“It always Seems impossible Until its done.”

-Nelson Mandela
It’s a human problem you are trying to solve, Don’t just solve for the nuts & bolt.

Francis Murdock Pitts (Frank), architecture+
A Dedication

This journey that commenced nine years ago, with many doubts and much blood, sweat, and tears, has been unprecedented with many sacrifices along the way. The end result of this journey has been the ability to tell myself that, “I am enough”.

To my husband, for keeping the ship afloat and being both mom and dad when the time called for it. You kept me fed and my coffee cup filled as I worked through the midnight hours. MKL143HER.

To my children, who have grown up much quicker than expected while I spent long hours in studio and in my room. All three of you have learned to become independent little people and have been my cheerleaders along the way.

To my parents, for giving me that extra boost of ganas and tough love that I needed as well as the motivation to not quit when everything was against me and seemed impossible to conquer.

To my committee members, thank you for your guidance and knowledge throughout this project. Each one of you provided distinct perspectives and educated opinions that helped me rigorously explore the various design aspects of this final study thesis project.

To my studio professor, James Haliburton, you have been the best surprise of this journey. You have unequivocally, challenged, provoked, and questioned decisions that allowed me to take this project to another level that was unexpected. And yes, I kept the hyphens turned on.

To my mentors, Sergio Lechuga and Erin Persky, thank you for meeting with me every other week asking questions and providing guidance, laughter, and different perspectives as well as practical application scenarios to think through. Our time together will always be appreciated.
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PART I: REALITY

01 | What We Know
02 | Their Story
03 | Creating Impact
001 | Our Criminal Justice System

0010 | Prison Typologies + Prison Architecture

0011 | Facts + Statistics

0100 | Progressive Precedents

Deer Island Prison, Suffolk County, Massachusetts. Courtesy of the Library of Congress.
Prison typologies from their inception, have been used as a tool for control and surveillance. Having power over men manifested into a building typology that objectified and dehumanized the men and women that occupied the spaces within. In 1977, Michael Foucault wrote in his essay, Discipline and Punish: The Birth of the Prison, the “two ways of exercising power over men, of controlling their relations, of separating out their dangerous mixtures”. We see this in every square footage of every jail and prison ever built.

Prison architecture was born from the ideology of the panopticon. Taken from the theories of Jeremy Bentham, they were fleshed into physical buildings that reinforced surveillance and punishment as a mechanism for reform. From this, three types of supervision emerged where each one had an effect on the layout of the prison where inmates became objects of abuse.
In the past 15 years, we have made some considerable and what seemed impossible changes to how we house those that have been incarcerated. Evidence-based research has been a driving force for such changes. The first humane prison was built in Halden, Norway in 2009. The focus was on detention and rehabilitation, designing for the inmates to move between the different spaces and buildings creating a relationship with time and place; necessary rhythms of life. In the U.S. the Las Colinas Women’s Detention Center was built in Southern California in 2015. A college campus typology was used for the master plan with variations of outdoor spaces and large window openings to access natural daylight and take advantage of the Southern California landscape and climate. The interior spaces were designed to promote educational, vocational, personal, and spiritual growth. Staff members have witnessed a positive change in behavior of the inmates as well as a reduction in stress and anxiety in the work environment.

The Prison Policy Initiative created various reports breaking down the data of how much of our society is residing in jails and prisons, the category of crime, and the numbers of the convicted and non-convicted. The numbers are staggering at the rate of 698 per 100,000 residents.

- 631,000 people are in Local Jails
- 470,000 Not Convicted
- 161,000 Convicted
- 1,291,000 People are State Prisons
- 226,000 People are in Federal Prisons and Jails
- 44,000 Youth are Incarcerated
- 42,000 Immigration Detention

Men's Central Jail
Courtesy of LA Times
02 | Their Story

002 | MCJ and TTCF
0020 | Trauma, Abuse, and Mental Illness
0022 | Best Treatment Medical Practices
0200 | Environmental Psychology of Jails and Prisons

