

Biophilic Design in Behavioral Healthcare

USING NATURE TO INSPIRE CALMING AND COMFORTING SPACES

Biophilic design is defined as the basic human inclination to affiliate with nature. At its core, it is simply the "love of nature." The idea of biophilic design resonates with behavioral health as it combines therapeutic spaces with a sense of calm and comfort. This type of design strategy does not only involve images of nature as decoration to create a sense of safety and well-being for behavioral health patients, but also helps them on a deeper level by incorporating the cycles, patterns and spatial qualities of nature. Careful consideration must be given to avoid literal representations of imagery that may trigger an undesirable response. Biophilic design includes a natural or artificial lighting system that changes throughout the day, reflective of a human's circadian rhythm. It also includes artwork of nature, patient rooms that overlook green space or gardens, and public spaces that are comfortable and provide an unobstructed view of nature when seated. Sounds and textures can also be incorporated into the overall design. Sounds that are reminiscent of being outdoors can provide patients with comfort, familiarity and possible improvements in mental health. Choosing biomorphic patterns, as well as natural textures and finishes for furniture can also help create a sense of comfort. Stance Healthcare offers multiple collections of coordinating patient room and public space furniture that encourage a sense of well-being by using nature as an inspiration. These heavy-duty furniture products were developed in consultation with healthcare interior designers, behavioral health practitioners, facility managers and housekeeping staff. All of Stance Healthcare's furniture for behavioral health applications can be specified in natural textures and finishes; adhering to the biophilic design philosophies that result in soothing and therapeutic spaces.

