

# Graduation Plan

Master of Science Architecture, Urbanism & Building Sciences



## Graduation Plan: All tracks

Submit your Graduation Plan to the Board of Examiners ([Examencommissie-BK@tudelft.nl](mailto:Examencommissie-BK@tudelft.nl)), Mentors and Delegate of the Board of Examiners one week before P2 at the latest.

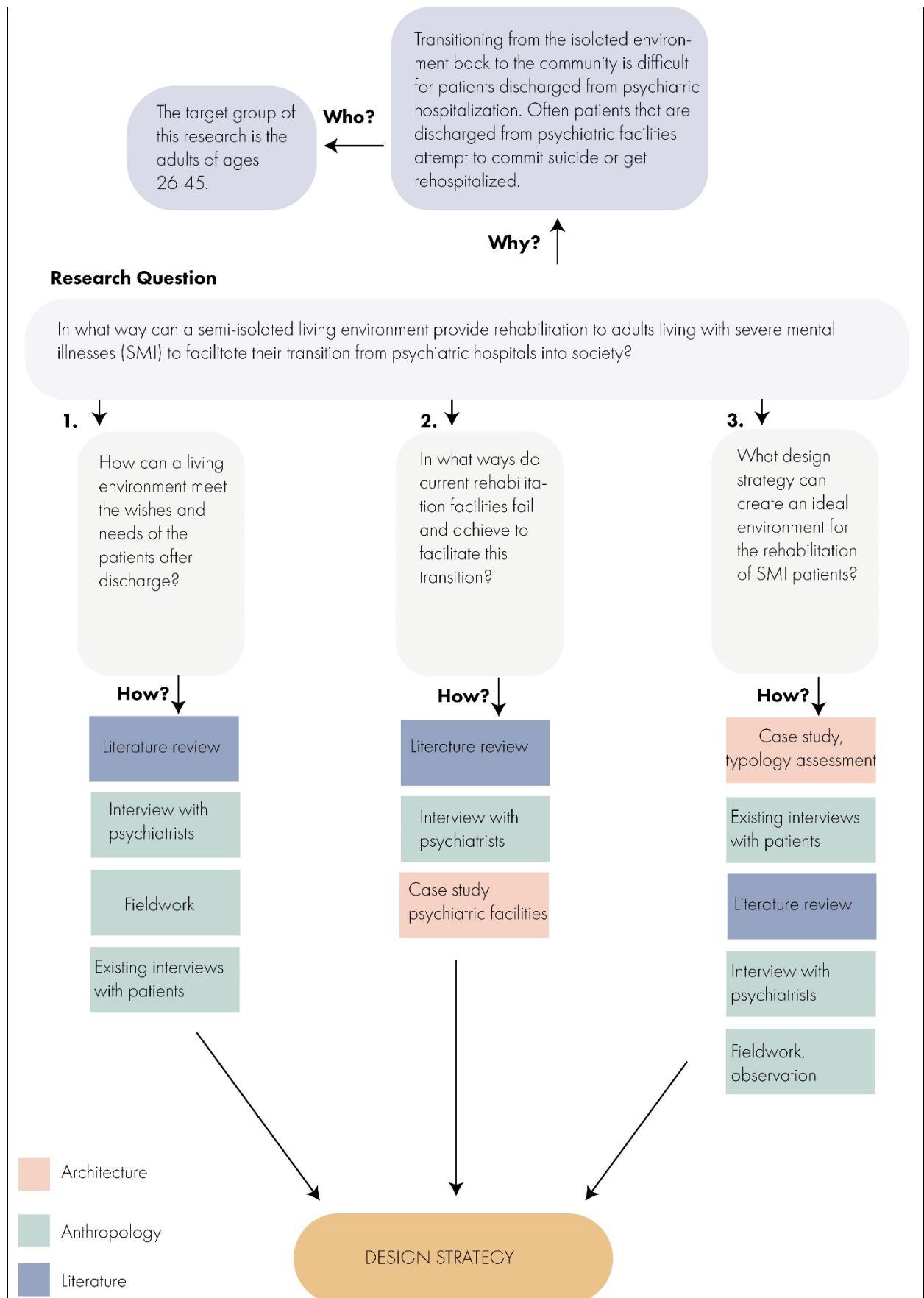
The graduation plan consists of at least the following data/segments:

Personal information	
Name	Romina Gurkan Saul
Student number	5615909

Studio		
Name / Theme	Designing for Care in an Inclusive Environment/ Healthcare, Architectural design	
Main mentor	Elke Miedema	Design
Second mentor	Jos Lafeber	Building Technology
Third mentor	Frederique van Andel	Research
Argumentation of choice of the studio	People with mental or physical health issues are also a part of our community; therefore, architectural design should be inclusive for everyone to have equal experiences.	