Mental Health + Corrections

Twin Towers Correctional Facility, Mental Health Housing Pods. Courtesy of LA Times.
There is a human crisis happening at the Men’s Central Jail and the Twin Towers Correctional Facility. By default, due to overpopulation, the TTCF has been labeled as the largest mental health facility in the nation and the numbers are rising. As of June 2019, there were 5,000 inmates with a diagnosed mental health illness in the Los Angeles County Jail. The mental health population includes individuals in mental health housing units and/or taking psychotropic medications. An estimate of 61% of the jail mental health population were determined to be appropriate candidates for diversion programs, but funds have fallen short of allocation to support this group. Two million dollars are spent yearly on medication with zero space available for individual or group therapy. Cell flooding is a daily occurrence and the smell of urine and dank water fills the spaces. Inmates with more severe mental health illnesses are confined to lockdown as the correctional officers are not trained on how to work with mental health patients. Fifteen suicides have been documented over a 30-month period.

When we view these individuals, we bypass the circumstances in which they have crossed paths with the criminal justice system. These men suffer from various psychotic disorders, mood disorders, and intellectual disabilities that they developed at an early age or developed from serious trauma and abuse. As a community, we need to think about their past. These individuals that are suffering from a mental illness have a story. They were not born bad or evil; these men and women come from an upbringing where they were physically abused, sexually abused, raped, and assaulted. Others suffer from PTSD that has gone untreated that lead to developing mental illnesses such as anxiety and depression. A high percentage of these individuals are homeless, dealing with substance abuse in trying to deal with their symptoms. Within that percentage are veterans that are also suffering from homelessness and substance abuse. What they all have in common and what they all need is hope.
Addressing the needs of patients, specifically those individuals that are in custody or have been incarcerated, are susceptible to violent and hostile outbreaks endangering themselves as well as the other inmates and staff. The American Psychiatric Association wrote that patient’s with schizophrenia should not be placed in a 23-hour/day lockdown. Deprivation from human interaction and minimal to no access to therapy programs exacerbates rather than reduces psychotic symptoms as well as increasing disruptive and harmful behavior. The Men’s Central Jail wasn’t designed for best treatment medical practices. A Los Angeles Deputy Sheriff that works at the MCJ, reported that there weren’t any spaces available to support any type of individual and group therapy or rooms for minimum standard of medical care besides an outdated infirmary. Best treatment medical practices include cognitive behavior therapy, psychosocial therapy, coordinated specialty care, evidence-based treatment planning, and assertive community treatment.

Windows, light, nature, and color matter. Richard Wener, a Professor of Environmental Psychology has spent the past thirty years studying the way jail/prison architecture affects the facility operations as well as the work environment for the correctional officers and support staff. The inhuman conditions that have become the accepted norm have a myriad of pejorative physical and social ramifications. Research has shown that the lack of windows, natural daylight, access to nature, and color creates a hostile environment for everyone living and working in these facilities. Providing key design elements such as transparency, daylight, and access and views to nature, can reduce the stress and hostility creating a healthy environment. The inmates could then be positively supported by the correctional officers and the staff, in their personal attempts to help themselves through their illness by way of education, psychotherapy, social skills, and vocational training.

Men’s Central Jail

Courtesy of LA Times

Environmental Psychology of Jails and Prisons

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003 | Stop Designing Oppression
0030 | Catalyst for Change
0033 | Architectural Intervention
0300 | Dignity. Hope. Value.
I read in a textbook once, that a social problem cannot be solved with an architectural solution. I disagree. I believe that architecture can be a catalyst for solutions to many of our social problems. This architectural endeavor asks the following fundamental questions:

- How can architecture be a catalyst for changing the way jails and prisons are designed by ensuring human rights and positive rehabilitation are the driving design principles?
- How can a building be designed so it acts as a beacon of hope for those individuals who have been incarcerated and the communities it touches?
- How can interior spaces be designed to support best practice treatment plans and outpatient services to help reduce recidivism in the Los Angeles County Jails?

