

LESSONS FROM THE PLANNING AND DESIGN
OF SECURE MENTAL HEALTH FACILITIES:
POTENTIAL BENEFITS OF APPLICATION
IN CORRECTIONS AND DETENTION

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### COURSE DESCRIPTION

In today's rapidly changing corrections and detention arenas much greater (and needed) emphasis is being placed on mental health issues within nearly every system in the country and around the world. Alternative placements, enhanced treatment and effective transition, among other initiatives are driving the development of new and improved programs and infrastructure in nearly every jurisdiction.

This workshop will focus on the question "what type of environments can enhance mental health treatment and outcomes within a custodial milieu." Current planning and design standards focus on <a href="minimum">minimum</a> guidelines for the development of custodial facilities. There is little or no focus on treatment amenable design - on humane design - that has for decades been proven in areas such as healthcare, education and workplace to improve health, behavior and performance.

A primary focus of our discussion will be that in addition to respecting key standards (e.g., Mandela Rules, ACA), evidence regarding the impact of environment on human beings should be embraced as a foundation for every correctional / detention design project (both mental/medical health and within "traditional" custodial environments). It is the hypothesis of the panel that physically enhanced environments can and will achieve a wide variety of positive results in any custodial setting to the benefit of both staff and inmate/patient and as a result, to the public-at-large.

The panel will be supported by a PowerPoint presentation with supporting data, actual evidence of the positive effects of environment on human behavior and well-being, case-studies and photographic tours of actual facilities and concepts that have utilized a more humane approach to incarceration and treatment.

### **LEARNING OBJECTIVES**

- 1. Based upon expert panel discussion and presentation, participants will gain an understanding of the impact of the built environment on human performance and how these principles may be applied to custodial facilities.
- 2. Based upon expert panel discussion and presentation, participants will gain an understanding of the negative impacts of "typical" custodial environments on the human condition.
- Based upon expert panel discussion and presentation, participants will gain an understanding of the positive and potentially adverse impacts of enhanced environments in correctional and detention settings and operations.
- 4. Based upon expert panel discussion and presentation, participants will form their own opinions about how custodial facilities should be designed going forward in a new era of criminal justice.

# LESSONS FROM THE PLANNING AND DESIGN OF SECURE MENTAL HEALTH FACILITIES: POTENTIAL BENEFITS OF APPLICATION IN CORRECTIONS AND DETENTION



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# Designing for mental health: context and a look forward

ERIN PERSKY, ASSOC. AIA, CCHP

### **Intellectual Disabilities**

Intellectual Disability (Intellectual Developmental Disorder)

Global Developmental Delay

Unspecified Intellectual Disability (Intellectual Developmental Disorder)

### **Communication Disorders**

Language Disorder

Speech Sound Disorder (previously Phonological Disorder)

Childhood-Onset Fluency Disorder (Stuttering)

Social (Pragmatic) Communication Disorder

**Unspecified Communication Disorder** 

### **Autism Spectrum Disorder**

Autism Spectrum Disorder

### Attention-Deficit/Hyperactivity Disorder

Attention-Deficit/Hyperactivity Disorder

Other Specified Attention-Deficit/Hyperactivity Disorder

Unspecified Attention-Deficit/Hyperactivity Disorder

### **Specific Learning Disorder**

Specific Learning Disorder

### **Motor Disorders**

Developmental Coordination Disorder

Stereotypic Movement Disorder

Tic Disorders Brief Psychotic Disorder

Tourette's Disorder Schizophreniform Disorder

Persistent (Chronic) Motor or Vocal Tic Disorder Schizophrenia

Provisional Tic Disorder Schizoaffective Disorder

Other Specified Tic Disorder

Unspecified Tic Disorder Psychotic Disorder Due to Another Medical Condition

**Other Neurodevelopmental Disorders** 

Other Specified Neurodevelopmental Disorder

Unspecified Neurodevelopmental Disorder

Schizophrenia Spectrum and Other Psychotic Disorders

Schizotypal (Personality) Disorder

**Delusional Disorder** 

Substance/Medication-Induced Psychotic Disorder

Catatonia

Catatonia Associated With Another Mental Disorder

(Catatonia Specifier)

Catatonic Disorder Due to Another Medical Condition

**Unspecified Catatonia** 

Other Specified Schizophrenia Spectrum and Other Psychotic

Disorder

Unspecified Schizophrenia Spectrum and Other Psychotic Disorder

### **Bipolar and Related Disorders**

Bipolar I Disorder

Bipolar II Disorder

Cyclothymic Disorder

Substance/Medication-Induced Bipolar and Related Disorder

Bipolar and Related Disorder Due to Another Medical Condition

Other Specified Bipolar and Related Disorder

Unspecified Bipolar and Related Disorder

### **Depressive Disorders**

Disruptive Mood Dysregulation Disorder

Major Depressive Disorder, Single and Recurrent Episodes

Persistent Depressive Disorder (Dysthymia)

Premenstrual Dysphoric Disorder

Substance/Medication-Induced Depressive Disorder

Depressive Disorder Due to Another Medical Condition

Other Specified Depressive Disorder

Unspecified Depressive Disorder

<b>Anxiety Disord</b>	<u>lers</u>
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Separation Anxiety Disorder

