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# exploring trauma-informed design in transitional housing for women and children

Sydney Rakes | Virginia Commonwealth University | MFA Interior Environments | 2024

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# design ethos

## balance

Creating balance in design establishes a feeling of harmony and organization within a space. Elements such as color, materials, textures, lighting, and the interplay of negative and positive space work together to create visual stability and coherence in an environment.

## authenticity

I want the spaces I design to be authentic whether that be telling a story relating to the site or simply valuing the client's input and desires. Authenticity also empowers me to stand by my core values as a designer.

## inspiration

Too often, people are experiencing the mundane, everyday spaces that do not offer joy or inspiration. Design is a strong tool that can bring these two aspects into an environment.

## innovation

Originality is an important aspect of successful interior design. Although clients may want a "Pinterest perfect" home, design is not meant to be copy and pasted. Each designer and client have endured unique experiences that can shape new and fresh ideas for spaces.

## empowerment

People should feel accepted and encouraged when they walk into any space. Empowerment can be a story told through conceptual design or art. It can also be felt in the space through the user experience.

## declaration

As a designer, my passion lies in creating spaces that are not only visually appealing but feel authentic, empowering, balancing, exciting, and innovating. These core values are the cornerstone of my design process, defining the initial design steps through development and final outcome. My goal is to create environments that harmonize comfort with inspiration. I believe every space has a story to tell, whether it is the narrative of a client, a conceptual vision, or the character of the place itself. When working with unique clients, my aim is to design spaces that offer a new experience. Each project is an opportunity to embrace these narratives, transforming them into tangible experiences that encourage engagement and emotion.



# abstract

## relevance

For 15 years, I have been a volunteer at a shelter for women and children. I interact with families and women who are suffering from the trauma caused by homelessness and domestic violence. In my observations, I have learned some spaces are more conducive to the staff and resident experiences than others. This project will be addressing how transitional housing for women and children can be designed to support the healing of trauma caused by domestic violence.

As of July 2023, there were about 150 women suffering from homelessness locally in the city of Richmond, Virginia (Homeward VA, 2023). A local challenge continues to be the lack of access to affordable housing.

92% of mothers in transitional housing have been victims of domestic violence or sexual abuse and 25% of homeless children have observed an abuse of their family (Ajeen et al, 2023). I desire to design an environment for local women and children that is beneficial to the process of healing from trauma caused by domestic violence.

## problem

Trauma-informed design is a new term in the design world. Maxine Harris and Roger Fallot introduced the term "trauma-informed" in 2001. There are many gaps in the current research such as established guidelines for trauma-informed design interior designers can follow. This research will define principles to guide designers in creating spaces for families who have experienced trauma in their lives. The built environment has a direct impact on individuals' psychological and physiological health, especially those who are living with trauma (Ames, 2023). Trauma can be defined as a that has permanent effects on an individual's mental and physical health. Women and children who are living in transitional

housing for domestic violence consistently experience a lack of safety and privacy and the absence of adequate and comfortable space. Ultimately, "good design" is often considered a luxury in these shelters.

## context

Trauma-informed design is directly addressing well-being, safety, and security within the built environment (Ajeen et al, 2023). The University of Tasmania, Australia has conducted thorough research presenting evidence that interiors have a direct neurological correlation with individuals who deal with trauma. Researchers Owen and Crane have detailed how trauma-informed design can positively impact the healing process. The key aspects include safety and security, control, and enriched environments (Owen and Crane, 2022).

## method of investigation

In order to utilize trauma-informed design, one must become "trauma-informed." For designers, this means, "...accounting for the potential presence of trauma within our work and examining how and why we design could be more trauma-informed..." (Dietkus, 2022). Two articles that support the explorations of trauma-informed design are, "The Impact of Trauma-Informed Design on Psychological Well-being in Homeless Shelters," written by the American Psychological Association, and "Trauma-Informed Design of Supported Housing: A Scoping Review through the Lens of Neuroscience," written by Ceridwen Owen and James Crane. In addition, an interview with Jeanette Andamasaris, a professional within this industry and interior design educator, provides knowledge and context on the topic.



## research expansion

One and three women has been sexually and/or physically abused or stalked by an intimate partner in the United States

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### raising awareness

One in three women has been sexually and/or physically abused or stalked by an intimate partner in the United States. Globally three in ten women have been subjected to sexual and/or physical abuse or stalked by a partner (National Domestic Violence..., 2023). Eighteen percent of children and teens in the United States have witnessed their parents get physically abused (Wood et al, 2022). Homelessness and domestic abuse have an alarmingly high correlation. Ninety-two percent of mothers in transitional housing have been victims of domestic violence or sexual abuse. Twenty-five percent of homeless children have observed abuse of their family (Ajeen et al, 2023).

Lack of safe and accessible housing continues to be a national issue for families suffering from the trauma caused by domestic violence. Domestic violence transitional housing is a twelve to twenty-four-month supportive housing model that provides refuge for women and children escaping domestic abuse while helping them find permanent housing (Wood et al, 2022). Often, the psychological effects of the built environment are not considered in the design-build process of transitional housing for women and children (Ajeen et al, 2023).

This gap in the design industry presents the opportunity for designers to utilize trauma-informed strategies to create interiors that mitigate trauma-related effects on women and children who have been abused (Aljunaidy et al, 2021). Designers must first become trauma-informed by conducting in-depth user analysis and psychological research to properly employ these specialized design techniques. Interiors designed with trauma-informed strategies can contribute to the healing process of

domestically abused women and children through four key principles: safety, privacy, comfort/healing, and autonomy.