Unlearning the norms of our criminal justice system and our Western philosophy of punishment and surveillance is a herculean effort. Despite original best intentions, these philosophies have violated human rights since their inception. As of January 2021, the AIA (American Institute of Architects) has banned the designing of spaces for execution and solitary confinement. The application of Evidence-Based Design can help inform design decisions to create spaces and environments that support the rehabilitation and treatment processes for those individuals housed in these correctional facilities. Architecture as a social intervention can aid in ending the design of oppression, objectivity, and dehumanization.
This architectural intervention comes at a time where communities have become overwhelmingly vulnerable to the criminal justice system. Systemic racism is intertwined in our jails and prisons while the men and women inside these facilities continue to suffer from severe mental health illnesses. They live without their value as a human being and they live without hope of becoming valued as a human being deserving of dignity and kindness.

This proposal, from an architectural perspective, is to design a housing unit for those individuals under custody as well as those incarcerated in the mental health population at the Men’s Central Jail and the Twin Towers Correctional Facility. Through an evidence-based design approach, a new typology will emerge, supporting human rights, dignity, hope, and value.

Knowing the depravity of this large scale societal problem, I wanted to be a part of an overarching solution that is so desperately needed. My goal for this final thesis project was to create an architectural impact by way of dignity, hope, and value. By giving dignity back to the patient, you start allowing room for self-respect and self-growth.

If you ever have an opportunity to talk to someone who suffers from a mental health illness and has been incarcerated, they speak of hope. In their lapse of a psychotic episode, they are in a darkness that you and I will never understand. The feelings of hopelessness and despair come upon them wave after wave. The environment of the jails and prisons and the philosophies of those facilities exacerbate those raw emotions triggering psychotic episodes that can lead to a violent and hostile environment.

When a person feels valued, there is nothing that can stop them from accomplishing their goals. Research has shown that being in an environment that is conducive to rehabilitation with proper educational and therapy programs has shown a reduction in recidivism by 43%. To feel value as a human being worthy of a human touch can sometimes be the difference of having or not having the will to live.
PART 2: PRIORITY

01 | Project Goals
02 | Methodology
03 | Project Vision
Design Guidelines

004 | Transparency
0040 | Daylight
0044 | Access and Views to Nature
Priority goal #2 was making sure the patients had natural daylight throughout the different spaces of the housing unit especially in their rooms. Having access to natural daylight is important for the inmates to have a relationship between time and place.

When you are locked in a 7x9 cell for up to 23 hours a day with little to no access to natural daylight you start to lose your sense of grounding and humanity.

Evidence-based research has shown that having clear sight lines and removing barriers between the staff and patients will help grow a trusting relationship which in return will bring down stress levels, creating a less violent and hostile environment. This also allows the Correctional Officers and support staff to have better control over the environment.

Priority goal #1 was using transparency as a guideline for design decisions will act as a safety and security tool mitigating aggressive and anxious behavior from the patients, as well as reduce inmate challenges at the MCJ are inmate abuse as well as self-harm and inmate suicide.

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Safety + Security Tool
Reduce Targeted Inmate Abuse
Mitigate Aggressive/Anxious Behavior

Time and Place
Necessary Rhythms of Life
Sunlight
Priority goal #3 was to design spaces that allowed for access and views to nature.

Providing window views to the landscaped environment from the interior and exterior of the building provides healthy opportunities for socializing, connecting with nature as part of the rehabilitation process, and reducing stress among the patients and staff.

What is important to the atmosphere of the spaces are staff members exhibiting positive and appropriate behavior which will model appropriate and positive behavior for the patients.
The Men's Central Jail is located in Southern California in the central Los Angeles area. The site also houses the central arraignment court and sits across from the Twin Towers Correctional Facility and Inmate Reception Center. The jail resides in the middle of a dense urban area near Union Station and adjacent to the Union Pacific railroads and rail yard. The Los Angeles River bed cradles around the backside of the entire complex. The community surrounding the jail includes government, commercial, and industrial buildings as well as Olvera Street, Chinatown, and the Metro Transit Authority.

MCJ is located on a flat site zoned for Public Facilities and is near the Upper Elysian Park seismic fault. The site is in the region for the Los Angeles blind Thrust, fault type B, with a reverse slip geometry and a poorly constrained slip type. Liquation is possible at a maximum magnitude of 6.4.
The climate in the Los Angeles area is relatively comfortable. During the summer season, the weather is warm, arid, and clear with the winter season being cool, wet, and partly cloudy. Over the course of the year, the temperature typically varies from 48°F to 85°F and rarely is below 42°F or above 93°F. There are some exceptions when there is a heatwave during the summer that can max out to 105°F.

