TOWARD APPROPRIATE TRANSITION ENVIRONMENTS FOR YOUTH VICTIMS OF TRAFFICKING

NATIVE NEEDS
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Cover motif: Mille Lacs Indian Museum

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INTRODUCTION

OVERALL FACTORS

SENSORY STIMULATION
- Color
- Smell/ Sound
- Lighting
- Décor/ Wayfinding

PUBLIC SPACES
- Visitor entrance/ Social room for visitors
- Office spaces
- Conference room/ Private space for staff
- Kitchenette/ Staff/visitor restrooms/ Storage

PRIVATE SPACES
- Entry
- Registration area
- Therapy room
- Nurse station/ Social space
- Cooking spaces
  - Kitchen
  - Kitchenette
- Eating areas
  - Dining Room
- Sleeping areas
  - Private/Shared bedroom
- Hygiene spaces
  - Resident bathroom
  - Laundry room
- Activity spaces
  - Classroom
  - Library space
  - Multipurpose/Craft room
- Outdoor spaces
  - Garden
  - Outdoor exercise space

References
INTRODUCTION

The Minneapolis division has been identified as one of thirteen American cities with a large concentration of child prostitution enterprises (Federal Bureau of Investigation, 2012). A form of modern slavery, sex trafficking is happening everywhere around us, in places as varied as hotels, gas stations, bathrooms in malls, massage parlors, and private residences. An estimated 27 million people, mostly girls and women, are trafficked each year globally and in Minnesota, close to 250 teens are sold an average of five times a day.

Minnesota’s Native community has been hit hard by sex trafficking—estimates have it that between 60-80% of sexually exploited youth are Native. Poverty, low educational attainment, community and interpersonal violence, high rates of alcohol-related deaths and suicide, poor physical health, corroded family and community relationships, as well as the generational and historical trauma experienced by the Native people are partly to blame (Pierce, 2009). Native women are the “backbone” of tribal sovereignty, due to their cultural, spiritual, and political contributions. With over one third of Native women having been traumatized by sexual assault, their ability to continue to productively contribute to the community is compromised and interventions are needed.

Many are the organizations and institutions in the state that have joined forces to end trafficking and help youth transition out of sex work. Minnesota is emerging as a leader in developing laws and policies that change how the needs of youth caught in trafficking are addressed. Minnesota’s No Wrong Door model provides a comprehensive approach to serving sexually exploited youth (http://dps.mn.gov). The model’s eleven recommendations include Recommendation #8, which aims to “Ensure access to safe and supportive housing.” The goal is that “all sexually exploited youth in Minnesota have access to high quality, culturally appropriate, victim-centered housing and services” (www.theadvocatesforhumanrights.org/2013_legislative_updates).

Part of the challenge is identifying what “high quality, culturally appropriate, victim-centered housing” looks and feels like. The recommendation gives specific direction for number of beds and length of stay. Much more knowledge is needed to respond to the needs of these children and teens, most of whom have experienced extensive physical, sexual, and psychological abuse (Flowers, 2001; Gajic-Veljanoski & Stewart, 2007; Hodge, 2008; Hopper & Hidalgo, 2006; Macy & Johns, 2010; Miller, Decker, Silverman, & Raj, 2007; Raymond & Hughes, 2001). Poor nutrition, dangerous working conditions, and increased exposure to infectious disease, such as HIV/AIDS, syphilis, trichomoniasis, gonorrhea, chlamydia, herpes, pubic lice as well as urinary tract and yeast infections take their toll on victims’ bodies (Gajic-Veljanoski & Stewart, 2007; Raymond & Hughes, 2001). The mental health effects of sex trafficking are equally substantial and include depression, anxiety, panic attacks, post traumatic stress disorder (PTSD), suicidal ideation, suicide, social withdrawal, somatic complaints, delinquent and aggressive behavior, and sleep and attention problems (Clawson, Dutch, Solomon, & Grace, 2009; Flowers, 2001; Gellman & Delucia-Waack, 2006; Kearney, Wechsler, Kaur, & Lemos-Miller, 2010; Pierce, 2009; Raymond & Hughes, 2001; Saigh, Yasik, Oberfield, Halamandaris, & McHugh, 2002).
The wide range of issues sexually exploited youth suffer from is further complicated by the fact that many come from varying cultural backgrounds and knowledge as to what constitutes culturally appropriate transition spaces is limited (Kirmayer, 2004). Defining “appropriate” is even more complicated when looking at a population with a rich and turbulent history such as the Native Americans. The goal of the Design Guidelines that follow is to start a dialogue around this issue.

Guiding the development of the Design Guidelines is Seymour Epstein’s (1991) model of the self, which points to trauma as invalidating four fundamental beliefs:

- The world is benign and a source of pleasure
- The world is meaningful, predictable, controllable, and just
- The self is worthy, lovable, good, and competent
- People are trustworthy

The study operates on the premise that the design of the built environment can help victims of trafficking restructure these beliefs and along with that, regain their dignity and purpose in life.

NATIVE NEEDS

The collective identity of Native Americans points to the word “relatives” being used to refer to sexually exploited youth. The Native world view sees all things as connected—the earth, the rocks, people, animals, and plants. Avoiding the words “victim” and “survivor” is a reflection of the intent to focus on the whole person. Therefore, in this report, we will be using the term “relatives.”

Because of the extent to which Native women and girls, along with trans-sexual youth have been traumatized by trafficking, a sense of normalization has occurred. For healing to take place and for the person to be resilient to repeated exposure upon leaving the transition housing, healing must occur at all levels, including one’s core being and soul. The Design Guidelines focus on showcasing strength and survival with a message of positivity and hope.
Following are the design guidelines that can inform the development of appropriate transition housing for sexually exploited relatives. The Guidelines were completed through an in-depth literature review and the experiences of three local institutions that serve youth: The Link and Brittany’s Place serve trafficked youth and Ain Dah Yung Center serves homeless Native youth. We begin with overall factors, such as security, location, and color before zooming into the public and private areas.

Icons next to each section relate how the Design Guidelines support the four beliefs of Epstein’s model of the self.
SIZE OF FACILITY

The first decision involves the size of the facility. This will depend on available funds and the organization’s mission and vision. Typically, transition housing ranges from 10 to 40 beds. As part of the healing process relates to re-building a sense of community and trust, larger facilities must maintain that close and tight feeling, where “everybody knows your name.”

SECURITY

Security can be both physical and technological. The goal is to balance the need for normalcy with keeping everyone safe. For transition housing, the issue of security spans from both outside intruders to the youth themselves.

Instrumental to the success of security schemes that rely on the physical dimension is the idea of involving those in need of protection, the actual users of an environment, into the security scheme. Building off Newman’s (1972) Defensible Space, the social dimension in transition housing can include residents, staff, and visitors (White, 2006).

Examples of design elements that aid in physical surveillance include:
1. Sight lines that enable staff to monitor and see what is happening in the public areas of the building;
2. Ability to monitor the building’s exterior through windows.

With respect to electronic surveillance, a combination of systems can be employed. For example:
1. Exterior doors must be secured with alarms that signal unauthorized entry or exit.
2. All visitors must be buzzed in.
3. A closed-circuit surveillance system can be used to monitor all areas of the building from a central location–from rooms and offices to hallways. Due to privacy needs, bedrooms must be secured in other ways besides cameras.

SECURITY PARADOX

In general, security decisions must account for the need for youth to feel a sense of choice and control. To avoid the feeling of being entrapped in another confinement, it is important to create an environment where relatives can ask questions and express opinions about surveillance. Their feelings and feedback about surveillance should be heard and embraced. This is particularly the case as viewpoints vary with regards to the impacts of the presence of a surveillance system. Some consider visible

DEMOGRAPHICS OF RESIDENTS

Although the average age of trafficked relatives is 13, children as young as five can be caught in trafficking. A key decision refers to the age of the youth that will be housed. As some trafficked relatives might have children of their own, the decision must account as to whether to house single youth, teenagers, or families.

- Ain Dah Yung Center - As family is one of the most important values in the Native culture, homeless relatives are welcome to bring their family members, such as brothers and sisters, to the facility as a way to keep the family together. For this reason, they serve children as young as five.
- Brittany’s Place– Houses trafficked girls only, ages 10-17.
- The Link –Serves boys, girls and transgender youth (any gender identity), ages 13-17, who experienced sex trafficking. It provides both a shelter and a residential area. This is cost-effective because resources can be shared. It also helps facilitate independence by allowing individuals the opportunity to remain supported and connected to peers and supportive services (6 individual bedrooms / ages 13-17 for a 90 day stay - 5 one-bedroom units for ages 16 - 24 / unlimited length of stay).
cameras as non-integrated elements on a building that disrupt the feeling of openness, while others prefer them to be visible to act as deterrents to crime. This duality — feeling safer and feeling uncertain — represents the dilemma of surveillance that designers have to overcome.