### what is trauma-informed design?

What is trauma-informed design? Trauma can be defined as a deeply distressing experience that has permanent effects on an individual's mental and physical health (Trauma-Informed..., 2014). Therefore, "...trauma-informed design addresses the psychological well-being, safety, and security needs that are often missing in shelters and other similar institutional service settings for this population" (Ajeen et al, 2023). Although there is recent research on the subject of trauma concerning the built environment, there are still gaps within this niche of the design industry, as evidenced by the lack of precedents and case studies.

Whether one is designing transitional housing, homeless shelters, or supportive housing, there is an opportunity for designers to become trauma-informed. This requires, "...accounting for the potential presence of trauma within our work and examining how and why we design could be more trauma-informed..." (Dietkus, 2022). To become trauma-informed as designers, everyone must adopt a compassionate and humble mindset to educate themselves about trauma and how it can uniquely affect each individual (Dietkus, 2022).

While learning about the experiences of abused women and children is one strategy for becoming trauma-informed, designers must also research how individuals interact within the built environment. Using a general technique such as specifying perceived "calming" paint colors or "warm" materiality may not be enough to contribute to the healing

"...trauma-informed design addresses the psychological well-being, safety, and security needs that are often missing in shelters and other similar insitutional service settings for this population."

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process of all the residents. To take a comprehensive trauma-informed approach one must base their design decisions on scientific data and user analysis (Andmasaris, 2023). All people experience spaces with a multisensory perception: visual, auditory, tactile, kinesthetic, and olfactory. By grounding trauma-informed design strategies within the five senses and an understanding of the residents' experiences, designers can create a healing environment (Eftekhari and Ghomeishi, 2023).

**why is trauma-informed design necessary?**

The use of trauma-informed design is necessary because the built environment has a direct neurological impact on individuals who struggle with trauma (Owen and Crane, 2022). Interiors have the power to intensify or alleviate trauma-related effects in families who have experienced domestic violence (Aljunaidy et al, 2021). When individuals experience high levels of stress or find themselves in survival situations, their brains may release chemicals that impede their ability to think critically, logically, or rationally. This happens because the frontal cortex, the part of the brain responsible for these cognitive functions, becomes less active. Individuals can enter survival mode in response to challenging circumstances like homelessness or exposure to domestic violence, which can lead to ongoing stress and trauma. This prolonged stress can result in slower thought processes, difficulty sleeping, an inability to manage emotions, and negative physical health consequences. (TED, 2019). These negative results can inhibit women and children escaping domestic abuse from finding stability in their lives and/or securing permanent housing.

Utilizing trauma-informed design strategies within transitional

housing has the power to significantly impact the psychological and physiological healing of domestically abused women and children by prioritizing four essential principles: safety, privacy, comfort, and autonomy. Strategies such as floor plan layout, adequate natural light, and interior lighting in addition to paint color and material palette can contribute to the quality of an individual's healing process and mental health (Pragati et al, 2022). More specifically, floorplan layouts can dictate the way people move and interact with one another in a space (Rollings and Bollo, 2021).

Institutional design, comparable to a prison, can trigger anxiety and stress in families who have experienced domestic violence (Rollings and Bollo, 2021). Although some strategies can contribute to the safety of the women and children, some may add to or worsen their fears and insecurities. From a trauma-informed perspective, frowned-upon design approaches in transitional housing can include bars on windows, multiple beds crowded into one space, poorly lit rooms, lack of storage, etc.

In contrast, an environment that appears too residential can also provoke distress in individuals who have been domestically abused. Abuse primarily occurs in the kitchen and the bedroom; for most people, these spaces make a house a home. Designers must take it upon themselves to understand the experiences of the users they are designing through appropriate education and research. For these families, the built environment affects the healing process and also the transition from living in an abusive environment to a supportive one.

The intake process in domestic abuse housing is raw and vulnerable. It is time-sensitive and uncomfortable. Jeannette

Women and children must be able to feel safe in their home environment to begin the trauma-healing process. Being able to detach from the fight-or-flight state of mind allows them to move on to the next steps of healing.

Andamasaris, a professional in the design field, compared the mode of operations to someone coming into jail. Incoming residents are asked to give their belongings and clothes to staff members to be sanitized. Then they are directed to shower and put on new clothes, not of their ownership. Next, they are led into a private space to share their recent traumatic experiences (Andamasaris, 2023).

Trauma-informed design disrupts the traditionally institutional and inconsistent transitional housing models by focusing on the psychological and physiological needs of women and children who have been abused. The trauma-informed intake process can involve offering survivors refreshments and a tour of the building to display the resources and amenities, giving them time to adjust and feel more comfortable in a new environment. The intake process can occur over a period of time versus being an immediate process when the survivor first arrives (Virginia Department of..., 2023).

**safety**

Safety is the most critical concern within transitional housing for women and children who have been domestically abused. For some women and children, fleeing home with no finances, belongings, or place to stay is a better alternative to living in an abusive home (Wood et al, 2022). Women and children must be able to feel safe in their home environment to begin the trauma-healing process. Being able to detach from the fight-or-flight state of mind allows them to move on to the next steps of healing.