Selective Mutism

Specific Phobia

Social Anxiety Disorder (Social Phobia)

Panic Disorder

Panic Attack (Specifier)

Agoraphobia

Generalized Anxiety Disorder

Substance/Medication-Induced Anxiety Disorder

Anxiety Disorder Due to Another Medical Condition

Other Specified Anxiety Disorder

**Unspecified Anxiety Disorder** 

### **Obsessive-Compulsive and Related Disorders**

Obsessive-Compulsive Disorder

Body Dysmorphic Disorder

**Hoarding Disorder** 

Trichotillomania (Hair-Pulling Disorder)

Excoriation (Skin-Picking) Disorder

Substance/Medication-Induced Obsessive-Compulsive and Related Disorder

Obsessive-Compulsive and Related Disorder Due to Another Medical Condition

Other Specified Obsessive-Compulsive and Related Disorder

Unspecified Obsessive-Compulsive and Related Disorder

### **Trauma- and Stressor-Related Disorders**

Reactive Attachment Disorder

Disinhibited Social Engagement Disorder

Posttraumatic Stress Disorder

Acute Stress Disorder

Adjustment Disorders

Other Specified Trauma- and Stressor-Related Disorder

Unspecified Trauma- and Stressor-Related Disorder

### **Dissociative Disorders**

Dissociative Identity Disorder

Dissociative Amnesia

Depersonalization/Derealization Disorder

Other Specified Dissociative Disorder

Unspecified Dissociative Disorder

### **Somatic Symptom and Related Disorders**

Somatic Symptom Disorder

Illness Anxiety Disorder

Conversion Disorder (Functional Neurological Symptom Disorder)

Psychological Factors Affecting Other Medical Conditions

**Factitious Disorder** 

Other Specified Somatic Symptom and Related Disorder

Unspecified Somatic Symptom and Related Disorder

**Feeding and Eating Disorders** 

Pica

Rumination Disorder

Avoidant/Restrictive Food Intake Disorder

Anorexia Nervosa

Bulimia Nervosa

Binge-Eating Disorder

Other Specified Feeding or Eating Disorder

Unspecified Feeding or Eating Disorder

**Elimination Disorders** 

Enuresis

Encopresis

Other Specified Elimination Disorder

Unspecified Elimination Disorder

**Sleep-Wake Disorders** 

Insomnia Disorder

Hypersomnolence Disorder

Narcolepsy

**Breathing-Related Sleep Disorders** 

Obstructive Sleep Apnea Hypopnea

Central Sleep Apnea

Sleep-Related Hypoventilation

Circadian Rhythm Sleep-Wake Disorders

Parasomnias Other Specified Sleep-Wake Disorder

Non-Rapid Eye Movement Sleep Arousal Disorders

Unspecified Sleep-Wake Disorder

Sleepwalking Sexual Dysfunctions

Sleep Terrors Delayed Ejaculation

Nightmare Disorder Erectile Disorder

Rapid Eye Movement Sleep Behavior Disorder Female Orgasmic Disorder

Restless Legs Syndrome Female Sexual Interest/Arousal Disorder

Substance/Medication-Induced Sleep Disorder Genito-Pelvic Pain/Penetration Disorder

Other Specified Insomnia Disorder

Male Hypoactive Sexual Desire Disorder

Unspecified Insomnia Disorder Premature (Early) Ejaculation

Other Specified Hypersomnolence Disorder Substance/Medication-Induced Sexual Dysfunction

