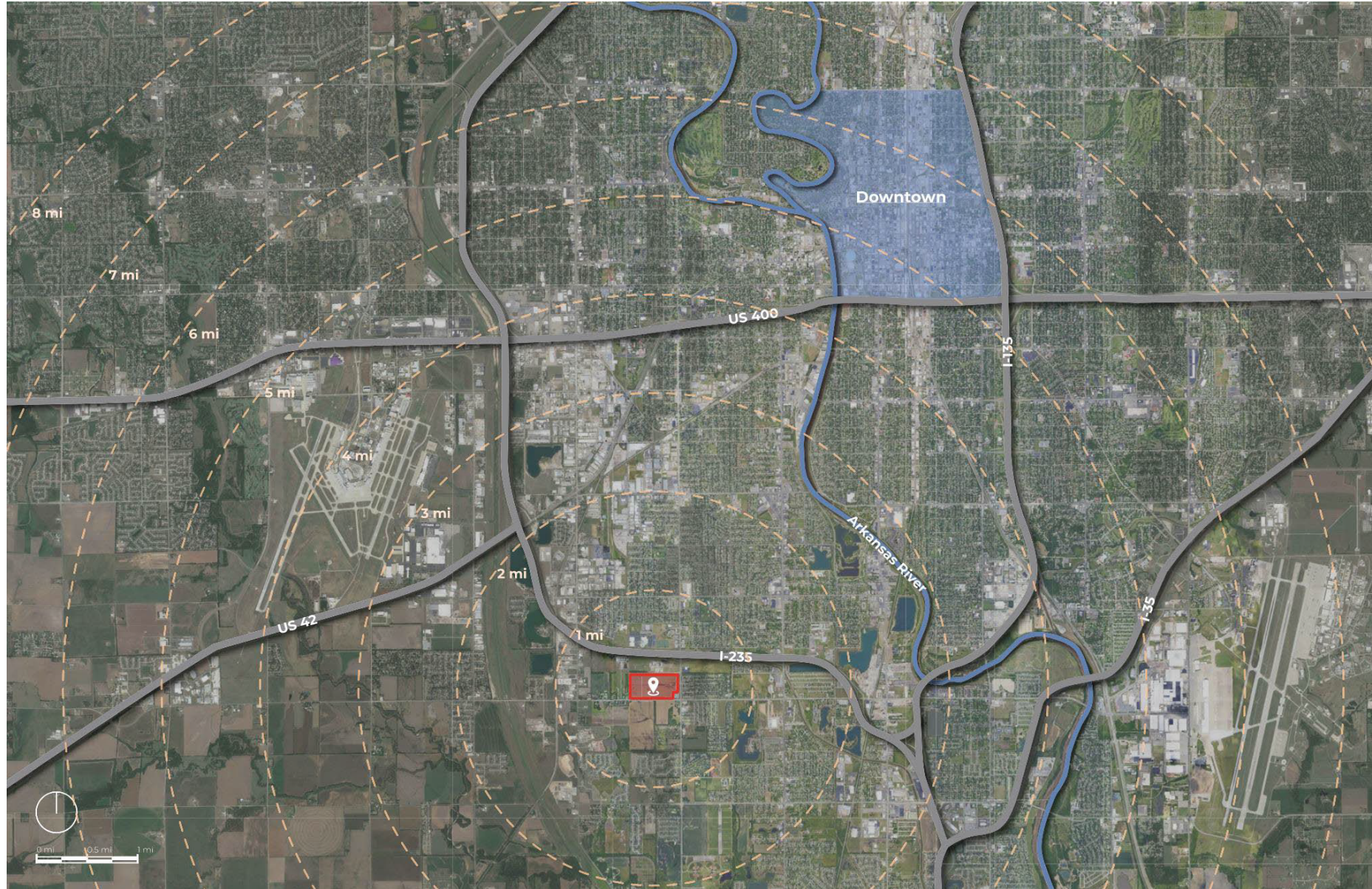




OneRise
HEALTH CAMPUS

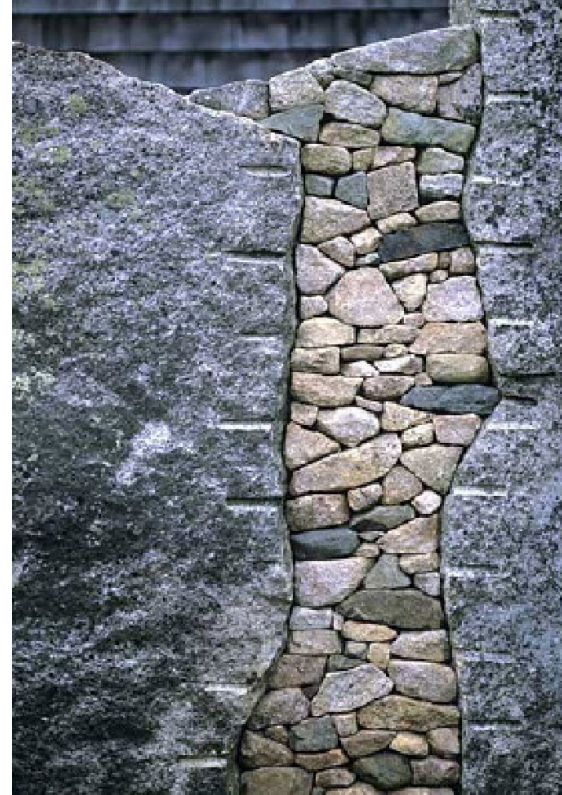
LOCATION



LOCATION



MISSION



OneRise will serve as an enduring world class precedent of a landscape for **healing** the (body, mind, and soul), **learning**, and **rebuilding** relationships

DESIGN GUIDING PRINCIPLES

TRAUMA INFORMED DESIGN

Using trauma-informed design, we are creating architecture that not only functions, but promotes healing and wellbeing.

TID core values:

Hope, Dignity, and Self-Esteem
Connection and Community

Joy, Beauty, and Meaning

Peace of Mind

Empowerment and Personal Control

Safety, Security, and Privacy

CONNECT TO NATURE TO NOURISH MIND & BODY