Programmatic strategies to help families feel secure in their residence can consist of employing twenty-four-hours a day staff and security on the premises with an open door policy, and establishing a mutually trusting relationship with the residents (Ajeen et al, 2023). Security is especially necessary to ensure abusers, stalkers, or any unauthorized persons do not enter the premises (Clark et al, 2019). Women who deal with trauma from domestic violence can be extremely sensitive to the presence of men in their space (Fotheringham et al, 2014).

Installing security cameras inside and outside the residence is strongly recommended to monitor residents' behavior and prevent unwanted people or dangerous situations from compromising residents' feelings of security. In addition, there must be layers of security integrated into the design (i.e., gate, security system, barriers to entry). Clear sight lines are critical so individuals can be aware of their surroundings and alert to other people's movement in spaces, such as wide pathways, low or transparent partitions, sight lines, and multiple access points into spaces (McLane and Pable, 2020).

Incorporating multiple entrances/exits into a space is crucial for residents to feel safe in an environment so they can "escape" when necessary. Creating boundaries without confining residents within a space is another strategy that can provide feelings of security (Wood et al, 2022). Acoustical strategies such as installing wood, concrete, or other hard-surfaced flooring allow residents to hear when footsteps are approaching. This eliminates accidental scares or paranoia residents may experience (Andamasaris, 2023).

...when considering how to design domestic violence transitional housing units through a trauma-informed lens, it is important to provide autonomy over living conditions.

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### **privacy**

Privacy is another highly prioritized principle for designers to consider in transitional housing for domestically abused women and children. Residents of transitional housing prefer their individual residential space in comparison to shelters that have multiple bunk beds and shared bathroom facilities. This allows a great opportunity for, "...control, autonomy, privacy, safety, territoriality, freedom, and ability to complete routines" (Rollings and Bollo, 2021). Most homeless women who have been abused prefer to live in a private space where they can establish their routine and develop new healthy habits (Ajeen et al, 2023).

However, when considering how to design domestic violence transitional housing units through a trauma-informed lens, it is important to provide autonomy over living conditions. Single women should be provided with an opportunity to live alone or with a roommate. Families are required to live in individual units by law. Families often have conflict with other co-tenants when there is a lack of privacy for individual family behavior which fosters a very stressful environment (Wood et al, 2022). The lack of privacy can create the potential for an overstimulating and difficult environment for survivors which prohibits the healing process from reaching its maximum impact.

The women and children who face trauma from domestic violence require calm and stable environments. All residents within the housing may not be in the same mental place in the healing process (Clark et al, 2019). Some individuals may be triggered easily and have intense anxiety episodes due to their traumatic experiences. These instances may cause other

residents to be triggered as well. Residents having the choice to escape these situations easily without having to leave their unit will ease the unwanted tension and stress of the possibility of these occurrences. Designers may consider strategic acoustical assistance within each unit and in wall structures to keep noise levels low. However, it is important to use flooring surfaces that allow residents to hear fellow residents and staff members approaching, passing by, or leaving (Andamasaris, 2023). Women and children can be triggered or scared when they are surprised by someone entering a space they are occupying without notice.

Giving residents the choice of whether they would prefer a window facing the street or a more private view can be a great amenity concerning privacy. Some residents may prefer having ample natural light and being able to see their surroundings and nature visibly. Other residents may prefer a more secluded space with skylights or windows placed higher up to view the sky and trees (Andamasaris, 2023).

Offering units with their full suite of kitchen, laundry, and bathroom appliances and fixtures allows residents to perform those daily tasks within the comfort of their own space. Other people may want to cook or launder communally to feel safer or to socialize with other residents. Providing a secondary option to individuals is a thoughtful design choice to account for the varying healing processes of trauma.

### **comfort**

Comfort is the third principle that creates longevity for these families' health, quality of life, and future success. Women who are fleeing from domestic abuse need to be assured they



are entering into a comfortable environment to recover from trauma and move into permanent housing (Fotheringham et al, 2014). Comfort may be defined differently by each resident. The key to comfort is autonomy over their living experience.

Women and children entering into the domestic abuse transitional housing environment have most likely been recently subjected to domestic violence. These individuals are gripped by fear for their lives and are deeply concerned about what the future holds. Their overwhelming priority is to secure safety and seek refuge. At that moment, they are not in a state of mind where participating in group activities is feasible. Their primary focus is on the critical mission of survival. (Andamasaris, 2023).

In contrast, women who have been living in transitional housing for a while and are ready to take the next steps to support themselves may want to participate in a business class or plant vegetables in a community garden with other residents. Trauma is complex so designing through a trauma-informed lens requires consideration of multiple parties. Incorporating phases, some dependent and others independent, for these women and children to go through will allow each individual to heal at their own pace.

Programmatic strategies for a more independent lifestyle can include gardening, support groups, therapy sessions, business classes, communal spaces, child care, a library, or an exercise facility. Gardening in particular can be a form of therapy for individuals dealing with trauma. Residents can enjoy the food they grow, learn the values of hard work/socialization, and experience peace and beauty (Adevi and Martensson, 2013).

Many previously homeless women who have been domestically abused lack the skills needed to attain permanent housing (McLane and Pable, 2020). Holding classes such as art, business, or cooking within the housing facilities allows the residents to participate in interactive and collaborative activities. Homeless women are often shamed for their life choices and lack of skills, even if that is not true or was not their fault. Offering these activities as a fun social choice for women and children versus educating them on how to live their lives is a more beneficial approach (Andamasaris, 2023).

