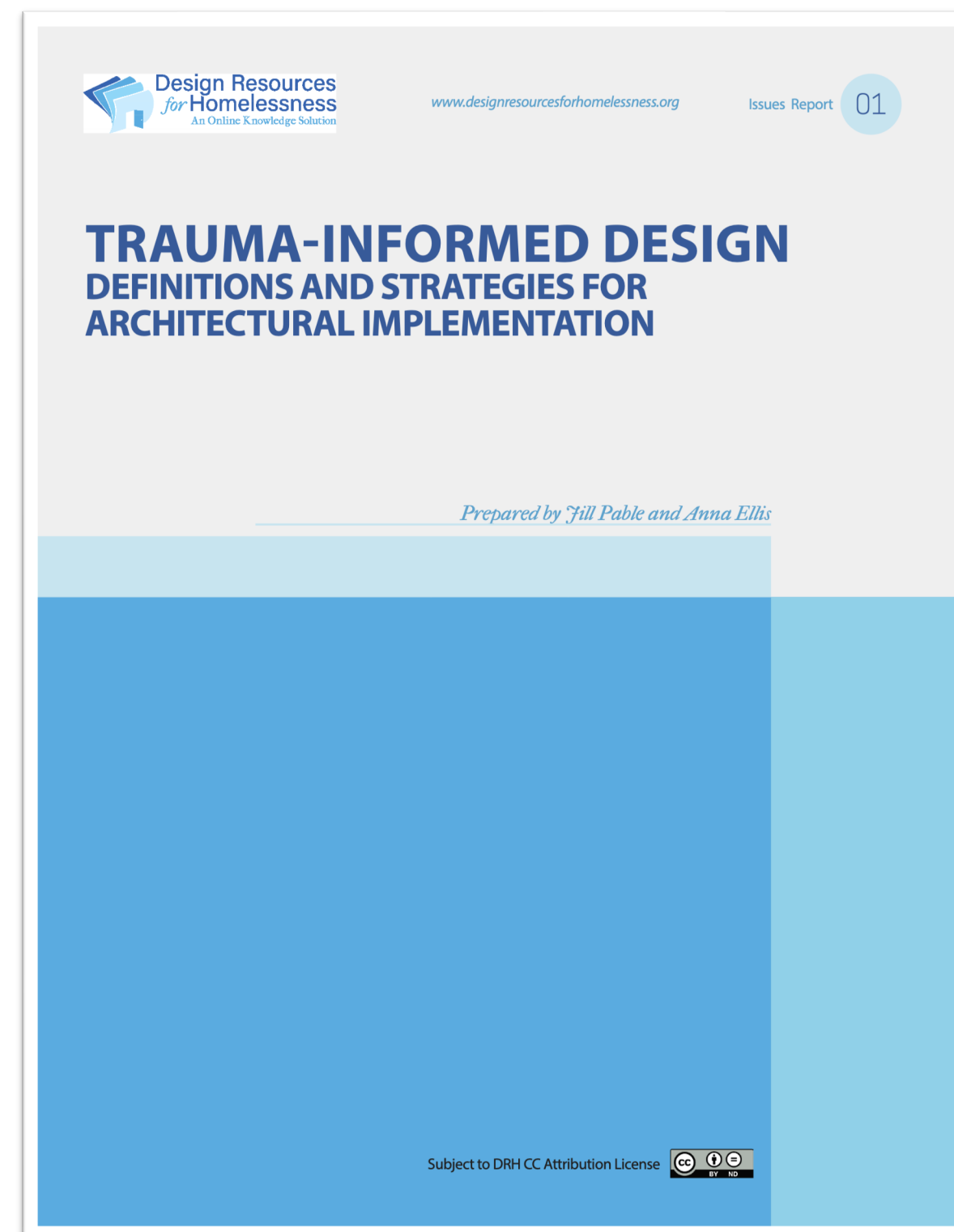
A reference on how to design places for people in need