Nature has a demonstrable positive impact on well-being and behavioral health outcomes. Natural materials, light, views of greenspace and the ability to be outdoors in natural settings all play an important role in reducing stress and improving physical and mental health.

ENCOURAGE MOVEMENT

Movement and exercise are a key element in improving executive function, a skillset that helps people control behaviors and other cognitive abilities. More critically, strategies that boost executive function have been shown to be effective at preventing behavioral health issues.

SUPPORT PERSONAL AGENCY

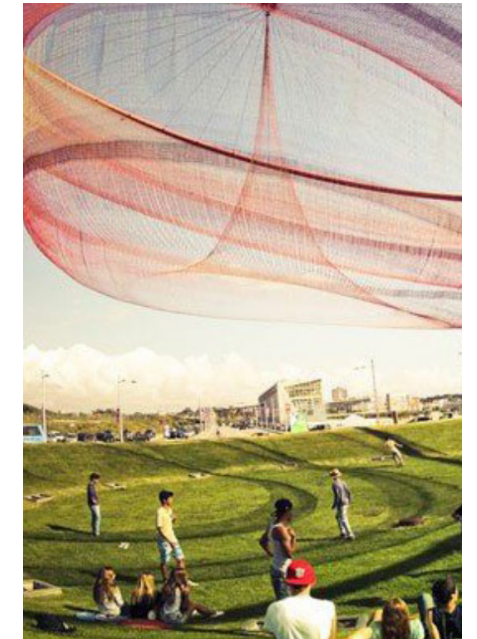
Stress is often related to a perceived lack of control over a situation or environment

Increasing choice and a sense of personal agency reduces stress, which play an important role in improving behavioral health.