Community spaces are necessary for individuals to have a choice in what type of environment they want to exist in. For example, a social lounge, quiet lounge, working lounge, and kitchen/dining space can all coexist within the facilities. Residents may not want to socialize, meditate, read, and cook or eat all in the same area. Some individuals may not want to be in the same space as another resident (McClane and Pable, 2020). Other residents may be seeking companionship or do not want to be alone.

Since abuse most often occurs in the kitchen and bedroom, offering a communal kitchen and dining area for the residents can alleviate some of the anxiety that individuals may experience. Designing so that the kitchen and bedroom disappear is a crucial trauma-informed strategy. For example, designers may consider creating a simple kitchenette that hides behind a movable partition or sliding door so when residents are ready to use the kitchen, they can make that choice (Andamasaris, 2023). Incorporating a considerable amount of storage space for residents is another key aspect of trauma-

Since abuse most often occurs in the kitchen and bedroom, offering a communal kitchen and dining area for the residents can alleviate some of the anxiety that individuals may experience.

informed design. Messy spaces may trigger residents because it can indicate dysfunction (McLane and Pable, 2020).

Mothers who are working throughout the day or night will need a safe space for their young children to be while they are away. A space for children to learn, make crafts, play games, read, or watch movies while under the care of trusted staff member can help children develop communication skills and creative abilities and support their healing journeys. Designers may consider placing the childcare space near the kitchen so that mothers can cook while their child is playing. Placing sofas within the childcare area allows the opportunity for mothers to watch over their children or socialize with other mothers (Andamasaris, 2023).

Trauma-informed design strategies relating to comfort and healing include creating an open floor plan and furniture layouts in shared and private spaces (Ajeen et al, 2023). Open floor plans can be considered advantageous for domestic abuse survivors so they can have direct sight lines, plan exit strategies, and view who is coming and going. Locating community spaces in directly accessible areas in proximity to public functioning spaces can promote use by residents. Keep these spaces visible (i.e., sight lines and low partitions).

Acoustics, natural light, furniture quality, and the opportunity for personalization are all factors that will allow the residents to feel comfortable in their space (McClane and Pable, 2020). Designers can consider flooring materials that will allow residents to hear footsteps approaching in public spaces, however, in private spaces, residents may want a more acoustically soundproof space. Wall and ceiling materials such

as felt or acoustically treated products can also contribute to soundproofing a space.

One significant aspect to keep in mind when specifying lighting is bright lighting can throw strong shadows. Avoiding strong shadows through placement and type of lighting can avoid triggering residents or frightening them (Andamasaris, 2023). Exposure to natural light is a critical aid to increasing mental health. Designers may consider adding glazing throughout the project to create opportunities for natural light (Pragati et al, 2022). Duration of exposure to light directly affects the human circadian clock which also affects sleep duration and quality in addition to regulating serotonin (Blume et al, 2019).

Although color is a subjective aspect of design, it is scientifically recommended to use calming blues and greens to produce soothing feelings (Pragati et al, 2022). Selecting a natural material palette in balance with organic or curvilinear forms can also produce calming feelings (TED, 2019).

Homelessness and domestic abuse have a high correlation, emphasizing the need for trauma-informed design in transitional housing (Ajeen et al, 2023). Becoming trauma-informed as a designer requires adopting a compassionate and humble mindset and educating oneself about the unique effects of trauma on individuals (Dietkus, 2022). The built environment has a direct impact on individuals dealing with trauma, and simple design strategies can significantly affect mental health (Aljunaidy et al, 2021).

Trauma-informed design contributes to the healing process of women and children exposed to domestic abuse by prioritizing

the safety, privacy, comfort, and healing aspects of spaces and programs. Programmatic and design strategies, such as security measures, private living spaces, gardening therapy, and flexible community spaces, play a crucial role in supporting trauma survivors on their healing journey (Fotheringham et al, 2014). Design factors like acoustics, natural light, furniture quality, and color selection heavily influence residents' sense of home and overall well-being in transitional housing.

**call to action**

The prevalence of domestic violence is a tragic reality for millions of women and children around the world. Statistics reveal that one in three women in the United States and three in ten women globally have experienced sexual and/or physical abuse or stalking by an intimate partner. Furthermore, the alarming figure of eighteen percent of children and teens in the United States who have witnessed their parent or guardian being physically abused highlights the devastating impact on these families (National Domestic Violence..., 2023).

Domestic violence transitional housing models offer a lifeline to those escaping domestic abuse while these women and children strive to rebuild their lives. Despite the intentions of housing initiatives, the psychological effects of the built environment have often been overlooked in the design-build process (Ajeen et al, 2023). This critical gap in the design industry provides the opportunity for designers to integrate trauma-informed design strategies into their processes (Aljunaidy et al, 2021).

Trauma-informed design embodies safety, privacy, and comfort and provides survivors with opportunities to regain autonomy in their lives. By embracing these principles, designers can help empower those who have experienced trauma to heal, rebuild, and ultimately secure permanent housing. Trauma-informed design is a path toward breaking the cycle of abuse in individuals' lives while offering hope to survivors. It is designers' responsibility to recognize the transformative potential of a trauma-informed approach and work tirelessly to make it a reality for those who have suffered in silence.

It is designers' responsibility to recognize the transformation potential of a trauma-informed approach and work tirelessly to make it a reality for those who have suffered in silence.