Behind the security paradox, then, is the disparity between the conceptual definition of security as “freedom from fear” and surveillance's practical application as “control” (Hadjiyanni & Kwon, 2009; Lyon, 2002). According to Ivy (2002) “ … when security systems assert themselves most forcefully fear, discomfort, and even danger often flourish; conversely, the absence of visible protection can promote the feeling of well-being” (p. 15). For the most part, the public perceives surveillance as “someone is watching” rather than “someone is protecting me” and that someone is watching with the primary aim to control — controlling access to buildings, controlling behavior by reminding users of certain rules of conduct in the area, controlling outcomes of disputes by collecting evidence through the recording of inappropriate or criminal behavior that can be used in subsequent investigations, and controlling the flow to prevent public panic such as at major traffic accidents, fires, and terrorist attacks (Klauser, 2004; Manolescue, 2003; Müller & Boos, 2004).

Cultural and gender differences complicate the question of surveillance. With respect to gender differences, Seabrook and Wattis (2001) question surveillance systems' relevance to improving women's safety. Their study showed that “CCTV represents a heightened manifestation of the male gaze with technological advancements allowing men [operators] to put women under surveillance yet again as the sexualized ‘other’” (p. 258). They therefore call for a greater understanding of the “subjective nature in which young women come to negotiate their use of public space” (p. 259), challenging that decisions about where cameras are placed and what areas are considered dangerous should account for the female experience. Women in general have been found to report more anxiety and to feel more negative about surveillance than men, while surveillance systems have been found to open up opportunities for sexual harassment offenders (Koskela, 2002). By the same token, Helten and Fischer (2004) showed that women often felt like they were being attacked when they realized they were under surveillance. When applying surveillance systems in transition housing for vulnerable youth, cultural/ gender differences in notions of privacy and photographing must be incorporated in the decision-making process.

### LOCATION/ NEIGHBORHOOD

- Close to bus lines for easy access to jobs, shops, schools, and other needs.
- Close to activities for outings such as arts organizations, libraries, etc.
- Close to family and friends to visit.
- Close to resources such as therapists, health care providers, volunteers, etc to access in case in-house is not enough.
- Secure views from neighbors and enough distance for privacy and safety of the youth.
- Property should be secured all around, including the parking lot areas.

#### URBAN EXAMPLE – Brittany’s Place

Being located in an urban setting, Brittany’s Place provides the youth residents with critical advantages. It features easy access to public transportation which effectively supports family visits, school commute, or employment opportunities. Also, the urban setting allows Brittany’s Place to offer various activities for their youth. The staff takes the youth to bowling, movies, or museums at least four times a week to allow them to have a sense of a normal teenage life. However, accessibility can also put the youth at risk as it can provide an easy route for girls who want to run away or traffickers who wish to reach them.

#### RURAL EXAMPLE – The Link

The Link is located remotely in a rural setting. Being away from the Twin Cities helps maintain a high level of security for the youth. A fully supervised program, such as an on-site school inside the facility, also protects youth from traffickers, who are less likely to travel outside the urban area to reach the youth.
Scholars have long noted that color has a profound effect on peoples' mood and behavior but studies on the particular effects of particular colors have “been fragmented, sporadic, conflicting, anecdotal, and loosely tested” (Tofle, Schwarz, Yoon, & Max-Royale, 2004, p. 6). The complicated nature of this undertaking makes devising color guidelines and usage for environments that range from homes to healthcare, tricky. Part of the challenge is that colors are often enmeshed in a dialectical opposition between positive and negative associations with different emotions and perceptions (Elliot & Maier, 2014; Hendrassukma, 2016; Tofle et al., 2004).

Color preferences are also impacted by one's background, culture, experiences and memories, current trends, and just personal taste (Elliot & Maier, 2014). The bottom line is that culturally-learned associations and the physiological and psychological makeup of people mean that responses to color will vary from individual to individual (Tofle et al., 2004).

The general consensus is that warmer colors tend to activate, stimulate and energize, while cooler colors are more calming and relaxing and associated with spaciousness (Yildirim, Hidayetoglu, & Capanoglu, 2011). Colors can carry meaning and have an important influence on affect, cognition, and behavior (Elliot & Maier, 2014).

Choosing a color palette for a specific setting depends on several factors including characteristics of potential users, type of activities that may be performed in this particular environment, and the size and shape of the space. Below we provide an overview of the meanings behind certain colors.

**Blue**

Blue has been found to encourage intellectual activity, reason, and logical thought, boosting creativity (Mehta & Zhu, 2009). It is also noted for being a soothing, calming and unpretentious color, one that encourages reflection and can lower blood pressure (Wright, 1998). Blue's relaxing effects partly come from its association to nature – the sky, the sea, rivers, and lakes are blue (Clarke & Costall, 2008; Eiseman, 2006; Kaya & Epps, 2004, Mehta & Zhu, 2009). Blue tends to convey positiveness along with a sense of calmness and tranquility, peace, openness, freedom, success, harmony and truthfulness. Blue stores for example have been found to be rated as more relaxing, less crowded, and even more trustworthy (Alberts & Van Der Geest, 2011; Gorn, Chattopadhyay, Sengupta, & Tripathi, 2004). Due to its positiveness, blue has been found to be the most preferred color by adults and teens along with green across gender (Huffcut, 2010; Jalil, Yunus, & Said, 2013). It also appears as though a blue environment allows individuals to focus more on a task (Stone & English, 1998).

For some people, blue can be associated with “the blues,” depression and sadness.

**Recommended Use**

- Bedroom and bathroom areas to produce a calming effect and sense of privacy (Küller, Mikellides, & Janssens, 2009).
- Classroom and library to help relatives focus and create a sense of comfort (Kamaruzzaman & Zawawi, 2010).
Green

The color green also tends to evoke positive ambience due to its association with the natural realm, such as green foliage and vegetation. Hieroglyphs of ancient Egypt were painted green as it was the color of youth, rebirth, spring, and resurrection (Roberts, 1995). Also, both green and blue can increase creative performance (Lichtenfeld, Elliot, Maier, & Pekrun, 2012). Overall, it is associated with relaxation, happiness, comfort, peace, hope, and soothing emotions, and is good for speech development, meditation, calming and restful to eyes, and filtering out distractions (Kamaruzzaman & Zawawi, 2010). As the color for the “Go” signal, it signals a start and a new beginning.

RECOMMENDED USE
• The therapy and exam rooms to reduce stress.

Yellow

Yellow has been often referred to as a happy color as it resembles bright sunshine. Some studies show that yellow can improve the mood among people with seasonal affective disorder and depression. When yellow is used as an accent color in a small area, it can effectively promote appetite and create a vibrant and energetic ambience (Hendrassukma, 2016). It is also seen as open, expansive, and a sign of spiritual enlightenment (Kamaruzzaman & Zawawi, 2010).

- Yellow’s alerting impact could weaken one’s ability to focus and concentrate if it is used excessively (Emanuel, 2017).

RECOMMENDED USE
• Accent objects in the kitchen or dining room areas.

Orange

The warmness of orange can create a comfortable ambience for social interactions and can stimulate conversation (Hendrassukma, 2016). It is seen as restful, earthy, natural, soothing, radiant, glowing, balanced, and exciting (Kamaruzzaman & Zawawi, 2010).

RECOMMENDED USE
• Rugs, cushions, artworks, posters containing orange in the living room and reception areas.

Red

The use of red is surrounded in controversy. As an attention grabber, red is noted for its arousing effect on blood pressure or heart rates and as a sign of excitement and strength, courage and conviction (Kamaruzzaman & Zawawi, 2010).

- On the other hand, it has negative associations, such as failure, danger, or warning, and because it raises blood pressure and heart rate, it is unsuitable for relaxing and sleeping spaces such as bedrooms (Hendrassukma, 2016; Mehta & Zhu, 2009). Its intensity and vividness is not favored among many populations such as youth or children (Huffcut, 2010). It is associated with love and romance but also, evil and blood (Kamaruzzaman & Zawawi, 2010). Red has also been found to draw one’s attention away from a task—this may explain why students perceived red partitioned areas to be less private and perceived blue partitioned areas to be more private (Stone & English, 1998).