PROMOTE COMMUNITY

Creating a hierarchy of spaces, from private to public, will allow different levels of planned collisions to occur within the campus

From checking in on your immediate neighbor from your balcony, to having a group chat in the garden, to a planned community event on the great lawn, these scales of community will invoke a sense of familiarity and security.



“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

- Dali Lama

Trauma-Informed-Design is a framework combining trauma-informed care with the design process

Key Takeaways:

- Encourages individual empowerment
- Creates a sense of safety and security
- Cultivates a comfortable, calm ambiance

Without an understanding of trauma, we may design buildings that perpetuate and cause trauma. Common environmental triggers include:

Disruptive sounds, unpleasant scents, Lack of security for self and belongings, Visual Noise, Uncomfortable sensations, Institutional materials.

Shifting our focus from housing people to healing people - and ultimately promoting dignity and joy through a build environment in which all people can thrive - will be required at all levels, from service providers to policymakers.

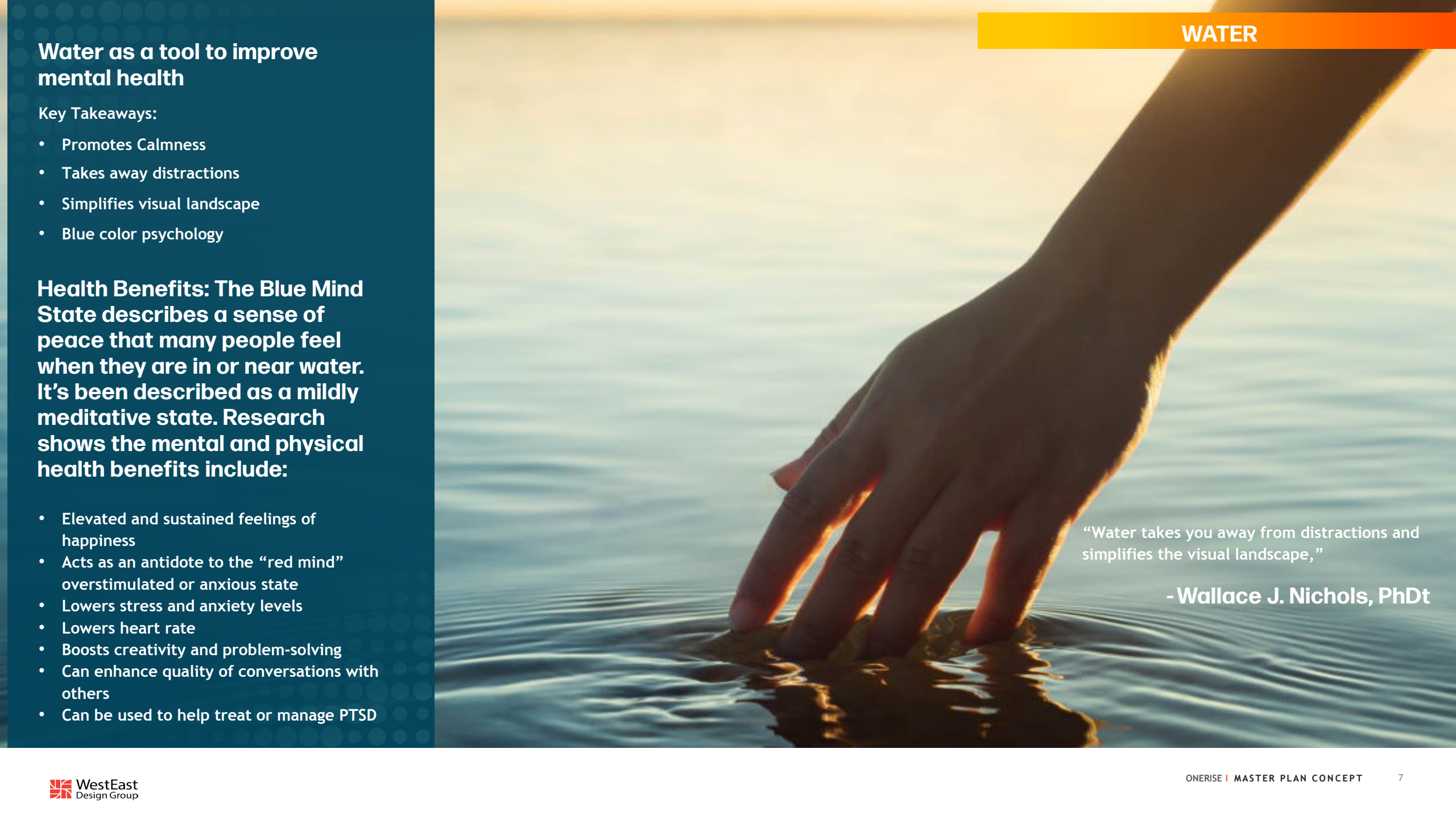
Water as a tool to improve mental health