The humidity in Los Angeles is perceived at a comfortable level most of the year. From May through October, there are short durations where the humidity can be perceived as being humid to muggy from June through October.

The winds most often come from the west from February to July and from August to October. There is a wind phenomenon that does occur during the fall through the winter called the Santa Ana winds. These are northeasterly winds that squeeze through the mountain ridge and can have gusts up to 74 mph. The Santa Ana winds have been known to cause wild fires and property damage.
The Men’s Central Jail was constructed in 1963 with the primary function to hold inmates for a short period of time while waiting for pending court arrangements or for those who have been incarcerated with a short sentence (less than 1 yr.). The second phase of the Jail was built in 1976. The building configuration is an antiquated linear jail design with a building area of 935,150 gross Sq. Ft. Original capacity was intended for 5,000 inmates.

The building contains a basement for support spaces such as a kitchen, laundry, and storage for the whole jail system. The ground floor consists of lobbies, visiting areas, admin offices, and the medical clinic. The housing units are in a linear block configuration. The cells are smaller than current standards and there is a mix of single-occupancy cells and 4-6-man cells which have been reduced to 2-4-man cells due to the Rutherford Decision made in 1978.

The current condition of the MCJ is a life safety concern. The reinforced poured-in-place concrete facility has structural deficiencies and has surpassed its lifetime. The mechanical, electrical, and plumbing systems are obsolete and are in need of total replacement. A 2006 report was done stating that the entire facility needed an upgrade and/or complete replacement. Fifteen years later the MCJ is still running on the original systems - overcapacity and overcrowded.
User Group

- Gender: Male
- Age group: 26-34
- Risk Group:
  - Mental Health Care Level 2
  - Mental Health Care Level 3
  - Homeless Population
  - Veteran Homeless Population
- Diagnosis:
  - Schizophrenia
  - Major Depressive Disorder
  - Post Traumatic Stress Disorder
  - Bi-Polar Disorder

Activities

- Housing Units
- Social Spaces
- Quite Spaces
- Behavioral Treatment Spaces
- Triage Spaces
- Clinical Spaces
- Educational Spaces
- Work Spaces
- Therapeutic Outdoor Spaces

Best Practices for Treatment

- The treatment practices listed are recommended by the American Psychological Association (APA):
  - Coordinated Specialty Care Programs
  - Psycho-social Treatments
  - Cognitive Behavioral Therapy
  - Substance Abuse Treatment
  - Chemical Abuse Treatment
  - K-9 Therapy
  - Art Therapy
The operational philosophy of the facility is an important factor to the safety and security of the patients, correctional officers, and the support staff. Facilities in the recent past, such as the Men’s Central Jail, have aged through their life cycle. The “inappropriateness, ineffectiveness, and inhumanness” of the individuals who are housed in such facilities are victims of their physical environment that mimics the outdated operational philosophy of surveillance and punishment. The correctional officers and staff are also subjected to the same deplorable conditions which then become the causation for the inhumane treatment of the patients due to high levels of anxiety and stress on a daily basis. One can offer the commentary that it’s the physical environment that supports the atrocities that occur inside the facility. In changing the philosophy to one that offers a positive and effective way to safely secure and maintain the patient’s well-being, evidence-based research and design have shown that a decentralized operational approach and a smaller functional unit management style serves both the patients and staff in a positive, safe, and humane manner.

The diagrams illustrated above and to the right illustrate existing program and operational philosophy.

The diagram to the right illustrates, in theory, how the housing unit would operate under a functional unit management philosophy with a direct supervision management style. The philosophy and management style would then interact properly within the overall operations of the housing unit. In addition, correct classification of the patients would round out the process placing the patients in the proper housing/clinical setting.