Design Resources
for Homelessness
An Online Knowledge Solution

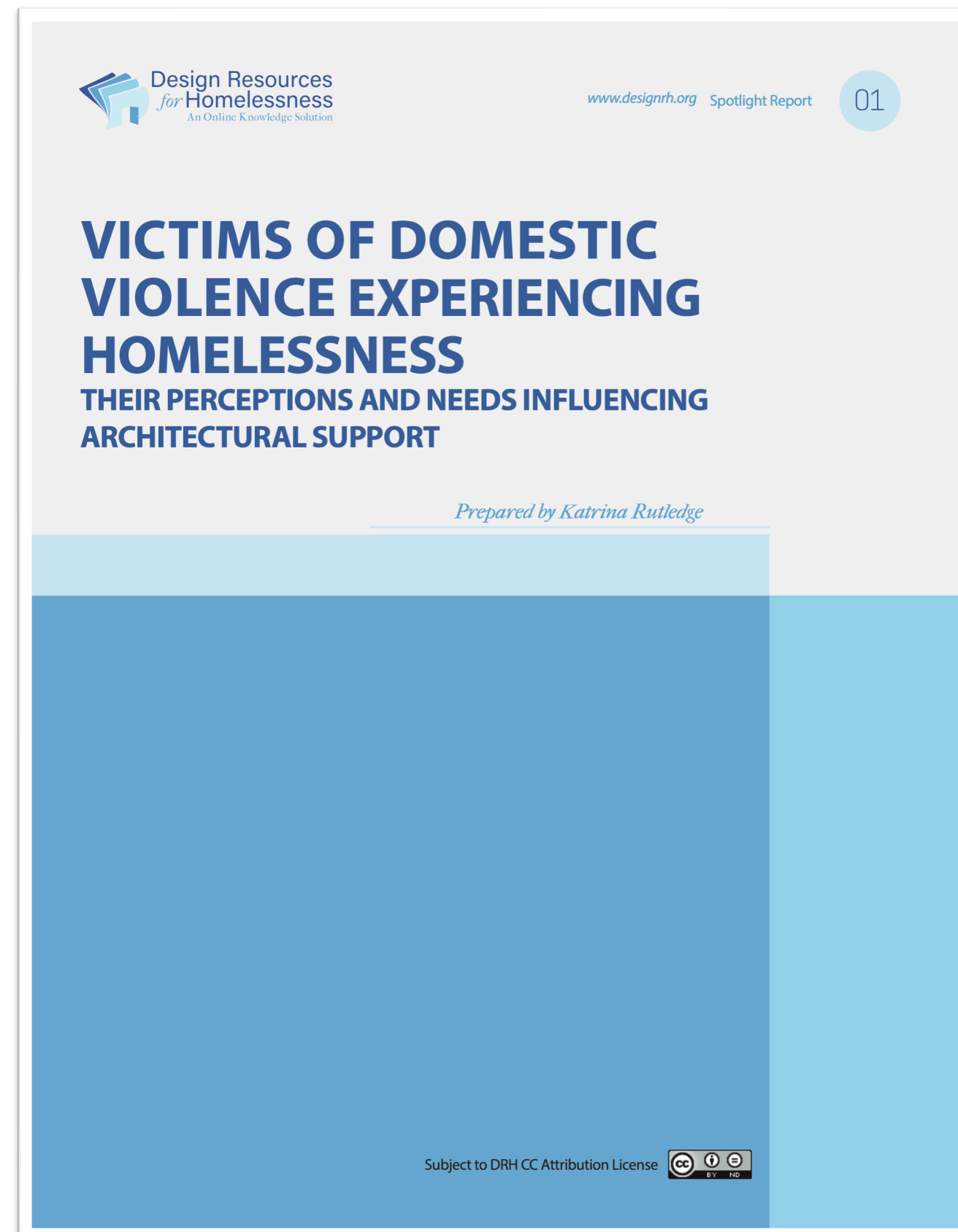
designresourcesforhomelessness.org





Orientation report & trauma-informed design report

- Scope and nature of homelessness
- Literature and empirical research: what we currently know can be helpful