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# program

maximum occupancy

50

occupancy classification

R-2, A-3

## lobby

200 SF

staff will greet residents and intake new residents / help them with any concerns and answer phones

## intake

150 SF

employees wash new residents' clothing, sanitize their personal belongings, and residents will shower and change

## 1 bedroom 1 bathroom

700 SF

residents will sleep, cook, do laundry, eat, watch tv, have company, work

## workout room

500 SF

residents will utilize workout equipment and lift weights

## community kitchen

300 SF

residents will cook meals and dine together or individually

## community lounge

400 SF

residents will socialize, watch TV, view sporting events, read books, work on computers

## 2 bedroom 2 bathroom

850 SF

residents will sleep, cook, do laundry, eat, watch tv, have company, work

## staff lounge

250 SF

staff will eat, socialize, and rest

## mail room

60 SF

staff will send off and pick up mail

## classroom

275 SF

residents will attend support groups + art and business classes

## security station

60 SF

security guard will observe coming and goings of residents and staff

## children's space

900 SF

children will learn, play, watch movies, and make crafts

## therapy room

200 SF

new and current residents will meet with therapist and therapist will use space as an office

## staff office

150 SF

staff are working on computers, taking calls

## conference room

300 SF

staff will hold weekly and monthly meetings

## library

200 SF

residents will pick out books, read, and/or work

# precedent studies

## laurel house

design firm: Shopworks Architecture  
location: Grand Junction, Colorado  
date completed: 2021  
size: 21,000 SF

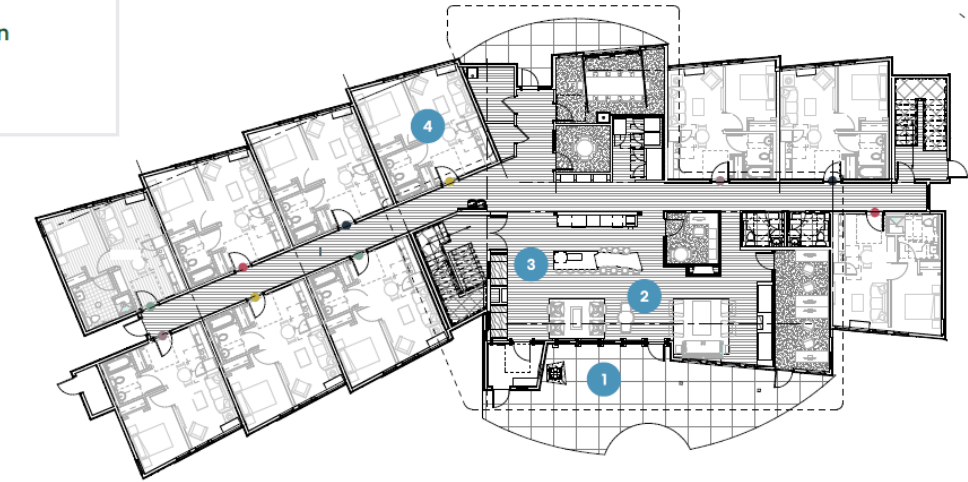
Laurel House was built and designed for young adults (ages 18-24) who are experiencing homelessness. Therapy and career services are offered to all residents and each unit is fully furnished. Individuals have access to amenities such as a communal kitchen and gathering spaces in addition to a spacious outdoor space. Shopworks, an architecture firm that utilizes trauma-informed design strategies, chose a warm material palette with playful colors and patterns to create a welcoming environment. Nested layers like nooks and niches were incorporated to provide residents with the opportunity to be in a private area but seek out social interactions when desired. Having visibility from the second floor into the first floor allows residents to decide whether they would like to join in the space.



community lounge



building facade



community lounge

photographs by Shopworks Architecture



**providence at the heights**

designer: Shopworks Architecture

location: Aurora, Colorado

date completed: 2020

size: 44,000 SF

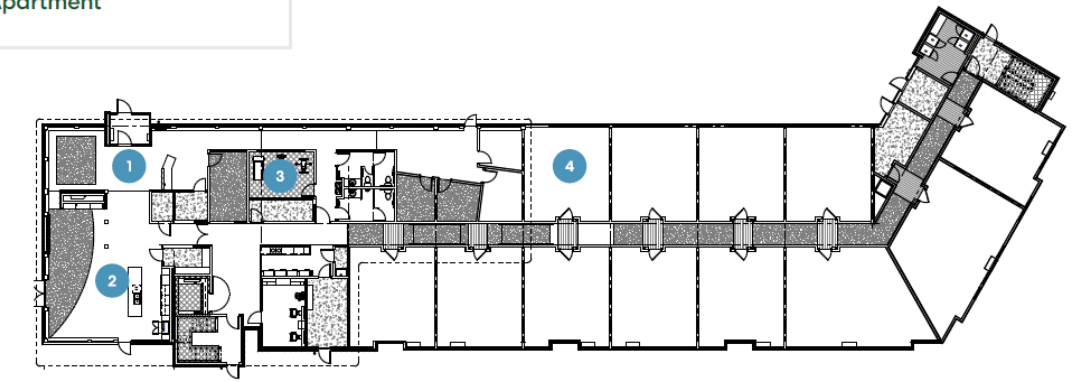
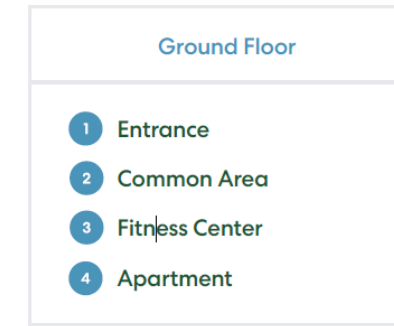
Providence at the Heights (PATH) was designed and built as supportive affordable housing for people who were recently released from prison. PATH offers services to residents like mentoring and community to help previously incarcerated individuals find stability societally and economically. PATH and Shopwork's top concern in the design process was safety. The building includes wide hallways and open stairwells along with a key fob system for residents. Biophilic design was highly valued throughout this project to promote healing within the built environment. An abundance of wood was incorporated in each space in addition to color schemes and material palettes chosen to reflect nature. Large windows allow residents to feel a connection to the outside. Community spaces were strategically designed to promote socialization among staff and residents.