RECOMMENDED USE
• Red in the dining room area can stimulate appetite. However, due to its brightness, it should be used selectively, for example, on one part of the wall or just on the dining table accessories, such as tablecloth, napkins, or backrest cushions of the dining chairs.
White

The salient effects of the white color to human well-being tie it to feelings of innocence, peace, and hope because it alludes to brides, snow, angels, doves, and cotton. It is also seen as neutralizing, creating a simple, clear, refreshing, clean, airy, hopeful, open, and spacious feeling (Kamaruzzaman & Zawawi, 2010).

Negative emotional responses to white include feelings of loneliness and boredom (Kaya & Epps, 2004). Because of its neutrality, white is often used for spaces such as hospitals and apartment buildings. As such, white is associated with impersonal spaces.

**RECOMMENDED USE**

- Use selectively - for example on one wall.

Black

Black is often seen as a positive color, alluding to richness, wealth, and power (Kaya & Epps, 2004). It evokes a classic feeling, strength, seriousness, and dignity (Kamaruzzaman & Zawawi, 2010).

The color black often evokes negative emotions such as depression, fear, evil, and anger because it is associated with mourning and tragic events.

**RECOMMENDED USE**

- Use selectively, say in furniture, to create a sense of serenity in the space.

Gray

Gray can point to respect and stability (Kamaruzzaman & Zawawi, 2010).

Gray tends to be associated with negativity such as sadness, depression, confusion, as well as tiredness, loneliness, anger, fear, and boredom because it reminds participants of rainy, cloudy or foggy days (Kaya & Epps, 2004).

**RECOMMENDED USE**

- Use gray as a background color or mix different tones and shades of gray together to create a clean and crisp look (Matteucci, 2014).

Purple

The color purple references inner thought; it is mystical, magical, playful, as well as alludes to luxury and grandeur (Kamaruzzaman & Zawawi, 2010).

**RECOMMENDED USE**

- Strategically place a few purple accents to add richness and drama in the space (Matteucci, 2014).

Brown

Calm, comforting, simple.

Depressive, drab - Poverty, nature, stability (Kamaruzzaman & Zawawi, 2010).

**RECOMMENDED USE**

- Counterbalance brown with another shade on the wall to make a room feel warm and inviting (Matteucci, 2014).

Gold

The color gold is the color of success, achievement and triumph. Associated with abundance and prosperity, luxury and quality, prestige and sophistication, value and elegance, the psychology of this color implies affluence, material wealth and extravagance. Optimistic and positive, gold adds richness and warmth to everything with which it is associated - it illuminates and enhances other things around it. At the uppermost level, this is a color which is associated with higher ideals, wisdom, understanding and enlightenment. It inspires knowledge, spirituality and a deep understanding of the self and the soul. Gold is seen as generous and giving, compassionate and loving. In the Mesoamerican world, gold was perceived as regenerative and for that reason, if used selectively gold can re-instill a sense of dignity (Scott-Kemmis, 2009).

Being surrounded by too much gold can lead one to become egotistical, self-righteous and opportunistic in their quest for greater power and influence. (Scott-Kemmis, 2009).

**RECOMMENDED USE**

- Use selectively as an accent color to create richness and warmth in the space and reinstill a sense of dignity.
Circle of Life: For Native Americans, yellow, red, white, and black are the four colors in the Circle of Life. The circle symbolizes the earth, the lines represent sacred paths, and the four colors marked on the wheel symbolize the four races of humanity (Lane, 1984). The four colors also symbolize the four cardinal directions. Among the Cherokee, white represents the north (quiet, wisdom, and mental concepts), green symbolizes the south (peace, innocence, and natural man), black connotes the west (introspection and the physical), and the east is symbolized by yellow (sun, enlightenment, and spirituality). Color symbolism for the directions on the medicine wheel varies among tribes but the concept of service to others is universal (Dufrene, 1991).

Example: AIN DAH YUNG CENTER
Gathering spaces are painted with bright colors, such as saffron yellow for the living room and teal blue for the computer room to evoke a cheerful feeling. Olive green is used for the reception area to create a sense of calm.

Example: THE LINK
The wall color of each room is chosen by the youth. In the central community space, the main wall is painted with a “graffiti” type mural in vibrant colors of red, blue, yellow, etc to create an exciting and playful environment.
Music, from the flute, the drum, or songs, is a vital part of prayer and the healing process (Batchelder, 2003). Public areas, such as the living spaces and registration space, should have the capability for a sound system where the sound of the flute and the drum can infiltrate the space.

The smell of fresh air or aromatherapy can reduce blood pressure, slow respiration, lower pain perception, and anxiety. Through proper ventilation, negative smells and odors should be eliminated effectively as they can cause anxiety, fear, and stress (Schweitzer, Gilpin, & Frampton, 2004).

**Design**

- Allow for both natural and mechanical ventilation in areas such as bathrooms and kitchen.
- Use indoor plants as a way to freshen the air.

**Native Needs**

As smudging and burning sage, along with other medicinal plants, are parts of the healing process, finding a balance between being able to savor the smell of burning sage and fire protection is crucial. All areas must have suitable fire detection capability, natural ventilation, and fans. The burned sage purifies the space and lifts prayers toward the heavens.

Proper noise control is crucial in community living settings like transitional housing. Noise can cause many disruptions in youth, such as increased stress levels, pain, or anxiety and reduced ability to control one's emotions and mood, causing social disengagement or conflicts. Cognition is also impeded along with loss of perseverance. Constant exposure to unresolved noise can cause serious health damage as it can disrupt sleeping patterns, increase blood pressure, and heart rates (Schweitzer, et al., 2004).

On the other hand, studies show that lower noise levels and pleasant sounds and music can reduce stress, anxiety, or pain and promote fast recovery by improving sleep and overall satisfaction. Reduced noise levels can also reduce headaches, promote better communication between patients and family members, decrease heart and respiratory rates, decrease blood pressure, increase oxygen saturation, decrease confusion and disorientation, shorten recovery time and hospital stays, and reduce re-hospitalization. Also, well controlled noise levels can provide residents with a sense of control, privacy and safety as well as a chance to effectively communicate with friends and families (Chaudhary, Mahmood, & Valente, 2006; Joseph & Ulrich, 2007; Ulrich, 2000; Ulrich et al., 2008).

**Design**

- Reduced noise levels can be achieved by using noise-reducing finishes such as high-performance sound-absorbing ceiling tiles or by using architectural features such as single-bed patient rooms and short corridors.
- Subtle background music in the public areas such as the entry room, dining room, living room, and hallways.

**Native Needs**

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Lighting must account for both natural and mechanical lighting.

Windows

Windows are crucial to well-being for two reasons – daylight and natural views. Daylight increases feelings of openness and freedom (Edwards & Torcellini, 2002), improves mood and reduces incidence of depression (Dijkstra, Pieterse, & Pruyn, 2006; Edwards & Torcellini, 2002; Ulrich et al., 2008). Daylight is also a distraction from difficulties of treatment/therapy (Huffcut, 2010).

In terms of natural views, research on intensive or critical care units suggests that a lack of windows can detrimentally affect patients and is associated with higher rates of anxiety, depression, and delirium compared to rates for units with windows (Ulrich & Gilpin, 2003; Ulrich et al., 2008). On the contrary, views through a window may influence recovery from surgery (Ulrich, 2000). In fact, glimpses of nature from a window have been associated with the same restorative effects of nature as being in the woods (Clay, 2001; Kaplan, Kaplan, & Ryan, 1998). A view of trees for example, particularly if unmanaged and not landscaped, is preferred as it provides people with a sense of being relaxed and not irritable, calm and tranquil but also functional, productive, and capable, less likely to be forgetful and disorganized and become more productive and effective (Kaplan, 2001; Ulrich & Gilpin, 2003; Ulrich et al., 2008). If participants like what they see from their windows, it would presumably affect how they feel about their surroundings.

Also, windows serve as a medium that both connects and protects viewers – not only can a viewer stay connected to the outside world through a window, but they also feel protected (Kaplan, 2001).

The same well-being benefits go for staff. Many studies across a variety of workplaces (healthcare, office buildings) have found that employees, like patients, attach high importance to having windows and nature views are most preferred. Further, employees with nature window views are less stressed, report better health, and higher levels of job satisfaction than comparable groups who lack nature views – particularly those without windows (Ulrich, 2000).

Design

- Include views into natural landscapes and trees.
- Include views of flowers and gardens.
- Create multi-sensory experiences; plentiful daylight and windows that open to allow access to fresh air serve to connect us with the outside.