Spotlight reports

- Adolescent Persons
- Seniors
- Victims of domestic violence
- Families experiencing homelessness

BAKHITA GARDENS

Seattle, WA



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THIRD AVENUE APARTMENTS

New York, NY



[Download Here](#)

NEW GENESIS APARTMENTS

Los Angeles, CA



[Download Here](#)

AUSTIN RESOURCE CENTER FOR THE HOMELESS

Austin, Texas



[Download Here](#)

THE BOOTH CENTRE SALVATION ARMY

Southampton, United Kingdom



Case Studies

- Analyzed through the principles of trauma-informed design



Dignity and Self Esteem



Empowerment and
Personal Control



Security, Privacy and
Personal Space



Stress Management



Sense of Community

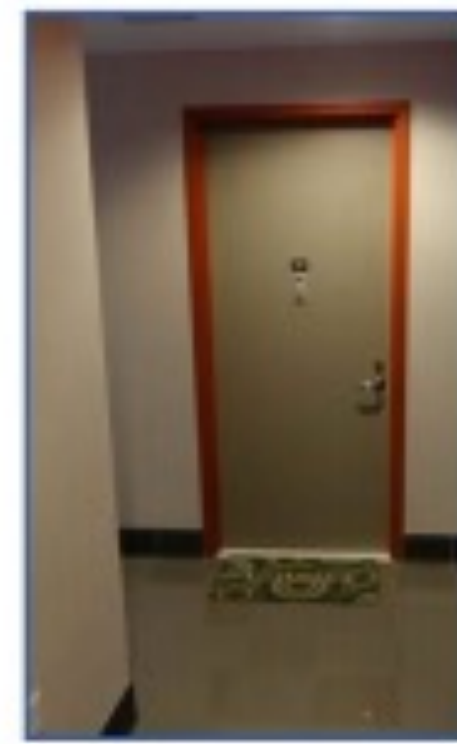


Beauty and Meaning



Design Resources
for **Homelessness**
An Online Knowledge Solution

1. Dignity and Self-Esteem



Apartment Threshold

Lighting within the corridors is soft-edged, avoiding overly harsh, shadow-less treatments that often characterize low-income housing.



Apartment Entrance and Kitchen

Task lighting and wood finishes warm the 300 square foot studio apartments.



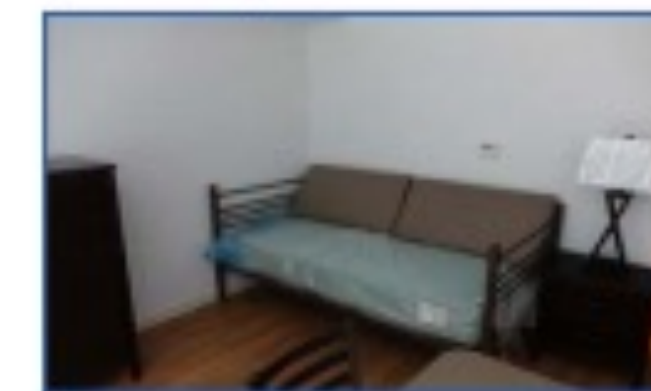
Apartment Fenestration

Daylight reach through large fenestration was a priority of the project, here incorporated in the studio apartment to counterbalance its small square footage.



Apartment Bathroom

Generous lighting at the vanity can help preserve sense of self-esteem by avoiding shadows under the eyes and nose.