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The security thresholds in correctional facilities are constructed in tactical layers and fashioned in such a way that the original intent of rehabilitation is no longer a viable course of resolution due to limitations and constraints upon the ideas of safety and security. If we can create a new narrative of safety and security thresholds, the physical environment becomes tools that patients and correctional officers can rely on as part of the rehabilitation process. The fear that consumes both users will become less inherent and the good intentions have the opportunity to come into fruition. The circular diagram to the left illustrates an approach where the patient is positively supported by the built environment starting with their room as it allows for self-autonomy. The surrounding layers introduce the idea of a front porch and neighborhood mentality establishing the foundations for a normalized environmental setting within the safety perimeter of the facility. This concept would allow for a reduction in anxiety, stress, and violence.
The Marshall Project is a nonpartisan and nonprofit news organization. The journalist brings news stories about the criminal justice system to the front pages of other news outlets and public forums to educate the public to raise awareness of past and the present problems with the goal of affecting change in our criminal justice system. One of their ongoing projects is called the “Life Inside” which are first-person essays of individuals who live or work in the criminal justice system. Each story is curated with highlighting how broken and inhumane the criminal justice system is. Jerry Metcalf is 43 and incarcerated, serving 40 to 60 years for second-degree murder (convicted in 1996), the illustration to the left is a day in his life, where he writes, “We aren’t deadbeats—our days are, in fact, incredibly full.” The question is full of what? Mundane repetition of strip searches, suicide watches, bathroom time, checking email, work out time, lunch, dinner, and lights out. Although Jerry’s story is a quick summary of his prison experience, the occurrences at the Men’s Central Jail is more extreme. The individuals under custody at the MCJ are warehoused in cell units that were designed for temporary placement and not for long-term sentencing.
The functional program generated for this project was created using the Information Index Matrix method. The considerations of the project were broken down into 4 parts: Function, Form, Economy, and Time. Each consideration was then further categorized by goals, facts, concepts, needs, and a summation of each consideration stating the problem. Programming development under this method allows for a comprehensive understanding of the relationship between the project, goals, and vision. Thus, allowing the design process to most effectively respond to the program requirements.

The gaming schematics shown to the above left, demonstrate the various iterations of problem solving for location and orientation of the buildings given the extant site conditions.
The space program was informed by the functional program and responded to the information index matrix requirements. The space programming process focused entirely on the housing units as each interior space was thought through based on minimum square footage requirements per the Los Angeles Building codes. Each space was further investigated by way of circulation as it related to safety and security of the patients, correctional officers, and support staff.

The housing unit space program incorporates a mixed-use occupancy of private room units, a clinical program, and administrative program allowing for smaller housing units that would provide correctional officers to have a positive control over the physical environment. The spaces would also accommodate the patients with personal agency in a safe atmosphere reducing stress levels and acts of violence against patient, correctional officer, and the support staff.
The vision for this final study thesis project was to change the perception of how we house those individuals who have been incarcerated with mental health disorders. In changing our perception, the vernacular of jail/prison design will change, hence our expectations of how we treat these individuals will be with dignity, compassion, and respect holding the criminal justice system accountable human rights violations. The need for a physical environment that supports positive treatment of inmates as well as supporting a healthy work environment for the correctional officers and the support staff are long overdue.

The recovery-focused campus concept introduces the attributes of a neighborhood allowing for the built environment to replicate a normalized life outside the safety perimeter of the site. The inmates become patients learning how to be a part of the community establishing a baseline for their social health while learning to manage their symptoms. Within the safety boundaries of the housing units and neighborhood, patients, based on earned privileges, are allotted freedom of movement and encouraged self-autonomy.
An evidence-based design approach was used for the exploration of the project from a healthcare perspective incorporating a patient-centered care model that is often used in healthcare settings. Through researched case studies and various academic journals there is irrefutable gap. The standards of healthcare and services at the Men’s Central Jail is substandard at best and while funds are attainable for professional services those professionals cannot acclimate to the hostile and inhumane environment. With a new housing unit typology, incorporating a patient-centered care model will educate the correctional officers and the support staff on the types of patients they will be interacting with on a daily basis. The functional unit management team (correctional officer, nurse, psychotherapist, and social worker) will be accountable for a comprehensive and individual care plan in which mental health and social health needs are met. These needs would be met with dignity, compassion, and respect by all staff regardless of position and title.
Traditionally, the typologies for institutions are rectilinear in form to accommodate for a maximum number of individuals. Jails and prisons were built in wings and blocks with narrow in-between spaces for circulation as security and surveillance was part of the planning process and design development. For the new housing unit typology, a new geometry was introduced. The square proved to be a viable solution to accommodate the new programs. The square also supported the human-scale that was needed to introduce a more humane built environment. The new geometry merges the two main programs at a central point and opens up to surrounding green spaces and an interior courtyard enabling the application for the three priority goals of transparency, daylight, and access and views to nature spread across all four corners of the square.