Artificial light

Artificial lighting has a great impact on creating ambience. Some researchers found that women perform better and feel more positive under lighting with warm tones in comparison to working under cool toned lighting. The opposite result was yielded for males (Knez, 1995).

Design

- Warm tone lighting bulbs (non fluorescent) for the living room, bedrooms, and dining room.
Themes can relate to waterscapes, natural landscapes, flowers and gardens with some openness in the immediate foreground; scenes with cultural artifacts, such as barns and older houses; figurative art showing positive gestures and facial expressions; or group scenes that depict friendly, caring, or nurturing relationships among people, or scenes of people at leisure in places with prominent nature. These can reduce stress and anxiety levels along with improving mood (Huisman, Morales, Van Hoof, & Kort, 2012; Ulrich 1991, 1999). In fact, pictures of landscapes were found to be as effective in soothing patients in a hospital as being outdoors in a healing garden (Ulrich, Lundén, & Eltinge, 1993).

Successful spatial navigation is an important part of a building’s function and gives occupants a feeling of control over their situation, helping reduce stress. In the often unfamiliar, inherently complex and stressful realm of healthcare environments, wayfinding becomes more critical and complicated (Huisman et al., 2012).

Design

- Devise a wayfinding plan for visitors, staff, and youth.

NATIVE NEEDS

Use a wayfinding method that reiterates the wisdom and knowledge embedded in centuries of Native history and tradition. One example is to use quotes on walls from different Nations. Examples include:

- The earth is a living thing, the mountains speak. The trees sing. Lakes can think, pebbles have a soul, rocks have power. (Jan “Fire” Lame Deer, Lakota, 1903-1976)
- What is life? It is the flash of a firefly in the night. It is the breath of a buffalo at night. It is the shadow in the grass that loses itself in the sunset. (Crowfoot warrior – 1800s)
- We walk in our moccasins upon the earth and beneath the sky as we travel on life’s path of beauty. We will live a good life and reach an old age. (Navajo blessing)

DÉCOR

WAYFINDING

Vibrant yellow walls and tile work on the fireplace depicting a blue sky and green lawn build connections to nature, reminding relatives of the world beyond. Dream catchers and miniature tents are arranged on the shelves on the top of the fireplace to instill in relatives the value of culture and traditions.

Example: AIN DAH YUNG CENTER

NATIVE NEEDS

- Include artwork that displays a connection to the earth.
- Showcase artwork produced by relatives – enable future relatives to add to this work.
- Display photos of different Native community leaders and inspirational figures.
PUBLIC SPACES
Accessible to staff and visitors as well as family and friends, donors, etc.

VISITOR ENTRANCE

Design
• Create a welcoming public entry that communicates the organization’s mission.
• Highlight work done. Examples include an exhibit of artwork produced by youth or the mission of the organization.
• Allow access to public restrooms.
• Allow access to social room.

Furniture
• Desk and chair for Security Guard. The Guard should have access to a closed-circuit surveillance system.
• Additional chairs and tables for visitors.
• Secure the entry– visitors must be buzzed in to be allowed entry.

Example: BRITTANY’S PLACE
A tile mural on the exterior by the main entry communicates a welcoming feeling, conveying the organization’s mission.

SOCIAL ROOM FOR VISITORS
This room will serve as the setting where relatives can connect with family and friends as well as for staff meetings and gatherings.

Design
• Create a calm atmosphere.
• Allow access to public restrooms.
• Place close to Entry.
• Allow for privacy.
• Include windows.
• Ventilation should be suitable for smudging.
• Sitting should enable sitting in a circle.
• Have access to kitchenette for food-related gatherings.

Furniture
• Sofas and tables for visitors.
• Additional conference type set-up with a table and chairs.
• LCD projection capability.
Designs that safeguard the wellbeing of staff can help in attracting and retaining a qualified and committed personnel.

Multiple staff are needed to run this operation, anywhere from 20-30, full time and part time. These include the Case Manager, Shelter Coordinator, Facility Manager, IT manager, Finance Director, mental health case manager, tobacco prevention coordinator, chemical dependency prevention coordinator, family advocate, and staff for the Indian Child Welfare Act (ICWA) monitoring.

Although much of the emphasis on studies of trafficking has been on the victims, the well-being of staff is equally important (Baker, O’Brien, & Salahuddin, 2007). Constant hearing and processing of youths’ horrendous stories of abuse, seeing mental and physical health deteriorate, suicides and murders can traumatize staff (Kidd, Miner, Walker, & Davidson, 2007). Staff can get overwhelmed, feel hopeless, and generally experience negative feelings and stress that nothing can be done as a result of constantly fighting for resources and otherwise battling social systems/stigma and “losing.” The low paying nature of the job also falls in this category as personal financial stress can become overwhelming and distracting, especially when higher paying jobs can be found in other sectors (El-Zeiny, 2012; Kidd et al., 2007; Knight & Haslam, 2010; Kweon, Ulrich, Walker, & Tassinary, 2008; Paquet et al., 2013).

Office spaces can be individual or multi-space. Employees in a multi-space office have more than twice as many interactions with other employees than in a traditional cell-space office. The multi-space concept should be supplemented with quiet rooms, spaces for teamwork, break areas and meeting rooms (Boutellier, Ullman, Schreiber, & Naef, 2008).

### Design

- Allow for at least 4-5 separate and private office spaces.
- Combine multi-space with private spaces.
- Staff should be able to decorate and personalize their workspace as this was found to lead to a further improvement in feelings of psychological comfort and to an increase in levels of productivity, job satisfaction, and physical comfort. It also led to tasks being performed more quickly and to an increase in organizational citizenship behavior (Knight & Haslam, 2010).
- Accessible from the public Entry Space.

### Furniture

- Desk space and chair, preferably ergonomic.
- Filing cabinets.
- Chair for visitors.
- Standing and walking while working are good for health, since exercise, even in five-minute bursts throughout the day, has been shown to increase overall health, self-control, patience, cognitive skills and decision-making ability (Sykes, 2012).
- Plants, artwork, or photography from nature can be installed in areas accessed by staff to reduce stress and anger in the working environment (Kweon et al., 2008).

### Example: THE LINK

Office spaces at The Link include both private and shared spaces. Staff are encouraged to bring personal furniture to add an individual style to their office. Also, most of the staff offices are located around the connecting room in the center of the facility and have windows facing the center room. The layout and window connections of offices allow for easy access and communication with the youth.
The Link operates with the premise that care for the youth is tied to care for the staff. Distressed counselors or staff cannot create a healthy environment for the youth. The Link’s staff lounge area enables staff to stop by in the middle of the day, decompress, and recharge before continuing on.

### Conference room

A conference room is the setting where meetings with staff, donors, volunteers, and different providers take place. The design and location of the conference room should effectively supplement the flow of interactions and exchange of information. The space should also support spontaneous meetings and informal work (Gum, Prideaux, Sweet, & Greenhill, 2012; Mishra & Mishra, 2009).

### Design

- A space to hold meetings and gatherings for at least 20 people.
- Allow for windows.
- Allow for privacy.
- Access to kitchenette.

### Furniture

- Table and chairs for around 20 people.
- LCD projection.
- Storage cabinets.
- Furniture should be movable to allow for different types and sizes of meetings.

### PRIVATE SPACE FOR STAFF

Avoiding burn-out.

The opportunity for self-care and a space to recoup and re-energize as well as restore and revitalize one’s spirits are crucial for the well-being of staff as when working with a traumatized population, one must stay balanced to avoid burn-out (Pierce, 2009; Taylor, 2005). Short breaks and alone times can prevent staff from a feeling of overload and burnout. Enjoyable and restful workday breaks have been found to improve the recovery of a group of service employees (Trougakos, Beal, Green, & Weiss, 2008).

Part of the challenge is that staff are constantly role modeling and youth need to see them learn and grow. Therefore, staff mental well-being must also be protected and a private space where they can decompress is an instrumental part of this process. A functional “offstage” area, where the staff are not “on show” to the public (Brown, 2009) would help staff decompress. This place can offer a setting for casual conversations to exchange information and assist to build peer relationships (Hedberg & Larsson, 2004).

### Design

- Allow for windows.
- Allow for privacy.
- Access to kitchenette.

### Furniture

- Lockers to place valuables.
- Tables and chairs.
- Lounge area with comfortable sitting.