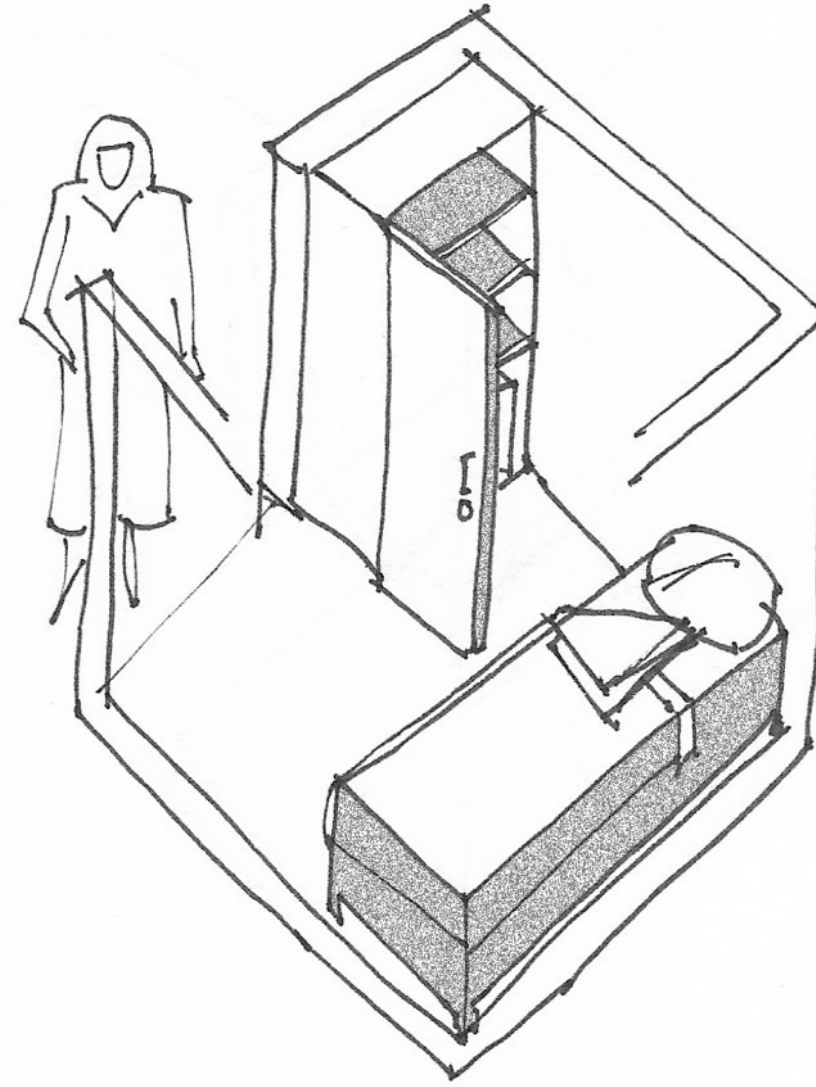


Apartment Bed/Sofa with Bolster Cushions

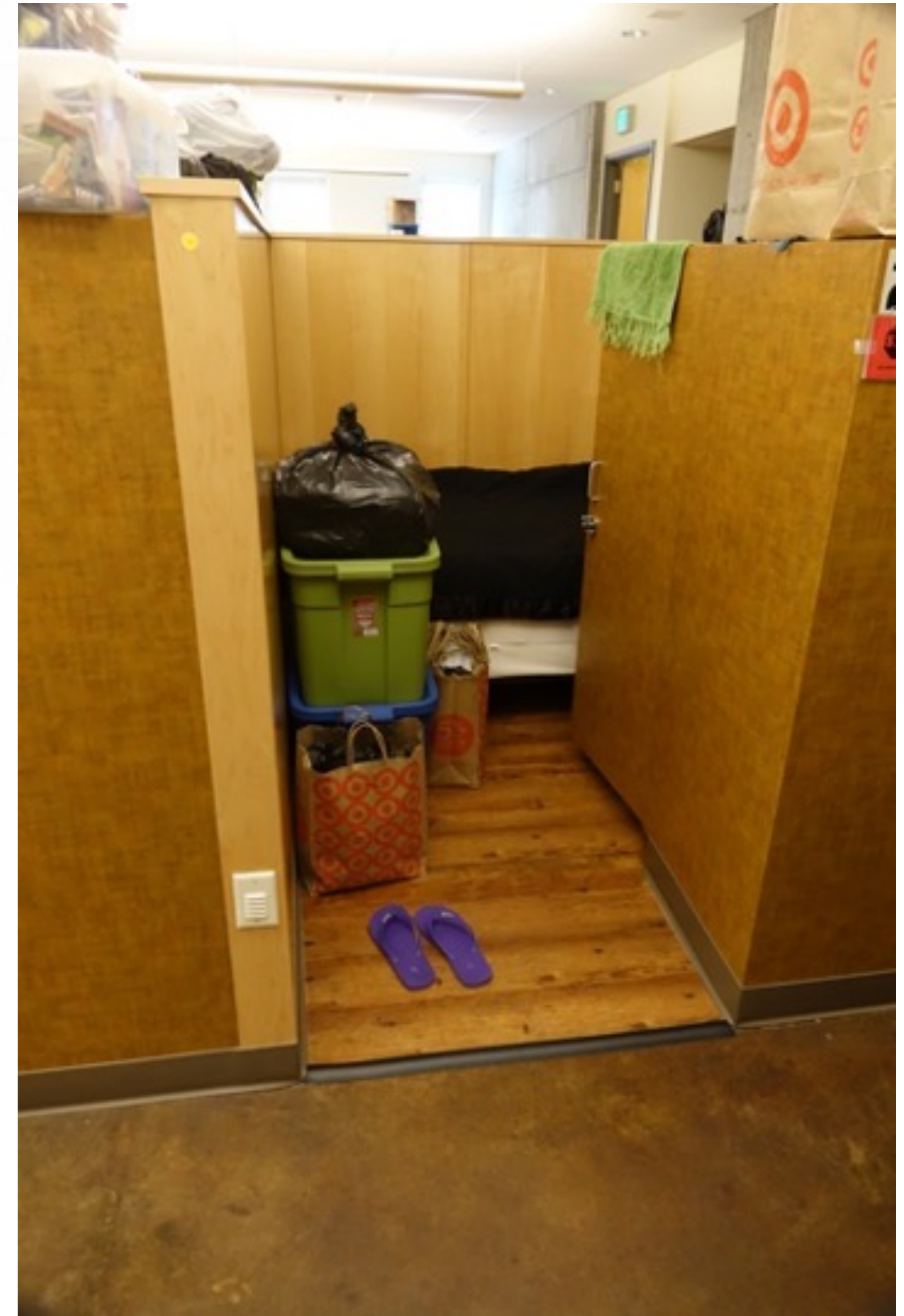
Bolsters for the bed send cues to residents' visitors that this single room is not strictly a bedroom, but also intended for entertaining others.



2. Empowerment and personal control



Bahkita Gardens, Seattle
Community Design Works, Architects.



3. Security, privacy, and personal space



New Genesis Apartments, Los Angeles. Skid Row Housing Trust.
Architecture by Killefer Flammang. Community House, interior design.

4. Stress management

Courtyard perceptions of privacy and sightlines.

Third Avenue Apartments, the Bronx. Services for the Underserved, James McCullar Architecture.



5. Sense of community

Buzz and activity. The psychology of round tables.

The Day Station,
Burlington Vermont. The
Council on Temporary
Shelter. Duncan
Wisniewski Architecture.



6. Beauty and meaning



Kearney Emergency Services Center, Tallahassee
CRA Architects. Lighting design: Design Resources
for Homelessness



Trauma-informed design
transformations



Women's Shelter (before)/Restoration House (after)
Atlanta Mission. Nelson, Architect.



Women's Shelter (before)/Restoration House (after)
Atlanta Mission. Nelson, Architect.



The Shepherd's Inn Courtyard
Atlanta Mission. Design Resources for Homelessness, design



The Shepherd's Inn Courtyard

Atlanta Mission. Design Resources for Homelessness, design



Dignity and Self Esteem



Empowerment and Personal Control



Security, Privacy and Personal Space



Stress Management



Sense of Community



Beauty and Meaning



Fuqua Hall Supportive Housing

Atlanta Mission. Design Resources for Homelessness, design



Fuqua Hall Supportive Housing
Atlanta Mission. Design Resources for Homelessness, design



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