Graduation project	
Title of the graduation project	STEPS TO SOCIETY Rehabilitation for Severe Mental Illness Patients
Goal	
Location:	Warande, Lelystad/ The Netherlands
The posed problem,	Transitioning from the isolated environment back to the community is difficult for patients discharged from psychiatric hospitalization. As psychiatric hospitals often have controlled social interactions and routines, the readaptation of the patient to society is

	very hard, increasing rehospitalization and suicide rates.
research questions and	In what way can a semi-isolated living environment provide rehabilitation to adults living with severe mental illnesses (SMI) to facilitate their transition from psychiatric hospitals into society?
design assignment in which these result.	A temporary semi-isolated rehabilitation center that will act as a bridge between the psychiatric hospital and society.
<p>The research aim of this project is to increase the quality of life of severe mental illness patients and provide better rehabilitation in the community by increasing their self-esteem, teaching them to live independently, and preparing them for the social codes of society. As the current rehabilitation centers stay as a destination rather than a step, the aim is to create an ideal rehabilitation center where patients acquire basic skills, independence and learn to be valuable members of the community.</p>	
<b>Process</b>	
<b>Method description</b>	



- Literature review on all sub-questions to get a knowledge of the needs and wishes of the target group, how current rehabilitation approaches these needs and wishes, and how it can be reflected in design principles.
- Fieldwork observations and conversations, existing video interviews with patients, and an interview with a psychiatrist to get to know the target group.
- Analysis of case studies to see the application of the theory in practice and what can be improved from the current situation.

## Literature and general practical preference

Literature review:

Healing Environments:

Gardens for Mental and Behavioral Health Facilities. (2013). In C. C. Marcus, & N. A. Sachs, *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces* (pp. 181-184). John Wiley & Sons.

Schütz, B., & Wicki, L. (2011). *Architecture for psychiatric treatment*. Lausanne: Ecole Polytechnique federale de Lausanne.

Baker, A., Davies, R. L., & Sivadon, P. (1959). *Psychiatric Services and Architecture*. Geneva: World Health Organization.

Chrysikou, D. (2021, November). *Design For Psychiatric Patients: The Complexities Of Therapeutic Architecture Decision- Making*. The Bartlett Real Estate Institute, UCL, United Kingdom. Retrieved from <https://www.researchgate.net/publication/356557349>

Rehabilitation

Baker, A., Davies, R. L., & Sivadon, P. (1959). *Psychiatric Services and Architecture*. Geneva: World Health Organization.

Chrysikou, D. (2021, November). *Design For Psychiatric Patients: The Complexities Of Therapeutic Architecture Decision- Making*. The Bartlett Real Estate Institute, UCL, United Kingdom. Retrieved from <https://www.researchgate.net/publication/356557349>

Anthony, W. A., & Farkas, M. D. (2009). *A Primer on the Psychiatric Rehabilitation Process*. Boston University. Boston: Center for Psychiatric Rehabilitation.

Forte, A., Buscajoni, A., Fiorillo, A., Pompili, M., & Baldessarini, R. J. (2019, September 7). Suicidal Risk Following Hospital Discharge: A Review. *Harvard Review of Psychiatry*, 27(4), 209-216.

Hegedüs, A., Kozel, B., Richter, D., & Behrens, J. (2020, January 21). Effectiveness of Transitional Interventions in Improving Patient Outcomes and Service Use After Discharge From Psychiatric Inpatient Care: A Systematic Review and Meta-Analysis. (D. Roe, Ed.) *Frontiers in Psychiatry*, 10, Article 969.

Drake, R. E., Green, A. I., Mueser, K. T., & Goldman, H. H. (2003, October). The History of Community Mental Health Treatment and Rehabilitation for Persons with Severe Mental Illness. *Community Mental Health Journal*, 39(5), 427-439.

Loch, A. A. (2014, April 28). Discharged from a mental health admission ward: is it safe to go home? A review on the negative outcomes of psychiatric hospitalization. *Dove Press Journal*, 137-145.

### Isolation vs. Community Contact

Drake, R. E., Green, A. I., Mueser, K. T., & Goldman, H. H. (2003, October). The History of Community Mental Health Treatment and Rehabilitation for Persons with Severe Mental Illness. *Community Mental Health Journal*, 39(5), 427-439.

Loch, A. A. (2014, April 28). Discharged from a mental health admission ward: is it safe to go home? A review on the negative outcomes of psychiatric hospitalization. *Dove Press Journal*, 137-145.

Xanthopoulou, P. D., Mbanu, J., Chevalier, A., Webber, M., & Giacco, D. (2022, January 25). Social Isolation and Psychosis: Perspectives from People with Psychosis, Family Caregivers and Mental Health Professionals. *Community Mental Health Journal*, 1338–1345.

### Fieldwork:

- Yulius (Elzengaarde, The Netherlands)

## Reflection

1. What is the relation between your graduation (project) topic, the studio topic (if applicable), your master track (A,U,BT,LA,MBE), and your master programme (MSc AUBS)?

My research topic focuses on the lack or failure of creating a bridge between in-patient treatment and society. By researching the needs and wishes of the patients, how the current rehabilitation facilities fail and achieve this transition, and how can these be applied to living environments. In the end, the findings and knowledge found from the research will be applied to create a new rehabilitation facility.

2. What is the relevance of your graduation work in the larger social, professional and scientific framework.

In our society people with mental disorders are often seen as outcasts and are placed in facilities that are isolated therefore, they often have a hard time integrating into society. Therefore, it is important to address this issue in architecture and create inclusive rehabilitation facilities inside neighborhoods where they can learn to be a valuable member of the community