### Example: THE LINK

The Link operates with the premise that care for the youth is tied to care for the staff. Distressed counselors or staff cannot create a healthy environment for the youth. The Link’s staff lounge area enables staff to stop by in the middle of the day, decompress, and recharge before continuing on.
A kitchenette that can be used for short breaks and that enables staff to prepare meals for themselves can promote opportunities to build relationships among staff, cultivating workplace support and ultimately, leading to improved care for the youth. Tea or coffee breaks stimulate the social and symbolic life within the workplace, allowing for communities of coping to develop (Korczynski, 2003; Stroebaek, 2013). Among shelter workers and crisis intervention personnel, perceived social support has been related to the use of adaptive coping strategies and to lower levels of burnout (Baker, O’Brien, & Salahuddin, 2007).

**Design**
- Locate between the conference room and the break room to ease access.
- Allow for windows and views to the outdoors.

**Furniture/Equipment**
- Table, chairs, storage for utensils.
- Refrigerator, sink, microwave, cabinets.

**Staff/Visitor Restrooms**
These should be easily accessible from the Entry Space as well as the Offices.

**Storage Space**

**Saving energy and time.**
Administrative duties, including maintaining and organizing donated products are one of the most time consuming tasks for staff. Donations include clothing, shoes, games, hygiene products, etc. Appropriately sized and well-categorized storage space is needed for staff to efficiently track and manage the flow and use of donations. It allows staff to redirect their energy and time into caring and interacting with the youth.

**Design**
- Storage room should be easy to access from drop-off area to facilitate the carrying and unloading of donation items.
- Location should also be easy to access for youth so they can take advantage of the donated items.
- Space should be lockable.
- Shelves for organizing and storing different size items.
- Lockable storage cabinets for items that need to be secured.

**Challenge**
- Combining storage with other spaces, such as the multi-purpose room or the garage creates disruption to other activities held in the room and leads to a feeling of disorganization and lack of order, feelings which are the opposite of those the space is meant to engender in youth.
PRIVATE SPACES

This section of the building should be only accessible to relatives and selected staff.

ENTRY AREA

Alleviating anxiety and tension.

Relatives arrive to the building either with police officers or social workers, sometimes with their parents. The building’s entrance is the first place they will see upon entering. As a result, it should exude a feeling of warmth, safety, and welcome and help alleviate anxiety and tension. At the same time, the entrance area should be private for the protection and security of relatives.

Design

- Access to the building must be private to prevent youth from being seen if followed by trackers.
- Overall feeling of safety and welcome.
- Storage for shoes, coats, etc.
- Bench or chair and table.
- Music system.

NATIVE NEEDS

Everything on the earth has a purpose.
Every disease, an herb to cure it, every person a mission.
This is the Indian theory of existence.

Mourning Dove, Salish 1888-1936

Include this poem on wall to remind relatives that they have a purpose in life.

Example: THE LINK

The resident entrance at the Link is the same as the main entrance. Finished with red walls and boasting a stone brick fireplace, the space exudes a sense of safety and welcome.

Example: BRITTANY’S PLACE

Youth enter the building through the garage, which enables secure access in the sense that youth are not seen by outsiders. The car enters the garage through an intercom system to protect the youth’s privacy.

The challenge is creating a welcoming and safe feeling as garages are typically sterile and neutral environments that often involve other functions, such as storage.
Registration Area

Engendering trust.

After entering, relatives move to the Registration Area, which should be easily accessible from the Entry area. The Registration Area is where the youth will be introduced to the staff and where information will be exchanged. Once again, a sense of welcome and trust must be engendered.

<table>
<thead>
<tr>
<th>Design</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Access from entry to registration area should convey sense of welcome, trust, growth, and opportunity.</td>
</tr>
<tr>
<td>• Create a sense of welcome by using colors, comfortable furniture, window views, plants, decorations, and music.</td>
</tr>
<tr>
<td>• Space should be secure and private.</td>
</tr>
<tr>
<td>• Allow for access to private spaces. This access should be designed in a way that prepares the youth for a positive experience— i.e. create sense of openness, welcome, and comfort.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Furniture/Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Office desk, desk chair, file cabinets for secure storage of paperwork.</td>
</tr>
<tr>
<td>• Additional seating for youth and accompanying advocates.</td>
</tr>
<tr>
<td>• Access to lockers to store valuables and possessions not allowed in the Private spaces.</td>
</tr>
<tr>
<td>• Include a sound system that enables the sound of healing music from the flute or the drum to infiltrate the space.</td>
</tr>
</tbody>
</table>

NATIVE NEEDS

Walking. I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.

Linda Hogan, Native writer, b. 1947

Include this poem on wall to remind relatives that they are part of a community.

Example: AIN DAH YUNG CENTER

Being a house, the entry space takes the form of a foyer. The Registration desk is to the side and not immediately visible, reducing the feeling that one is controlled and ordered what to do. Its openness also creates a sense of connection and welcome.
THERAPY ROOM

Accelerating the healing process.

Mental health concerns are among the primary issues trafficked relatives must overcome. These include depression, anxiety, nightmares, flashbacks, low self-esteem, and feelings of shame or guilt. A substantial number of relatives suffer from other psychological disorders, including acute stress, bipolar, depersonalization, multiple personality, and borderline personality disorders. Many would have attempted suicide and experience Post Traumatic Stress Disorder (Lederer & Wetzel, 2014). Neurological problems, such as memory problems, insomnia, or poor concentration exacerbate their fragile condition (Lederer & Wetzel, 2014).

Youth mental health and wellness have strong ties to higher rates of high school completion, psychological recovery and quality of life (Geenen et al., 2015). Access to a dedicated therapy space, one that promotes a sense of privacy and security, is vital for relatives’ healing process, accelerating their readjustment to a normal life (Medina-Mirapeix, Del Baño-Aledo, Oliveira-Sousa, Escolar-Reina, & Collins, 2013).

Using other spaces for this function is not as productive as often, privacy is compromised and interruptions by others can disrupt the conversation flow. The space could also be used for holistic health care (ex- acupuncture, acupressure, and massage as sources of safe, healing touch) (Pierce, 2009).

Design

- Evoke an overall feeling of comfort and calm.
- Locate in an easy to access and secure area for youth.
- Allow for privacy.
- Access to exterior windows and views.

Furniture/Accents

- Desk and chair for staff.
- Additional comfortable chair for youth.
- Lockable storage for records.
- Use natural colors and materials, such as wooden side tables, fabrics with natural scenes, and warm toned walls.

Example: THE LINK

The Link’s Therapy Space has flexibility to accommodate both group and individual sessions. While interior windows give a feeling of openness, window blinds are used to protect the privacy of the youth during sessions. This room is adjacent to the hallway that leads to the youth residential area in order to increase the sense of accessibility.
Nurse Station

Given all the physical ailments trafficked relatives suffer from, a Nurse Station would allow for exams and consultations in a secure and private space. Research has shown that trafficking perpetrators subject their victims to poor nutrition, dangerous working conditions, and increased exposure to infectious disease, such as HIV/AIDS syphilis, trichomoniasis, gonorrhea, chlamydia, herpes, pubic lice) as well as urinary tract and yeast infections (Gajic-Veljanoski & Stewart, 2007; Raymond & Hughes, 2001).

**Furniture**
- Chair, exam bed, and desk space.
- Sink.
- Lockable storage.

**Design**
- A sense of welcome and trust through colors and decor.
- Locate close to Therapy Room and private areas.
- Window.

SOCIAL SPACE

Bringing people together and promoting well-being.

Friendships are important for adolescents’ emotional development. The associations between friendship intimacy and emotional well-being strengthen with age and support from friends helps youth manage their mood and emotions (La Greca & Harrison, 2005; Weinstein, Mermelstein, Hedeker, Hankin, & Flay, 2006).

By socializing, activities that bring people together and promote well-being can happen, such as laughter. A growing body of research supports the physiological and psychological benefits of laughter. Laughter can bring people together, lift their spirits and give them a sense of empowerment. When one laughs, the focus is on the moment and the act of laughing, which relieves physical or emotional stresses or discomfort, positively influences well-being and health, including muscle tension, cardio-respiratory functioning and various stress physiology measures (Bennett & Lengacher, 2007). The benefits carry through for teenagers and adolescents with fuller social lives were found to experience better health than their lonelier peers (Yang et al., 2016).

The same goes for dance. A meta-analysis of 27 studies on the effectiveness of dance movement therapy, published in Arts in Psychotherapy, concluded that dancing’s positive effects extended to an increase of subjective well-being and quality of life, positive mood, affect, and body image, possibly even interpersonal competence (Koch, Kunz, Lykou, & Cruz, 2014).