Unspecified Hypersomnolence Disorder Other Specified Sexual Dysfunction

**Gender Dysphoria** 

Gender Dysphoria

Other Specified Gender Dysphoria

Unspecified Gender Dysphoria

**Disruptive, Impulse-Control, and Conduct Disorders** 

Oppositional Defiant Disorder

Intermittent Explosive Disorder

Conduct Disorder

Antisocial Personality Disorder

Pyromania

Kleptomania

Other Specified Disruptive, Impulse-Control, and Conduct Disorder

Unspecified Disruptive, Impulse-Control, and Conduct Disorder

Substance-Related and Addictive Disorders

**Substance-Related Disorders** 

Substance Use Disorders

Substance-Induced Disorders

Substance Intoxication and Withdrawal

Substance/Medication-Induced Mental Disorders

**Alcohol-Related Disorders** 

Alcohol Use Disorder

**Alcohol Intoxication** 

Alcohol Withdrawal

Other Alcohol-Induced Disorders

Unspecified Alcohol-Related Disorder

**Caffeine-Related Disorders** 

Caffeine Intoxication

Caffeine Withdrawal

Other Caffeine-Induced Disorders

Unspecified Caffeine-Related Disorder

**Cannabis-Related Disorders** 

Cannabis Use Disorder

Cannabis Intoxication

Cannabis Withdrawal

Other Cannabis-Induced Disorders

Unspecified Cannabis-Related Disorder

**Hallucinogen-Related Disorders** 

Phencyclidine Use Disorder

Other Hallucinogen Use Disorder

Phencyclidine Intoxication

Other Hallucinogen Intoxication

Hallucinogen Persisting Perception Disorder

Other Phencyclidine-Induced Disorders

Other Hallucinogen-Induced Disorders

Unspecified Phencyclidine-Related Disorder

Unspecified Hallucinogen-Related Disorder

**Inhalant-Related Disorders** 

Inhalant Use Disorder

Inhalant Intoxication

Other Inhalant-Induced Disorders

Unspecified Inhalant-Related Disorder

**Opioid-Related Disorders** 

Opioid Use Disorder

**Opioid Intoxication** 

Opioid Withdrawal

Other Opioid-Induced Disorders

Unspecified Opioid-Related Disorder

Sedative-, Hypnotic-, or Anxiolytic-Related Disorders

Sedative, Hypnotic, or Anxiolytic Use Disorder

Sedative, Hypnotic, or Anxiolytic Intoxication

Sedative, Hypnotic, or Anxiolytic Withdrawal

Other Sedative-, Hypnotic-, or Anxiolytic-Induced Disorders

Unspecified Sedative-, Hypnotic-, or Anxiolytic-Related Disorder

Stimulant-Related Disorders

Stimulant Use Disorder

Stimulant Intoxication

Stimulant Withdrawal

Other Stimulant-Induced Disorders

Unspecified Stimulant-Related Disorders

Tobacco-	Related	d Disord	lers
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Gambling Disorder

Tobacco Use Disorder

Neurocognitive Disorders

Tobacco Withdrawal

Delirium

Other Tobacco-Induced Disorders

Other Specified Delirium

Unspecified Tobacco-Related Disorder

**Unspecified Delirium** 

### Other (or unknown) Substance-Related Disorders

### **Major and Mild Neurocognitive Disorders**

Other (or Unknown) Substance Use Disorder

Major Neurocognitive Disorder

Other (or Unknown) Substance Intoxication

Mild Neurocognitive Disorder

Other (or Unknown) Substance Withdrawal

Major or Mild Neurocognitive Disorder Due to Alzheimer's

Disease

Other (or Unknown) Substance-Induced Disorders

Major or Mild Frontotemporal Neurocognitive Disorder

Unspecified Other (or Unknown) Substance-Related Disorder

Major or Mild Neurocognitive Disorder With Lewy Bodies

**Non-Substance-Related Disorders** 

Major or Mild Vascular Neurocognitive Disorder

Major or Mild Neurocognitive	Disorder Due to	Traumatic Brain
Injury		

Substance/Medication-Induced Major or Mild Neurocognitive Disorder

Major or Mild Neurocognitive Disorder Due to HIV Infection

Major or Mild Neurocognitive Disorder Due to Prion Disease

Major or Mild Neurocognitive Disorder Due to Parkinson's Disease

Major or Mild Neurocognitive Disorder Due to Huntington's Disease

Major or Mild Neurocognitive Disorder Due to Another Medical Condition

Major or Mild Neurocognitive Disorder Due to Multiple Etiologies

Unspecified Neurocognitive Disorder

### **Personality Disorders**

General Personality Disorder

### **Cluster A Personality Disorders**

Paranoid Personality Disorder

Schizoid Personality Disorder

Schizotypal Personality Disorder

### **Cluster B Personality Disorders**

Antisocial Personality Disorder

Borderline Personality Disorder

Histrionic Personality Disorder

Narcissistic Personality Disorder

**Cluster C Personality Disorders** 

Sexual Masochism Disorder

**Avoidant Personality Disorder** 

Sexual Sadism Disorder

Dependent Personality Disorder

Pedophilic Disorder

Obsessive-Compulsive Personality Disorder

Fetishistic Disorder

**Other Personality Disorders** 

Transvestic Disorder

Personality Change Due to Another Medical Condition

Other Specified Paraphilic Disorder

Other Specified Personality Disorder

Unspecified Paraphilic Disorder

Unspecified Personality Disorder

**Other Mental Disorders** 

**Paraphilic Disorders** 

Other Specified Mental Disorder Due to Another Medical Condition

Voyeuristic Disorder

Unspecified Mental Disorder Due to Another Medical

**Exhibitionistic Disorder** 

Condition

Frotteuristic Disorder

Other Specified Mental Disorder

**Unspecified Mental Disorder** 

Medication-Induced Movement Disorders and Other Adverse Effects of Medication

Other Conditions That May Be a Focus of Clinical Attention

**Conditions for Further Study** 

Attenuated Psychosis Syndrome

Depressive Episodes With Short-Duration Hypomania

Persistent Complex Bereavement Disorder

Caffeine Use Disorder

Internet Gaming Disorder

Neurobehavioral Disorder Associated With Prenatal Alcohol Exposure

Suicidal Behavior Disorder

Nonsuicidal Self-Injury

Most common diagnosed disorders in jails/prisons:

- Depression/depressive disorders 21%
- Mania/bipolar disorder 12%
- Anxiety disorders 8%
- PTSD 7%
- Personality Disorders 6%
- Schizophrenia 5%(BJS, 2007)