Key Takeaways:

- Promotes Calmness
- Takes away distractions
- Simplifies visual landscape
- Blue color psychology

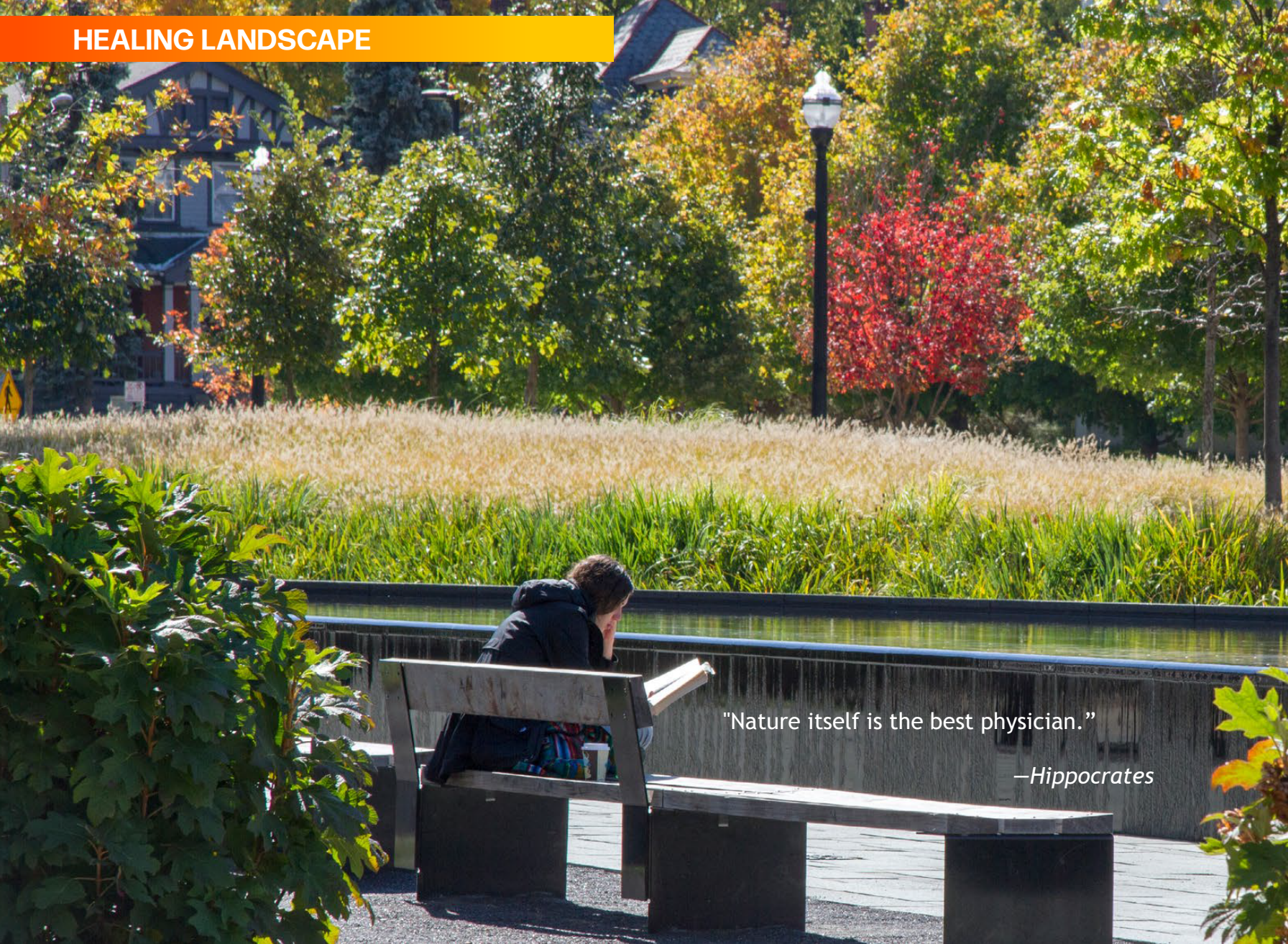
Health Benefits: The Blue Mind State describes a sense of peace that many people feel when they are in or near water. It's been described as a mildly meditative state. Research shows the mental and physical health benefits include:

- Elevated and sustained feelings of happiness
- Acts as an antidote to the “red mind” overstimulated or anxious state
- Lowers stress and anxiety levels
- Lowers heart rate
- Boosts creativity and problem-solving
- Can enhance quality of conversations with others
- Can be used to help treat or manage PTSD

A close-up photograph of a hand reaching into a body of water. The hand is positioned in the lower right quadrant, with fingers slightly spread. The water is dark blue with gentle ripples. The background is a soft, warm glow from a low sun, creating a hazy, golden light across the sky and water. The overall mood is peaceful and serene.

“Water takes you away from distractions and simplifies the visual landscape,”

- Wallace J. Nichols, PhD



"Nature itself is the best physician."

—Hippocrates

Connecting to nature through evidenced based design

Key Takeaways:

- Prioritize direct connection to nature
- Encourage movement
- Offer places of respite
- Diverse vegetation

Healing gardens are rooted deeply in the principles of E.O. Wilson's biophilic hypothesis from his work Biophilia (1984) that suggests humans possess an innate tendency to seek connections with nature and other forms of life.

"Research shows that access to physical, sensual and spiritual interactions with nature reduces stress and improves health outcomes."

- ULRICH

“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 place.”

-Heerwagen

Biophilic design can reduce stress, improve cognitive function and creativity, improve our well-being, and expedite healing.

Key Takeaways:

- Connection with natural systems
- Visual & Non-visual connections with nature
- Biomorphic forms & patterns
- Material connection with nature
- Auditory exposure to nature

Biophilic design is the designing for people as a biological organism, respecting the mind-body systems as indicators of health and well-being in the context of what is locally appropriate and responsive.

Agriculture allows for the creation of social ties and build a greater feeling of community.

Key Takeaways:

- Physical connection with nature
- Creates a closer bond with community
- Increases access to fresh food
- Promotes physical activity through maintenance

Agriculture can be beneficial to its environment, and to the wellbeing of community members.

“The healing of the land and the purification of the human spirit is the same process.”

– Masanobu Fukuoka



"Alone, we can do so little; together we can do so much."

Helen Keller

A community can make us feel as though we are a part of something greater than ourselves.

Key Takeaways:

- Allows for culture to emerge for the community
- Community can be self-sustaining
- Promotes social interaction & support
- Provides a safe & secure environment

Communities bring like-minded people together with similar characteristics and common interests.

Having a sense of community embraces spirit, character, image and pride and is a vital element of a healthy community.