**Design**
- Feelings of openness in shared spaces can enhance social interaction and cultivate connectedness to staff and to each other (Kutash & Northrop, 2007).
- Wall decor should be communicating healthy and positive messages with reference to a promising future and expanding their understanding who and what they can become. Examples include: exhibit of positive images from around the world, inspirational quotes, role models, different words in different languages, and artwork they produce.

**Furniture/Amenities**
- Television and music players.
- Comfortable furniture such as sofas and side tables. Multiple seating options offer more choice and control. These should be clustered for different group activities, promoting socialization, such as conversation zones or around small tables.
- Include a fireplace. Fire is essential to life as it provides light, warmth, and protection. Spiritual connections are also formed through the shapes and shadows of the flames. With its drifting and disappearing smoke, the fire symbolizes creation and change, helping in the healing process.
Supporting healthy lives.

Cooking and eating meals together provides relatives with a sense of consistency as well as opportunities to socialize with staff and other relatives. Such meal times help youth develop communication skills and healthy eating habits (Eisenberg, Olson, Neumark-Sztainer, Story, & Bearinger, 2004; Fulkerson, Kubik, Story, Lytle, & Arcan, 2009). Furthermore, several cross-sectional and longitudinal studies have shown significant inverse associations between family meal frequency and substance use (tobacco, alcohol, and marijuana use), low grade point average, depressive symptoms, and suicide involvement, particularly among adolescent girls and these associations were true regardless of connection to family members (Fulkerson et al., 2009).

**COOKING SPACES**

**Kitchen**

The main commercial-type kitchen is to be used by staff (and relatives when possible) to prepare meals.

**Design**

- Cool colors, like gray, give the impression of practicality; white gives a hygienic impression, and yellow, which can evoke good mood can be applied on the walls of the kitchen or the kitchen cabinets (Hendrassukma, 2016).
- Decor that promotes healthy eating speaks to importance of food in healing.
- Allow for multiple cooks and multiple cooking stations to engage relatives in preparing meals.

**Furniture/Equipment**

- Space to store plates, utensils, and glasses in accessible ways.
- Secure and lockable storage for items such as knives and equipment that could be deemed dangerous.
- Storage space for non-perishable foods. This can be a pantry that is located close to the cooking areas.
- Cooking stove, commercial size freezer and refrigerator, sinks, and dishwasher.

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**NATIVE NEEDS**

- Ability to gather in a circle and engage in talking, drumming, dancing, and storytelling.
- Acknowledge the four directions in the design—East, West, North, and South.
- Decorations with Native artwork, inspirational quotes, etc.
- Space could be used to teach Native music, such as flute or drumming as well as teach Native traditional dances.
- Access to a sound system that allows for Native music to be heard in the background.
- Teaching and listening to Native songs.

Example: **BRITTANY’S PLACE**

The central gathering space at Brittany’s Place is connected to the private rooms as well as the kitchen and dining area, fostering connectedness and a sense of community.
The kitchen is equipped with professional appliances such as stainless steel sinks, ovens, gas stoves, two door fridge, and freezer. The kitchen area is open and connects to the dining area by an oversized island and a high counter bar. White ceramic tile backsplash, ceiling lamps with opaque glass shades, and white granite countertops deliver a modern ambience, inviting youth to lounge and socialize during meal preparation.

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Example: **AIN DAH YUNG CENTER**

The current kitchen is a centralized commercial kitchen which is accessible to all residents. Equipment includes two stainless steel stoves, commercial ovens, a two-door fridge, and multiple stainless cooking surfaces. The kitchen accommodates community-style cooking for daily meals and feasts for cultural events and celebrations. It is adjacent to the dining area, making it easy to transfer meals to the table.

### Kitchenette

This space is to be accessible to relatives at all times of the day.

### Furniture/Equipment

- Space to store plates, utensils, and glasses in accessible ways.
- Sink, refrigerator, microwave.
- Cabinets to store food for after hours and snacks.
Cultivating togetherness, support, and gratitude.

Eating areas function not only as a space to serve meals but also as a center of gathering and social interaction, where a sense of togetherness and support is cultivated. The frequency of family meals have been found to be an external developmental asset or protective factor that may curtail high-risk behaviors among youth (Fulkerson et al., 2006). Family meals offer routine and consistency and provide an opportunity to socialize children and teach them about communication skills, manners, nutrition, and good eating habits (Fulkerson et al., 2009; Hendrassukma, 2016). Encourage activities such as counting your blessings, which has been found to evoke positive emotions, helping people improve health and deal with adversity as well as build and maintain strong relationships with others (Sansone & Sansone, 2010). Gratitude encompasses many aspects of one’s life, from personal health to family members and friends, being alive and feeling the sun on your face, and access to material possessions and a caring environment.

**Design**

- Adjacent to social and cooking spaces.
- Can double as gathering and activity center.
- Create a warm and inviting atmosphere to nurture a sense of togetherness and belonging among the youth.
- Lots of light and openness.
- Space could be decorated with a mural or other meaningful item to communicate value and worth as well as tradition and respect.
- Wall decor should be communicating healthy and positive messages such as “keeping our environment clean and healthy.” An orderly environment allows people to focus on what brings them joy in life and implies a sense of control and self-worth. Neuroscience research adds fuel to these perceptions by highlighting the negative impacts of a cluttered environment as restricting the brain’s ability to focus and process information (McMains & Kastner, 2011).
- Table and chairs for shared meal – accommodate around 12 people (relatives and a few staff).
- Space to store materials for crafts and other activities.

**NATIVE NEEDS**

In the words of Deb Foster, Director of Ain Dah Yung Center: “And then of course, in the American Indian community everything is centered around food. It’s just, you rarely go to any Native meetings where there’s not food being served, or feast, because it’s just part of our culture. Our traditions and cultures really center around giveaways, and so it’s all about giving to whomever, and that means you feed and nourish people.”

**Example: AIN DAH YUNG CENTER**

Part of a historic Victorian mansion, the dining room is adorned with wood paneling and built-ins. Furniture include a wooden table and chairs. The youth occasionally create handmade ornaments in the dining room according to the seasons and events. Hand-made pink heart-shaped ornaments celebrated Valentine’s day.
SLEEPING AREAS

“Spend some time alone everyday,” Dalai Lama

The value of sleeping areas is increasing during adolescent years as it becomes a hub of their senses of self and autonomy (Back, 1998). In the case of transition housing, there are two types of sleeping areas: private and shared, each with its own pros and cons. A mix of individual and shared rooms can accommodate differing needs and provide relatives with options and choices.

Private sleeping areas

“Spend some time alone every day,” the Dalai Lama urges in his teachings. Alone time is beneficial to everyone, including teenagers in terms of adjustment. Kids who spent between 25 and 45 percent of their non-class time alone were found to be better adjusted and tended to have more positive emotions than their more socially active peers, were more successful in school, and were less likely to self-report depression (Larson, 1997). Spending time apart from others, allows for a kind of introspection — and freedom from self-consciousness — that strengthens adolescents’ sense of identity and enables them to rebound. Being away from the gaze of other people is as important as being with others to well-being.

Shared sleeping areas

Shared bedrooms on the other hand, help establish bonds between residents, forming support systems by increasing a sense of community (Rutledge, 2015).

In order to avoid space conflicts, larger bedrooms should be created to better accommodate multiple people (Rutledge, 2015). The shared bedroom lacks the physical security (e.g., place for relaxation/ memorabilia) and sense of control (e.g., control of audience/ own time use/ the space itself) (James, 2001). Such stressful situations (e.g., dealing with noise made by roommates) should be avoided because it causes feelings of being victimized and lack of control (Schweitzer et al., 2004).

Example: THE LINK

A label for each bedroom door is selected among the names of inspirational and historical leaders. The youth are also encouraged to paint their spaces with their own choice of color in order to nourish a sense of autonomy as well as personalize their doors with messages.
Design

- The general layout should not feel institutional, like a double-loaded corridor with rooms on either side. Instead, create a layout that allows for privacy while engendering a sense of community.
- Relatives should be able to personalize rooms with items they value, such as hand-made crafts, pictures, books, etc.
- Window that can be closed for privacy.
- Door should have a window for monitoring.
- Floor should be easy to clean. Carpets for example, should be avoided.
- Allow for customization of door to the exterior.
- Each room should have a name, such as action verbs like Imagine, Dream, Inspire, etc., or animals, or countries, etc.
- Allowing control over the temperature (i.e. air conditioning, heating).
- Allowing control over lighting levels (both electrical and natural through switches, dimmers, and window coverings).
- Allowing control over the position of the bed or other room elements.