High percentage of co-morbidity – approximately 75%

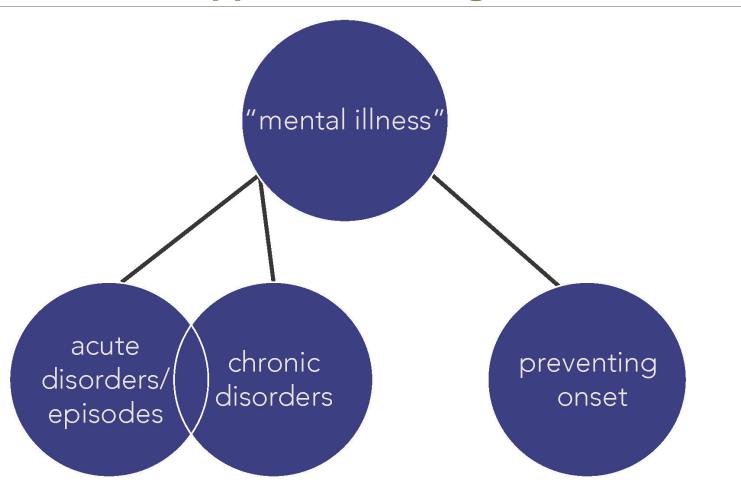
In addition to the disorders listed on the previous slides, "mental illness" and "mental health" extends beyond clinically diagnosed disorders.

### Other prevalent cognitive and behavioral issues:

- Anger management
- Impulse control
- Emotional regulation
- Intellectual/developmental delays
- Malnourishment

Correctional environment milieus are NOT set up for these significant and wide-ranging symptomologies. Given this, an alternative environment is necessary, focused on the mental health of inmates/patients.

We design for the largest mental health provider in the nation. It's evident that we need to look to Secure Psychiatric/Behavioral Health Facilities for precedent on how to design for these vulnerable populations.



# What are we doing right?







West County Detention Facility Contra Costa County Richmond, CA







San Diego County Women's Detention Facility Santee, CA

# Where to look next

### Where to look next

Inmate-Patient Rooms (Cells) and Dorms:

- Allocation
- Density
- Capacity

Balancing designing for security and designing for mental health.

Access to restorative exterior environments.

Particularly for high acuity and high security inmates.

### Resources

National Association of Psychiatric Health Systems:

- Design Guide for the Built Environment of Behavioral Health Facilities
  - www.fgiguidelines.org

The Center for Health Design:

- Design Research and Behavioral Health Facilities
  - www.healthdesign.org

Whole Building Design Guide:

https://www.wbdg.org/design/psychiatric.php





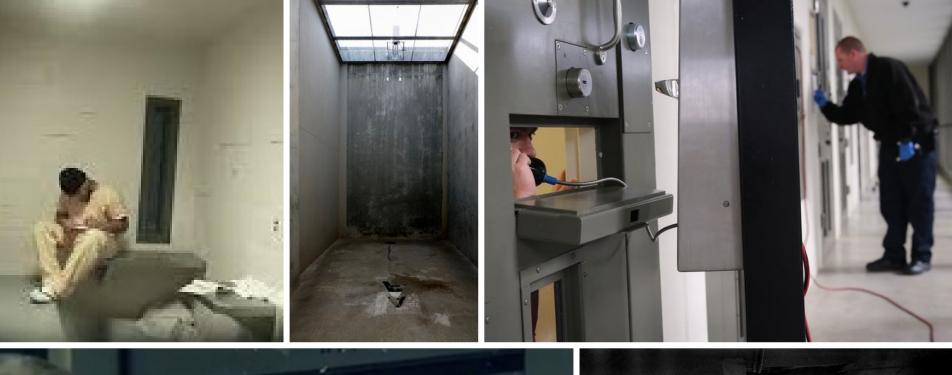
# PRISON | HOSPITAL

ARCHITECTURE +
ENVIRONMENT
CAUSE | EFFECT | SOLUTION?

John A. MacAllister, AAIA

# What suggests that our prisons and other carceral settings should be designed like modern mental health institutions?

- Harsh prison environments are a contributor to declining inmate health (both physical and psychological), anti-social behavior, increased violence, and recidivism.
- Facility design impacts inmates' physical and psychological well-being better physical conditions (e.g., acoustics, sanitation, and privacy) contribute to more positive behaviors.
- However, little empirical evidence exists as the foundation for decision-making to support either harsh or more comfortable surroundings for inmates.







# The Perversion of Justice



#### **Current Practices / Standards**

Are prisoners any better off after serving their sentences?

#### ACA

- are the standards truly adequate?
- planning/design to the lowest common denominator?
- new updates...do they go far enough?

#### Mandela Rules

- a better, more humane approach
- don't address the physical environment



Clients, politicians and the public are beginning to understand that our system must be changed...



### Collaboration with visionary clients can alter the goals and missions of criminal justice projects...



#### Traditional custodial facility vs. a treatment model...

- elevation of the "Status Quo", enhanced solutions
- making a positive difference in the lives of people who occupy it
- proving that architecture can play a major role in making people better
- through example, contributing to the betterment of society

#### Leadership & Collaboration...

- Decision/policy-makers vs. "process managers"
- Build trust and common goals at the very beginning
- Advance vision, policy, reform, approach, process and solution
- Consider all interest-bearing parties in the process

#### Leadership & Collaboration...

- "Keeping it Real" Clients call the shots but are advised and influenced by good architects
- Bring out the best intellect/solutions
- Push the boundaries without going too far
- Expect and work toward innovative solutions

Visionary Clients, Meaningful Collaborations, Great Projects...