corridor



building exterior



community lounge

photographs by Shopworks Architecture



**the elisabetta**

design firm: Shopworks Architecture

location: Grand Junction, Colorado

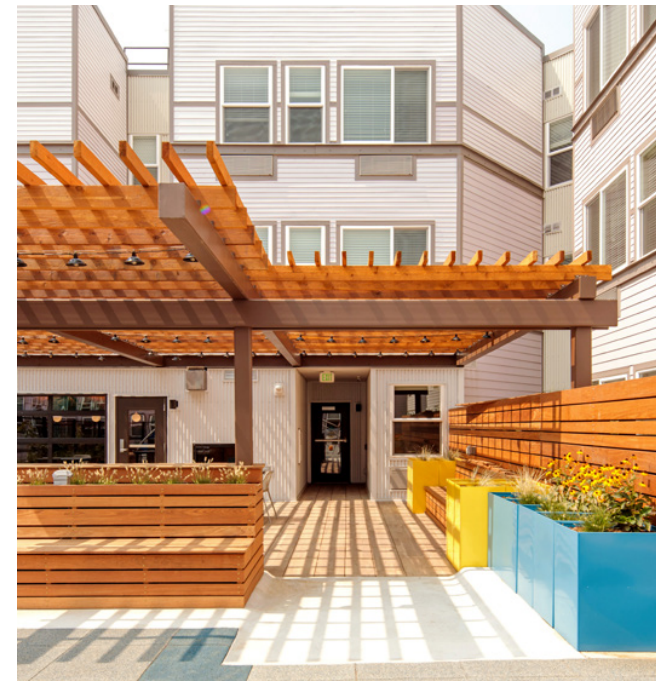
date completed: 2021

size: 21,000 SF

The Elisabetta was designed and built as supportive affordable housing for adults and children with intellectual and developmental disabilities. This multi-use building features amenities such as a fitness room, community spaces, bike storage, and outdoor courtyards. The material palette consists heavily of wood in structural elements, furniture, floors, and cabinetry. The playful color palette brightens the space and creates a welcoming environment. By creating niches throughout the building with low ceilings and warm lighting, Shopworks designed for the perception of safety for residents. Transparent partitions, accoustical features, and comfortable seating create sensory boundaries for residents.



entry + check-in



courtyard



community lounge

photographs by Shopworks Architecture





site



**neighborhood history** Byrd Park

Byrd Park, named in 1906 to honor Richmond's founder, boasts 300 acres of land and reflects the 19th-century American Parks Movement. Initially created in 1875 as Reservoir Park, it now features tennis courts, lakes, baseball fields, walking trails, and historic architecture. Byrd Park Court, a registered neighborhood, encompasses this area. It includes diverse housing styles, such as Colonial Revival and Mediterranean Revival, along with notable structures like the Gothic Pump House and 39 historic buildings. The park also houses the Shields Robertson Cemetery, serving as a reminder of its past residents.



Westwood Rd



Shirley Ln



Robins Nature Center

The Byrd Park neighborhood is a great fit for this project because there is plenty of nature, historic landmarks, and walking trails surround the area. This neighborhood has a sense of privacy from the city of Richmond due to the large trees and lakes on the parameter and throughout the land.



