Well-Being and Mental Health Wellness Collaborative

Built and Natural Environment Sub-Committee Update

Stratis Giannakouros
Director, Office of Sustainability & Environment • CLAS Administration
What is the Well-Being and Mental Health Campus Collaborative?

• The Collaborative is a structured, coordinated effort to substantively improve the health and well-being of all members of the University of Iowa community. It consists of participants who oversee mutually reinforcing activities around health and well-being on campus or in the community.

• The Well-Being and Mental Health Campus Collaborative is charged with outlining strategic priorities and a 3-year plan to meet the vision for the University of Iowa to:
  • embed well-being and mental health into all aspects of campus culture, and
  • leverage research, collaboration, and action to improve the well-being of our campus, the state, and the world
Built & Natural Environment Subcommittee

- The Subcommittee was charged by the Wellbeing and Mental Health Campus Collaborative with exploring the wellbeing needs of the University of Iowa campus as they relate to its interior and exterior spaces. Given the amount of time UI students, faculty, and staff spend in and on UI space, it is critical that we design and utilize its components with health and wellbeing as a priority. Doing so will not only contribute positively to the health and wellbeing of the community, but also to the productivity and overall success of the institution.

- In our first year, we produced two broad sets of recommendations: one around building design and standards and another around activating green space on campus. The SPARC committee asked that we continue our work on the former, so we have updated our subcommittee’s charge and membership accordingly.
Built & Natural Environment Subcommittee
Design Standards Membership

- **Stratis Giannakouros (Co-Chair)**, Director, Office of Sustainability and the Environment
- **Michael Weaver (Co-Chair)**, Program Manager, Office of the Vice President for Research
- **Adele Vanarsdale**, Director of Campus Project Planning, Business Manager’s Office
- **Jenna Wischmeyer**, Compliance Director, Facilities Management
- **Kayla Whitworth**, Student, Office of Sustainability
- **Cory Christiansen**, Student, Office of Sustainability
- **Scott Gritsch**, Director, Landscape Services
- **Elizabeth Brackett**, Student, Campus Planning
- **Kobie Long**, Student, Office of Sustainability
• As part of our year 1 recommendations, the subcommittee produced a draft “Health and Wellness Design Questionnaire” with the intent that it could be used early in the design process to better identify partners who share our campus’ values in creating spaces that maximize student, faculty, and staff wellbeing.

• Our subcommittee’s work product in year two will be to adapt the questionnaire to promote and infuse human-centered design principles in the processes that create and renovate our campus spaces.
The Built and Natural Environment Sub-Committee engaged in a series of External Expert Interviews

• OPN-Marion Fire Station-IMU Renovation
• Neumann Monson-Stanley IFLI-UIHC In-Patient Tower
• ZGF-Children’s Hospital-UIHC In-Patient Tower (Interior Design)
• HGA
• BNIM-ALL Harkin Institute
Marion Fire
Station No. 1
OPN Architects
The Stanley Center’s new home is anticipated to be one of the greenest buildings in the world. With guidance from Neumann Monson Architects, we are aiming for it to become the first such structure in the state of Iowa to be fully certified as a Living Building.
ZGF Architects are leading the way in incorporating Well Building and Biophilic Design in healthcare facilities
Biophilic Healthcare Design
Biophilic Design for Wellness

Highlights from BNE sub-committee Conversation with Bill Browning, founding partner of Terrapin Bright Green and Co-author of 14 Patterns of Biophilic Design
Respite Spaces and Healing Gardens for campus Wellness
Well Building Standard and the Living Building Challenge are steering the industry toward solutions that nurture psychological and physiological health. Behavioral health settings pose unique challenges for staff and patients. Using biophilic environmental cues will encourage improved and more regular sleep for patients and work toward reducing disruptive incidents. It will also provide staff with benefits germane to improving their overall health and the quality of their care in addition to the patient and staff experience.
Beyond LEED: The shift to Human-Centered Design
Next steps for the BNE Sub-Committee

Internal Stakeholder Interviews
(April-June)

Recommendations for University Design Standards Language inclusive of Wellness
(Early Fall Semester)
Questions?