#### Visionary Clients, Meaningful Collaborations,

#### **Great Projects...**



Otago Corrections Facility, New Zealand



Sollentuna Prison, Sweden



Pondok Bambu Prison, Indonesia





HMP Addiewell, Scotland



Halden Prison, Norway



JVA Fuhlsbuettel Prison, Germany



Justice Center, Leoben, Austria

#### San Mateo County Youth Services Center, 2006

Client: Loren Budress, Chief Probation Officer (former)

Architect: CGL/Steve Carter; KMD/John MacAllister



#### Vision/Goals

"The vision of the San Mateo County Probation Department is to be a proactive and innovative agency which facilitates positive changes in offenders' behaviors that reduce recidivism and foster a lawabiding lifestyle."

#### **Mission Statement**

"The mission of the San Mateo County Probation Department is to enhance community safety, reduce crime, and assist the victims of crime through offender accountability and rehabilitation."



#### San Mateo County Youth Services Center, 2006

#### **Multiple Clients**

(youth, family and community) as well as service providers, which include Juvenile Courts, Health Service Agency, Mental Health, Human Services Agency, County Office of Education, Public Works, and Probation Department.

#### **Complex Program**

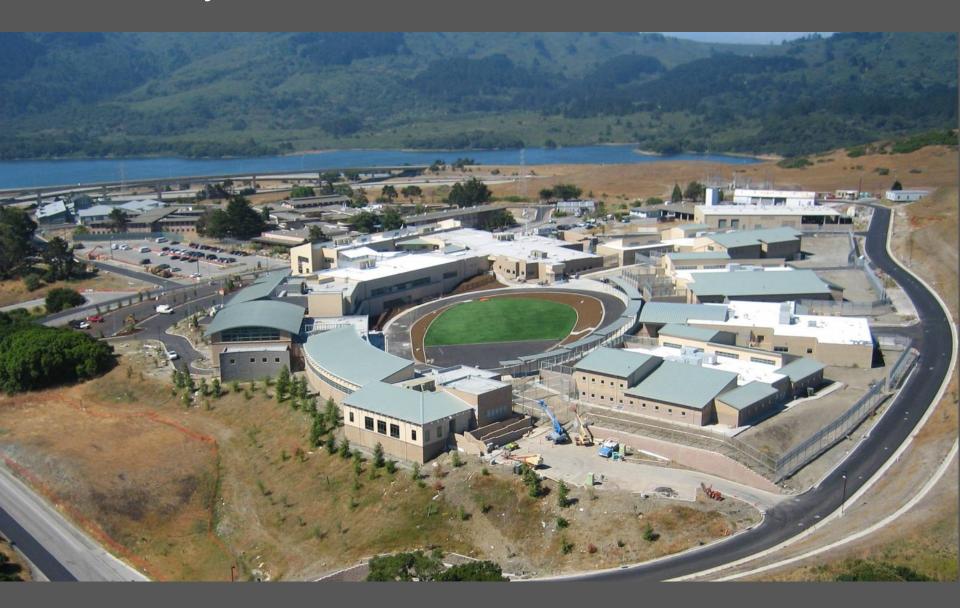
*Juvenile Hall:* Assessment Center, Intake/release, Housing (including a dual diagnosis unit), Visiting, Facility Support, Health Services, Mental Health, Food Service, Programs, Education, Girls Camp and Administration.

**Youth Services**, composed of the Juvenile Court, Probation Department Administration, Juvenile Probation, Community School/Day Reporting, and two Group Receiving Homes.

#### **Awards**

- AIA Academy of Architecture for Justice Justice Facility Review 2007
- California Legislative Assembly Certificate of Recognition, 2008 Green Building Award,
   Honorable Mention
- State of California Senate Certificate of Recognition March 2008

#### San Mateo County Youth Services Center, 2006







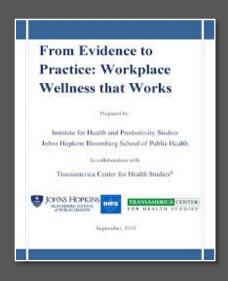
#### Decades of Evidence-Based Design study in...

Healthcare Facilities --> Enhanced TX Outcomes

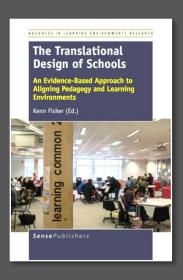
Academic Facilities --> Enhanced Learning

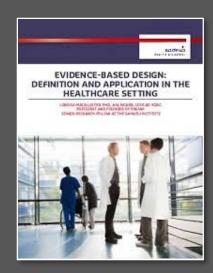
Workplaces Enhanced Performance

Has taught us a lot about how physical environments can impact human performance and cognition...