Robins Nature Center



Byrd Park



neighboring home

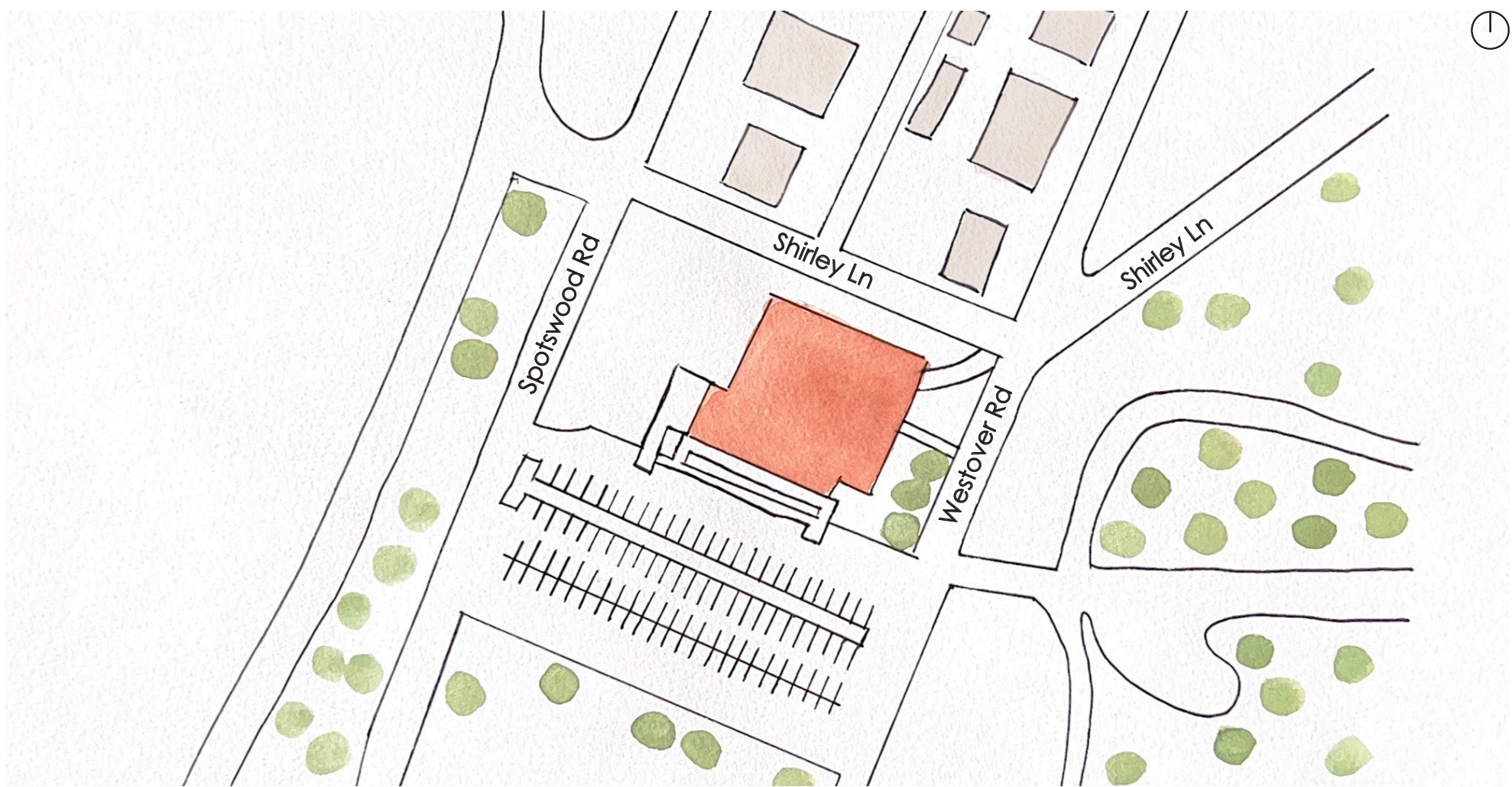


neighboring home



neighboring home





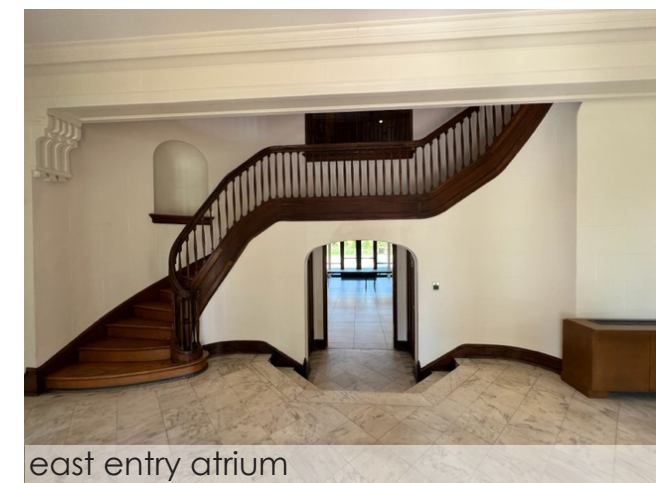
**building history** 1000 westover rd

The historic 16,000 square foot estate was constructed in 1918 as a single-family home for the Lanthrop family. In 1925, it was entrusted to the city of Richmond and was unoccupied until 1975 when the Maymont Foundation acquired the property. The South Wing, a contemporary addition designed by Quinn Evans in 2018, now functions as office space, while the North Wing and Shirley Lane area serve as rental spaces for corporate events, weddings, and parties. The architectural style of the original building exudes Spanish Revival, with its brick mirroring the stucco on the original building and expansive glass mimicking the arched openings. The new additions are balanced between traditional forms and proportions so they would not overshadow the original structure.



east building facade

This building serves as a great location for transitional housing for women and children fleeing domestic abuse because it is private yet located near parks and walking trails. The structure of the building allows for a large program indoors and outdoors. The glazing layered into the whole building provides opportunity for natural light in staff, communal, and residential spaces.