Furniture

- Closet and chest of drawers.
- Chair, like a reading chair or rocking chair.
- Bed, desk, and chair.

Example: BRITTANY’S PLACE

Youth can select their own room setting among single and triple bedrooms. Some youth thrive in a space with absolute privacy while others feel more comfortable and safer when they are surrounded by trusted friends. Upon intake, girls are typically given a single room to let them get to know people before deciding on a roommate.

Bedrooms at Brittany’s Place are located around a middle gathering area. They are furnished with wooden single beds with drawers, chairs, small wooden desks, and a wardrobe. A personal white board is installed next to each individual desk in the bedroom.

NATIVE NEEDS

Each room can be named after an inspirational Native elder or a landscape with meaning to Native history and tradition.
HYGIENE SPACES – Resident Bathroom

Safeguarding a sense of dignity.

Bathrooms, along with bedrooms, are the spaces most likely to trigger traumatic memories for relatives. Therefore, bathrooms should be able to address relatives’ heightened need for privacy and comfort, restoring and safeguarding their sense of dignity (Hutton, 1999). Bathrooms can be private or shared.

Private bathroom

- Permit the full range of privacy, which allows relatives to exercise autonomy, maintain individuality, and adopt choices and control.
- Bathroom that are private can make residents feel isolated, arousing loneliness due to lack of companionship and security of peers (Kane, Baker, Salmon, & Veazie, 1998).

Shared bathroom

- The community aspect of shared bathrooms allows residents to become familiar with other residents and feel comfortable.
- However, community-shared bathrooms could potentially be a source of conflict and residents may not feel comfortable leaving their belongings there (Rutledge, 2015).

Design

- Create a sense of openness as tight spaces can have negative associations for the youth.
- Include tilework that boosts calming and natural colors and scenes to distract relatives’ minds and create an inviting atmosphere.
- Choose colors that give the impression of relaxation, calmness, fresh, and clean, such as blue or green. The use of white is always an option for a bathroom because of its association with purity but can be cold and sterile.
- Easy to keep clean.
- Lockable from inside but able to be opened from the outside for security.
- Adequate lighting for the room as well as for tasks such as removing make-up.

Fixtures

- Toilet, sink, and shower.
- Shelf to place toiletries.
- Hanging hooks to hang towels, robes, etc.
- Place to sit if needed.
- Emergency button.
- Storage that can also be locked and provides a drawer for each resident.
- Grab bars for those who need help sitting/standing.
- Avoid institutional signs that read “bathroom” etc. Use other more relatable symbols to convey use of spaces from the exterior, such as ‘happy’ image of a bathtub.

Example: THE LINK

Shared bathroom/shower are used, easily accessible from the sleeping areas.

Example: AIN DAH YUNG CENTER

Bathrooms are shared with one bathroom on the boys’ floor and one bathroom on the girls’ floor. The interior is finished with teal blue walls and opaque glass sliding doors on a bathtub, creating an ethereal and calming atmosphere that has references to the sky and water, natural elements that can aid in healing.

Example: BRITTANY’S PLACE

With no windows and sterile tile finishes, this private bathroom becomes a solely practical space, limiting its potential for healing.
Cultivating future aspirations.

A substantial body of evidence links educational attainment to lifelong health outcomes through three interrelated pathways: (1) development of psychological and interpersonal strengths, such as a sense of control and social support, which in turn contribute to healthy social interactions; (2) problem-solving abilities and the ability to pursue and maintain productive work and adequate income, and the health benefits they provide; and (3) adoption of healthy behaviors (Braveman, Egerter, & Williams, 2011; Feinstein, Sabates, Anderson, Sorhaindo, & Hammond, 2006). Classrooms that nudge relatives to continue their high-school education are pivotal for their rehabilitation and readjustment to society—high school completion (HSC) is an established predictor of long-term morbidity and mortality (Hahn et al., 2015).

ACTIVITY SPACES—Classroom

The space could accommodate activities such as:

- Regular classes along with vocational training that helps relatives find jobs.
- Learning an instrument, as actively learning to play an instrument has been found to help a child’s academic achievement and the intense, multi-sensory, and motor experience can bolster their developing brains (Hyde et al., 2009).
- Employment services along with academic and career counseling. Employers willing to provide internships where relatives can develop skills and build confidence in their abilities can visit and recruit youth (Pierce, 2009).
- Location should be easy to access from private areas.

Furniture

- Desks and chairs for 10-12 youth. Allow for movable and flexible arrangement of class space to support diverse ways of learning. Allow for single desks and space between them to accommodate the needs of relatives who cannot have others close to them or who need to have a wall behind them to feel secure.
- Desk and workspace for teacher, including storage for class materials that can be locked.
- Storage for books and class materials in the form of shelves and cabinets.
- Pin-up boards.
- Computer and LCD projector.
- Windows for lighting (allow for privacy by using shades).

Example: BRITTANY’S PLACE

A laundry room at Brittany’s Place is located by the social area for the convenience of residents. Painted blue, it is an inviting and attractive space, helping convey to residents the importance of a clean and orderly life.
Example: AIN DAH YUNG CENTER
Ain Dah Yung Center’s relatives use a computer room to work on their homework and projects. Two tutors are invited to help with relatives’ academic progress in the computer room. The computer room is painted with bright teal blue, and the walls are decorated with traditional Native patterns in yellow, red, white and black to express Native pride and add excitement and energy, helping position relatives’ future.

Example: BRITTANY’S PLACE
The classroom is furnished with individual tables for students, placed in a circular manner. The teacher can sit in the middle or at the teacher’s desk in one of the room’s corners.

NATIVE NEEDS
The Circle of Courage® provides a foundation for a culturally integrated curriculum. This Native-based model helps students develop the relational Native worldview and incorporate it into academic learning styles (James & Renville, 2012).

Belonging: Opportunity to establish trusting connections.
Mastery: Opportunity to solve problems and meet goals.
Independence: Opportunity to build self-control and responsibility.
Generosity: Opportunity to show respect and concern (Brendtro, Brokenleg, & Van Bockern, 2005, p. 132).
Expanding world awareness.

Youth should be able to move through their day to various areas in the building. A library, a dedicated space with books, will enable them to be inspired about who they can be and expand their world and awareness. Reading and telling stories helps people identify dominant problem-saturated narratives, discover exceptions to these narratives, and generate alternative preferred stories to “re-author” their lives (Hannen & Woods, 2012).

Storytelling can help to process traumatic memories in a healthier way as stories can be reconstructed by one’s perspectives to numerous revisions. By revising stories, one can develop strength and learn coping skills (Hannen & Woods, 2012). Projecting one’s stories through other’s stories can have a similar impact. This dedicated Library space can allow relatives to explore others’ life stories, gaining strength and coping skills through them.

### Design
- Windows for light and views to the outdoors.
- Access to computers, resources, and websites (e.g. Minnesota Indian Women’s Resource Center, Minnesota Indian Women’s Sexual Assault Coalition).

### Furniture
- Shelves for books.
- Comfortable chairs to lounge and read, including rocking chairs.
- Additional task lighting.

### NATIVE NEEDS
Expanding relatives’ perception of the world is part of the healing process. The library can be the setting where references to the Pan-Indian identity are constructed and nourished while at the same time, relatives are exposed to the richness in stories and places of planet earth. This can be accomplished by:

- Books on indigenous people, natural landscapes, and different countries around the world.
- Photography exhibits of indigenous people and their lands, cultural artifacts, Native leaders, etc.
- Artists such as Kali Spitzer and Leah Rose Kolakowski can be invited to exhibit their work and run workshops.
- Exhibits of artifacts, landscapes, and crafts from around the world—could be a collaboration with a local museum.

### Example: THE LINK
Youth at the Link typically attend regular schools. The main social area includes a section that can be used for teaching and crafts, which has a blackboard-wall for writing and storage for materials.
Reclaiming the past and fostering a sense of continuity. A flexible space to accommodate various activities is necessary for relatives to maintain physical and psychological well-being. This space can be used for anything from yoga to tai-chi, and craft-making. Yoga and meditation have been found to effectively improve levels of anxiety and stress by increasing self-control (Weaver & Darragh, 2015). Craft-making or art and other mediums for self-expression such as journaling allow a person to discover their own internal strengths (Batchelder, 2003). The multipurpose room should promote chances to develop positive coping skills and manage emotions and stressors.

### Design

- Windows should connect to nature.

### Furniture

- Furniture arrangement should allow for flexibility.