# Why would Evidence-Based Design and a Treatment-Based Approach not be applied to the design of custodial facilities?



# Secure Psychiatric Facility Designs Set an Excellent Precedent for Custodial Environs







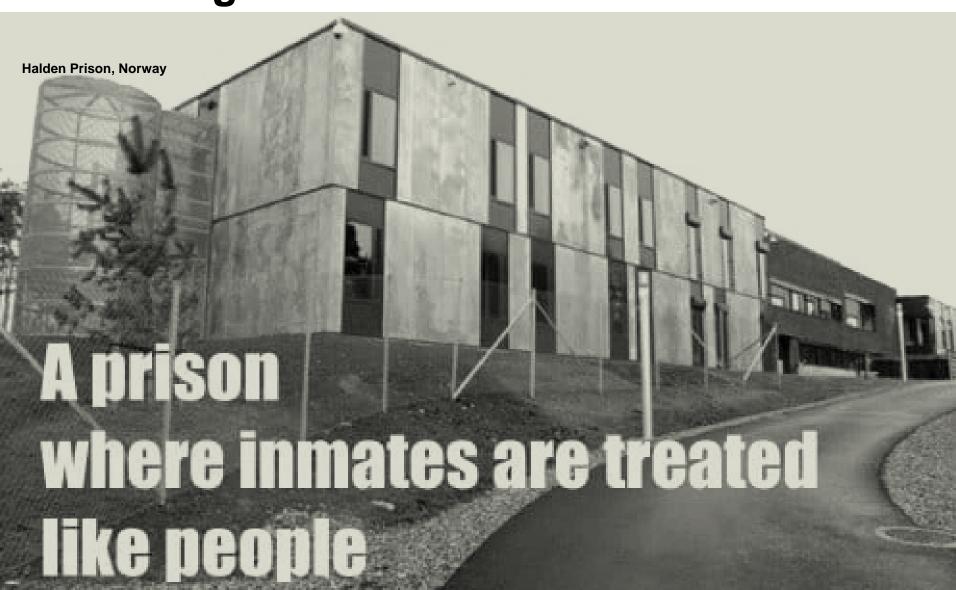








## We still have much to learn from other, more enlightened countries...





#### The Elements of a Humane Environment



Academy of Architecture for Justice Conference November 2-5, 2016 Honolulu, Hawaii



#### The Context

- Globally, the focus of many correctional systems has shifted to now include a reduction of reoffending.
- While perhaps a gradual shift in programs and services, ultimately this will be reflected in architectural responses.
- Over an extended time, this could mean special-purpose facilities that include a greater focus on treatment rather than incarceration.
- In the short-term, opportunities may well be limited to subtle changes to existing incarcerative institutions.
- What, then, are the elements of design that can support a focus on treatment with an aim of reducing reoffending?



#### Implications for the System

- 1. For an entire correctional system to embrace a treatment focus, a structural re-ordering should follow the evidence-informed expression of **vision**, **values**, and **principles**.
- 2. Followed by an examination of **risk and needs assessment** tools and metrics.
- 3. From which quantitative and qualitative guidelines for care and custody are established.
- Leading to clarification of appropriate policies and procedures for management and operations.
- 5. That are supported by changes in staff training.



#### Implications for the Facility

The design of a school with a mission of vocational training should be different from that of a STEM school.

The design of an emergent care hospital will look different from one based on rehabilitation.

SO

A correctional facility focused on treatment and preparation for reentry should be more than a different color scheme.



#### Physical Elements of a Humane Environment

- 1. Image and the setting.
- 2. Role of nature.
- 3. Spaces for association.
- 4. Spaces for accommodation.
- 5. Delineation of character.



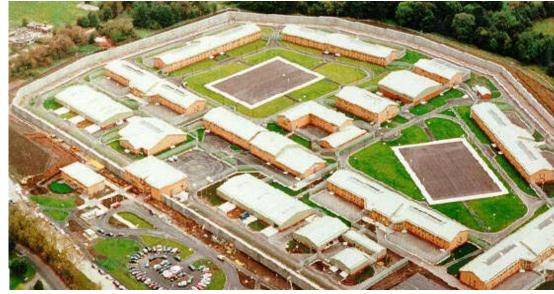
- Image is everything.
- Custody and care through the perimeter.
- Importance of the front door.
- A statement to the community about mission.





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#### 2. The Importance of Nature in Treatment

- The exterior environment sets the stage for healing.
- A variety of uses of nature to promote the mission
- "Where have all the flowers gone?"











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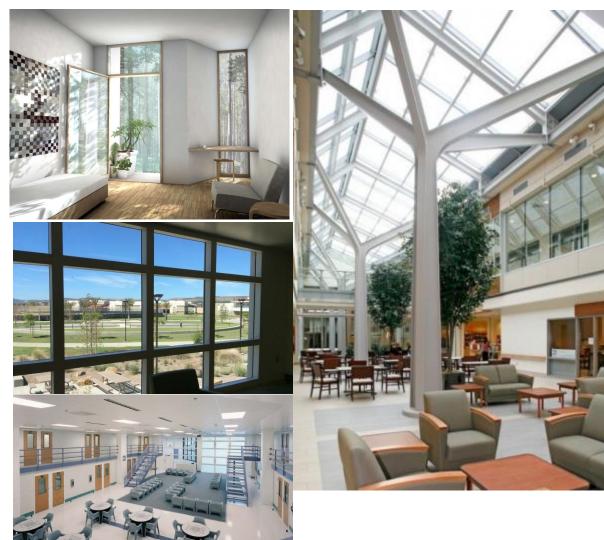


- Use of color to inspire.
- No substitute for natural light.
- Spaces to fit the treatment.
- Healing through social interaction.
- Creating a culture of caring.