The massing and form diagram below illustrates the process of cutting the original typology in half and viewing the square in 3D form. The smaller masses of the geometry allow for multiple housing units to be placed on a site keeping the human-scale factor intact. Carving out the central mass of the square accommodates a central courtyard giving access to daylight and nature on all four sides of the square. The form produced from two simple procedures, cut and extrude, creates a new design solution to support the new programs that will drive the design development of the form.
The conceptual massing continued to be developed by carving out more of the mass, to create voids for ample opportunities of capturing daylight to flood into the interior of the mass as well as opportunities for personal and shared green spaces. The motivation was to avoid creating spaces of violence and disconnect the complicated layers of the ideology of the institutional past of jails and prisons. Extracting the center mass of the square allowed for another opportunity to break from the traditional typologies, and create new massing and form to be used as tools for supporting both users of the building.
The housing unit has three floors accommodating for 16 room units which respond to more of a residential setting. Each floor level replicates the first floor with the exception of two classrooms that cantilever over the front porch space on the 2nd and 3rd floor of the building. The reasoning behind the floor plans repeating is to keep wayfinding easy for the patients and for the correctional officers to have ease of control over the environment. Wide corridors were implemented for low social density. Having the extra space lessens the aggression towards other patients and staff if agitation or symptoms begin to occur. The floor plan creates an environment that can flex for safety and security having clear sight lines throughout the circulation paths. The housing units should provide a safe and secure environment with therapeutic and healing spaces that support both patient and staff members.
The floor plan of the first-floor diagrams the patient and correctional officer spatial relationship as it relates to the management style of a functional team unit. The room units are broken down into quadrants or pods of a 1:4 ratio. This framework allows for constant supervision between the patient and the correctional officer in a non-confrontational manner. This ideally would result in a relationship of trust and mutual respect between both users, again supporting rehabilitation.
The diagram to the left represents the patient and staff circulation of the housing unit. The circulation goes around and through the building keeping sightlines clear to the defined and implied spaces. The circulation diagram also illustrates the sequence of the housing unit from entry to the private and public spaces. The Mental Health Level 1-2 patient have access to the main stair as they are allotted more freedom of movement throughout the housing unit enabling moments of socialization with other patients and staff members.

- Correctional Officer
- Patient / Mental Health Level 3
- Patient / Mental Health Level 1-2
Current staffing ratio in some facilities can be 1 Correctional Officer to 50 inmates or for example at TTCF its 1:120. Can you imagine being accountable for the safety and security of 50 men who all suffer in varying types of mental health illnesses? The program of this housing unit, has a new staffing ratio of 1:4 with a support staff ratio of 4:8. Each correctional officer and support staff will be on an 8hr. shift rotation to mitigate burnout and stress.

The Support Staff will consist of (1) Correctional Officer, (1) Nurse, (1) Social Worker, (1) Psychotherapist, and as the patients step down a life coach will added to the team. This completes the Functional Unit Management Team.

Further investigation is needed with regards to target treatment regiments and asking the question as to how you optimize and not overload the system, resources, and budget since all three are constantly strained?
Building Section B
Finding Hope

1001 | Neighborhood of Hope
1010 | Exterior Renders
1011 | The Garden
1100 | Interior Renders
Neighborhood of Hope
Barrio de la Esperanza
Front Porch and Entrance into the Housing Unit

Waiting/Lounge Area
Kitchen / Casual Dining Room

Living Room
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¡Hecho con Ganas!