### Native Needs

Craft-making is an instrumental way by which Native Americans can reclaim spiritual, temporal, social, cultural, and historical continuity (Hadjyanni & Helle, 2009). At the same time, gift-giving is a way to build cherished relationships among community members. A place to create crafts for personal use, as a means to foster connections, and a potential source of income, is crucial to relatives’ ability to heal as well as transition to a life of independence.

- Effective ventilation and fire alarms with low sensitivity to enable smudging/burning of sage rituals.
- Secure and lockable storage for craft materials and work-in-progress. Various sizes of cabinets / drawers must be provided to allow for anything from beads to birch bark and fabrics, as well as beaded jewelry to birch-bark canoes and jingle dresses to be securely stored.
- Access to sewing machines and space to lay out a quilt for example that is being crafted.
- On wall, include the quote:

> In order to heal, we must be seen and heard.

*Kali Spitzer, Explorations of Resilience*

### Example: THE LINK

The Link offers a large high ceiling community room in the center of the facility. It serves as the heart of socialization and entertainment, hosting art and craft stations, books, television, puzzles, games and massage chairs, punching sandbag, and table football. Dinners are also served in the corner of this room. The open layout of the room allows youth to gather and helps staff to effectively supervise and maintain their safety.
Adolescents who garden were found to have improved healthy dietary habits, such as greater fruit and vegetable consumption. The increase in physical activity they experienced added to their mental health and well-being, and they expressed higher family connections than those who did not participate in gardening (Van Lier et al., 2017).

Gardens have been found to be important mediums in healing and recovery because they foster social support, sense of control, physical movement, and healing energy (Erickson, 2012; Uldrich, 1999). Being surrounded by nature can ease tension and give a sense of relief from stressful routines. By resting in a garden and by maintaining a garden, relatives can have opportunities to develop positive coping skills to manage their emotions and restore their spirit (Marcus & Barnes, 1999). Studies found that significant physiological restoration is manifested with as little as three to five minutes of exposure to nature (Joye, 2007; Laumann, Gärling, & Stormark, 2003; Ulrich & Gilpin, 2003). Feeling the sunlight, viewing trees and flowers, listening to the sounds of water or bird songs can be restorative, rechanneling one's attention to positive distractions and reducing stress (Ulrich, 1999; Whitehouse et al., 2001). In planning outdoor spaces, consider input from various disciplines (landscape architects, art therapists, horticulture therapists, recreational therapists, occupational therapists) (Ulrich, 1999).

### Design
- **Provide choices**—The garden should offer choices for different activities, such as socializing, spending time alone, strolling, engaging in vigorous exercise, or simply sitting and enjoying the sun.
- **Sense of control, privacy, and accessibility.**
- **Need to balance ease of finding the space with safety and security, such as lockable doors.**
- **Not visible from surrounding streets or properties.** Space can be sheltered by the building or by a high fence. Ensure that youth would not feel caged in, but instead, would feel the sense of openness that comes from being outside.
- **Open area to have work out and activities such as yoga, badminton, and frisbee.**

### Furniture/Other needs
- **Diversify seating choices to include individual chairs or benches, with or without armrests, fixed or movable, alone or in small groups, in sunny and shaded areas.**
- **Include elements such as verdant foliage, flowers, non turbulent water, and park-like spaces (grassy space, scattered trees) with seasonal plants and trees.**
- **Integrate a rainwater collection basin to support environmental sensibility.**
- **Different size patios or decks to allow different forms of interaction.**
- **Create garden paths.**
- **Allow space to grow vegetables and flowers.**
Native American collectivism extends to spirituality and the notion of respect which posit all things, earth, animals, people, and spirits, as equal and as connected under one Creator (Boatman, 1992). By growing traditional Indian plants and herbs, such as sweetgrass and sage, relatives can connect to the wisdom of their ancestors and strengthen their ability to restore their lives (Brys, 2014).

The **Native medicine wheel** represents the process of restoration in the natural world, providing relatives with a map to their journey of healing. Positioning one's self within the medicine wheel (birth, death, and rebirth) can give relatives hope as it has been found to help in the treatment of substance-abuse in Native youth (Gone, 2011).

Medicine wheels are circles that have horizontal and vertical lines through the center. The circle represents the pattern of ongoing life and death, and horizontal and vertical lines drawn through the center represent the sun and the human's sacred path. The lines refer to the cardinal directions, and each is associated with a color and a particular messenger. For example, East is associated with yellow and the brown eagle. An eagle feather attached at the center is a sign of the Great Spirit's power over everything. One of the main functions indigenous healing shares with mythology in general is the construction of a symbolic world in which the individual can feel familiar, safe, and comfortable (Dufrene, 1994). A garden that relates to the Native medicine wheel can support relatives' healing journey.

### Example: THE LINK

The Link's garden is used to grow vegetables and is maintained by the youth and volunteers. It functions not only as a natural resting area but also as a bridge connecting the youth and the surrounding community. A wooden barn door at the entrance of the garden acts as a symbol of the transition youth can undergo.

### Example: AIN DAH YUNG CENTER

Sweetgrass, sage, tobacco, and cedar is grown in Ain Dah Yung Center's garden and used for traditional healing ceremonies. Medicinal plants are harvested and dried in the multipurpose room/staff office in the basement, emanating history and tradition in the space and beyond.
Outdoor Exercise Space

Strengthening mental and physical well-being.

Children and youth are the greatest users of the outdoors. With space to exercise, run, play games, or simply socialize, relatives' mental and physical well-being can be strengthened.

Cross-sectional studies included a survey of high school students, in which participation in team sports was associated with lower general risk-taking and fewer mental health and general health problems compared with non-participation (Eime, Young, Harvey, Charity, & Payne, 2013; Steiner, McQuivey, Pavelski, Pitts, & Kraemer, 2000). Team sport involvement was also positively associated with social acceptance and negatively associated with depressive symptoms (Boone & Leadbeater, 2006; Eime et al., 2013). These benefits may be related to positive experiences (in coaching, skill development, peer support) enhancing perceived social acceptance and reducing body dissatisfaction (Boone & Leadbeater, 2006; Eime et al., 2013). Team sport participation has also been reported to protect against feelings of hopelessness and suicidality and improve overall life satisfaction (Eime et al., 2013; Linver, Roth, & Brooks-Gunn, 2009; Valois, Zullig, Huebner, & Drane, 2004). Social benefits included positive relationships with coaches, making new friends, and developing teamwork and social skills. Personal benefits included children being emotionally controlled, enjoying exploration, having confidence and discipline, performing well academically, managing their weight and being ‘kept busy’ (Eime et al., 2013; Holt, Kingsley, Tink, & Scherer, 2011).

These outdoor spaces/gardens could also facilitate visits by companion animals/animal therapy (Schweitzer et al., 2004). Animals, pets, plants, or views of natural landscapes, and active wilderness experiences are associated with positive effects on health and well-being (Huisman et al., 2012).

Design

- Allow for a secure space, not visible from the surrounding streets or properties, to be used for activities such as running, playing games, or simply socializing.

Furniture

- Tables, such as picnic tables and chairs for youth to be able to sit and watch or use the table for crafts and other activities.
- Include equipment for individual or group exercise such as a basketball hoop.

NATIVE NEEDS

Sweat lodge ceremonies are performed as a means for cleansing the body, mind, and spirit. The ceremony symbolizes rebirth from the earth and restores one’s wellness through harmony and balance with natural/environmental circles. It is a way for people to give back for all the things received and create an openness of spirit that makes life the growing, interconnected experience it is meant to be (Garrett et al., 2011).

Colmant and Merta (1999) state that, “the sweating process in the ceremony requires mental and physical fortitude, bringing with it a strong sense of accomplishment, thus providing an ideal vehicle for those who want to commit to change” (p. 69). Therefore, including the ceremony as part of the healing process for relatives can help increase spiritual and emotional well-being (Schiff & Moore, 2006). Participants reported greater relaxation, stress relief, sense of accomplishment, and a reconnect to their Native identity as examples of therapeutic outcomes along with increases in the level of social and family support and decreases in violent acts (Colmant, Eason, Winterowd, Jacobs, & Cashel, 2005; Gossage et al., 2003; Smith, 2005).

DESIGN CONSIDERATIONS

- Space should be identified on the site for the creation of a sweatlodge. This space should have privacy and be quiet along with being accessible.
- The space around the sweatlodge must be secured to provide for safety when not in use.
- Building a sweatlodge is part of a ceremony and proper procedures as well as material selection must be followed.
REFERENCES


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