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# 3. The Space for Association

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- The pursuit of human dignity.
- Essential tilt towards normalization.
- Remaining connected.
- Privacy without loneliness.
- Shared spaces.





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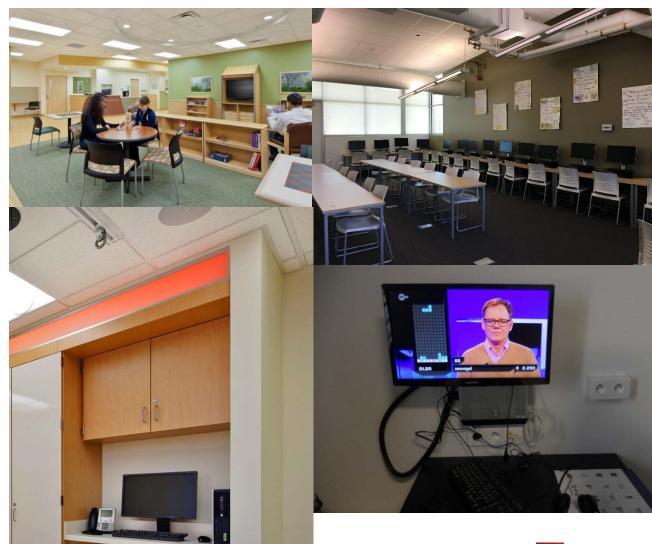








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- Finding a new expression.
- Integrating the elements.
- Using the evidence.
- Building a constituency.





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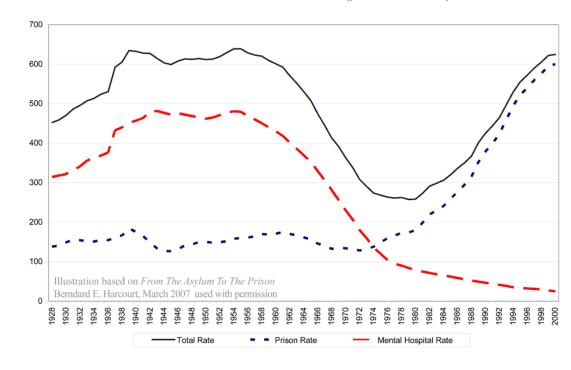
Building a constituency.





- Finding a new expression.
- Integrating the elements.
- Using the evidence.
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#### Institutionalization in the United States (per 100,000 adults)





- Finding a new expression.
- Integrating the elements.
- Using the evidence.
- Building a constituency.





# The Takeaway

- Given the opportunity, the design community can and will respond to the need to be more treatment focused but will need a constituency that includes politicians, managers, officers, and researchers to prepare the brief.
- Silver bullets will be rare, but examples based on a "kit-of-parts" can be informative in inching us towards solutions that are more rehabilitative in concept and delivery.
- Promoting the design of treatment-focused environments will involve a broad team of planners, designers, constructors, and product suppliers.
- This may be the "fourth" generation of correctional management and design.



# Steve's slides here



**Department of Corrections** 

Rick Raemisch Executive Director

# JUST OPEN THE DOOR...

COLORADO

Them!'s Fire and Princet."