ORGANIC FORMS



CONNECTION TO NATURE



MIX OF USES

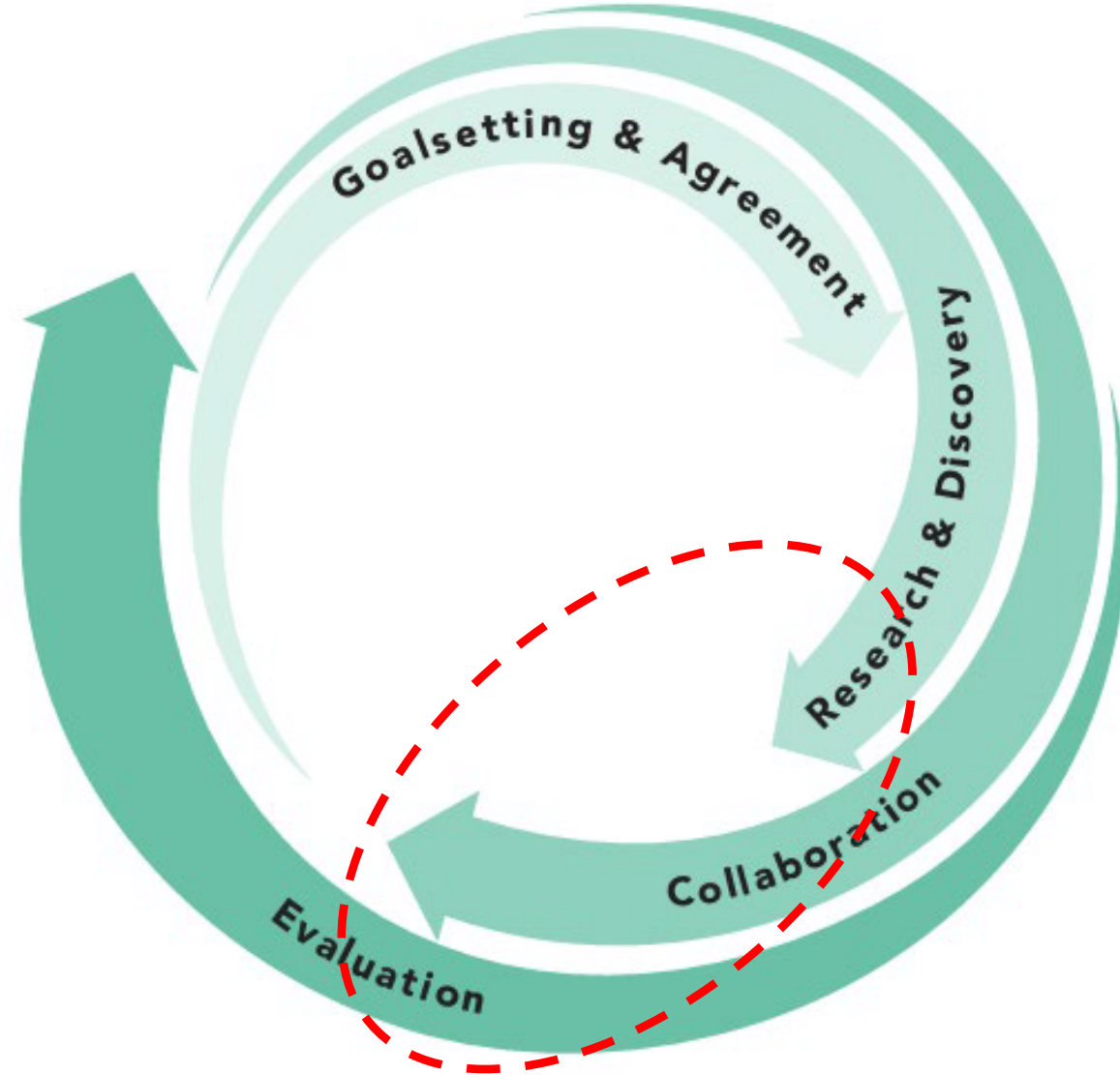


HIERARCHY OF GREEN SPACE



CONNECTED TO PUBLIC SPACES





Creating Thriving Communities

WestEast | Social Impact Studio

**“If you judge people, you
have no time to love them”**

Mother Teresa