# The New York Times

No. 36,419

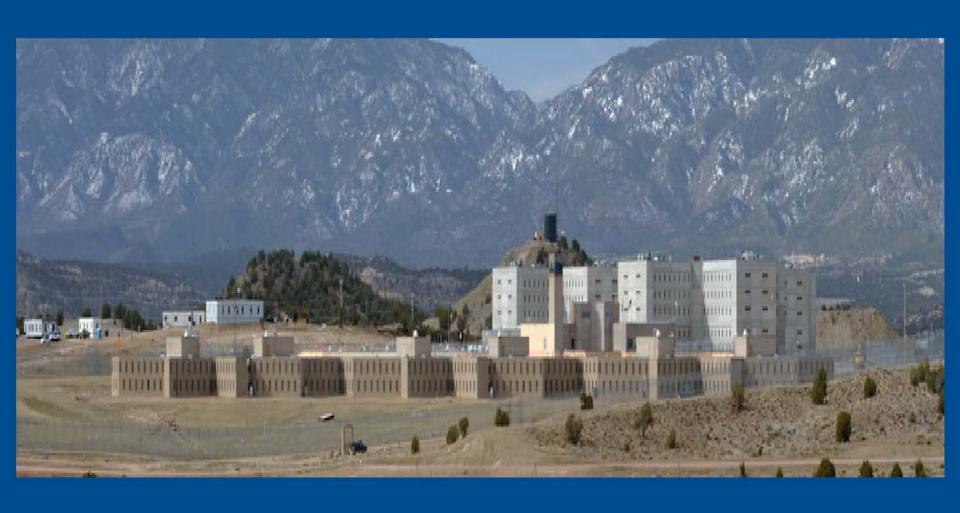
#### My Night in Solitary

By Rick Roomings

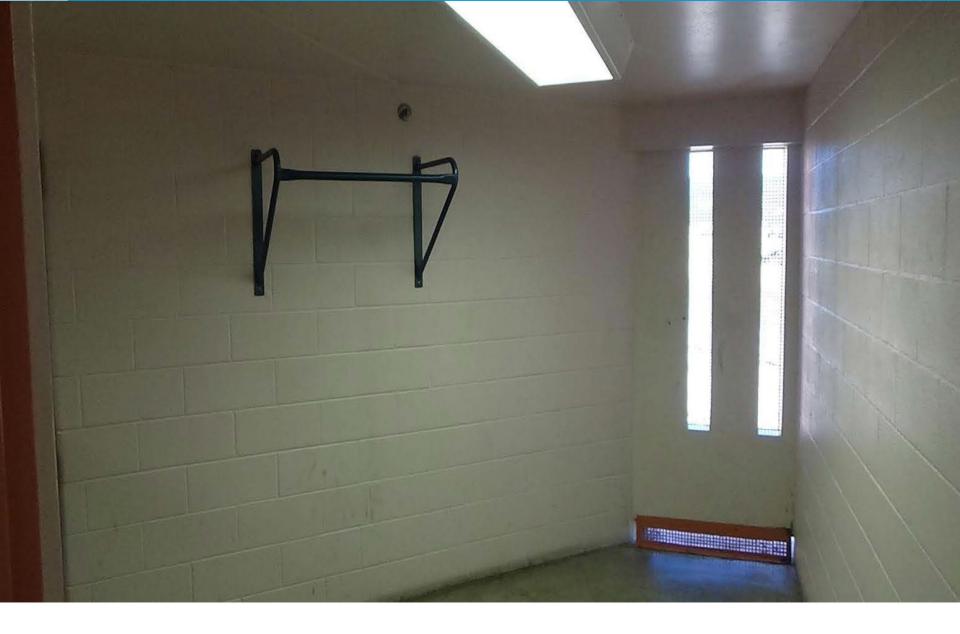
#### Driving prisoners crazy won't make the public safer.



#### COLORADO











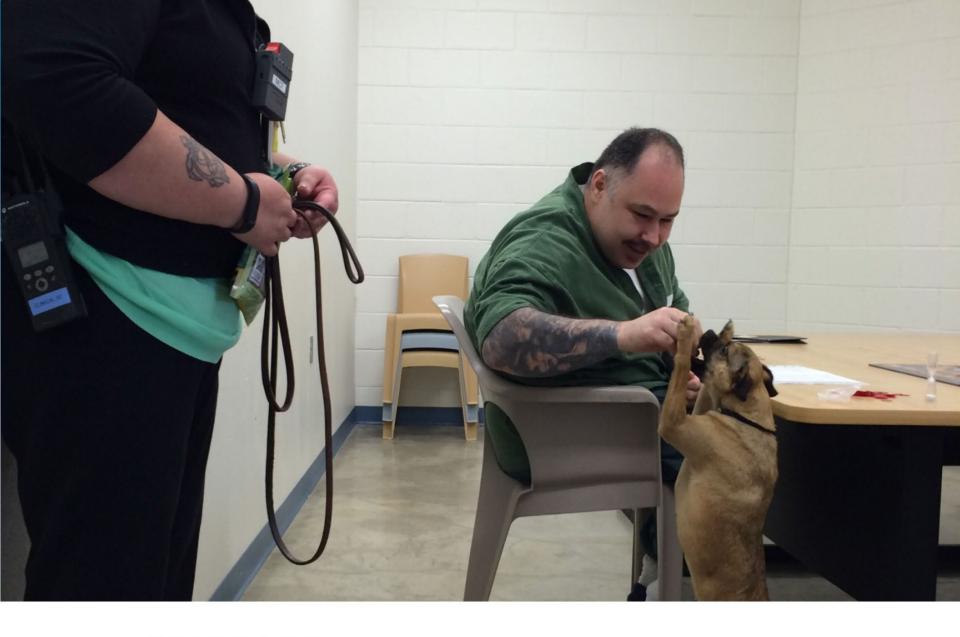
## Residential Treatment Program

Purpose: To provide a treatment program with incentive level systems for offenders with mental illness and/or intellectual and developmental disabilities, and criteria for movement/transition for RTP offenders.

Deter offenders being placed into Restrictive Housing for behaviors that are directly related to their mental illness.











# San Carlos Correctional Facility Residential Treatment Program

Implement Residential Treatment Policy



Steady decrease in offender demographics



Special Controls:
FY 2014 - 44
FY 2015 - 3
93% decrease

Forced cell entries decreased by 77% from 2014 to 2015



Offender on staff assaults have decreased by 46% from 2014 to 2015.

COLORADO