east entry atrium



corridor



south building facade



courtyard



event space

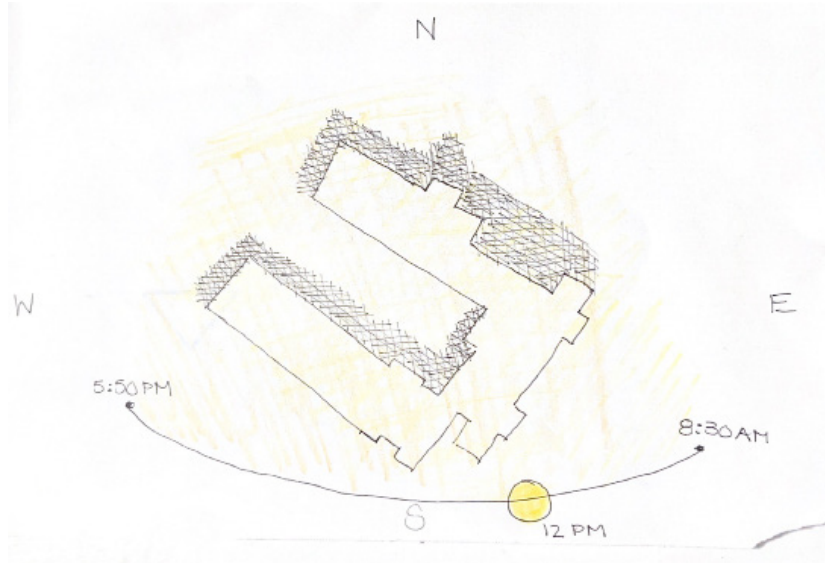


site model

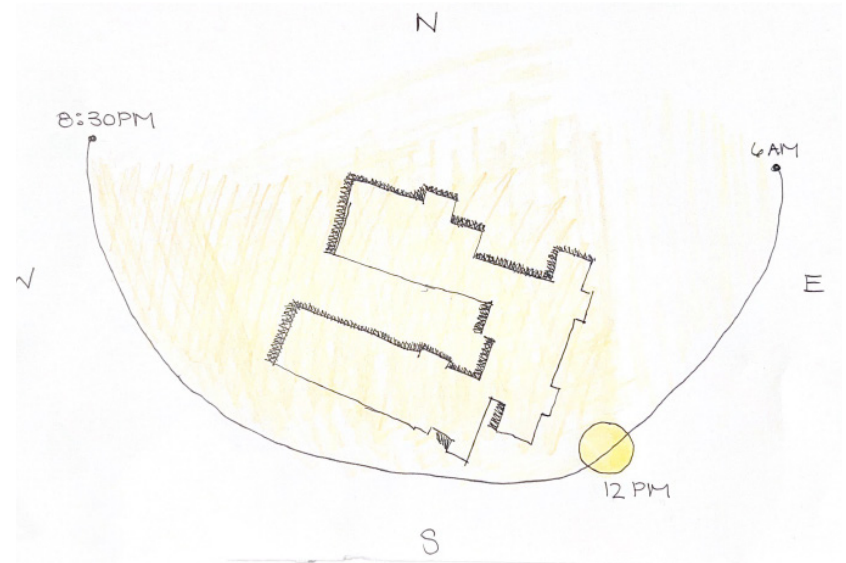


medium: cardboard, plexiglass, and toothpicks  
scale: 1/16" = 1'-0"

site studies



light study | winter solstice



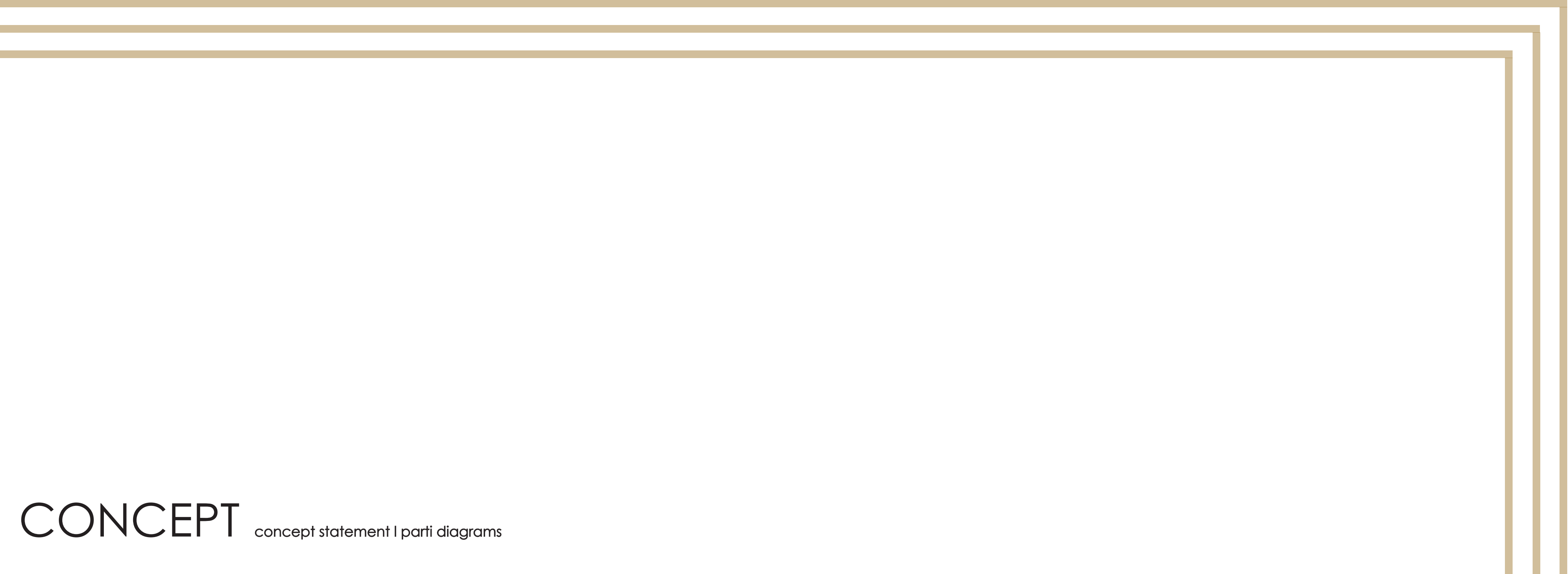
light study | summer solstice



views study



sound study



CONCEPT concept statement | parti diagrams

# concept

## concept statement

Exploring boundary porosity across high, medium, and low tiers each aligning with social interaction, visibility, and acoustics to create a comforting sensory environment for residents.

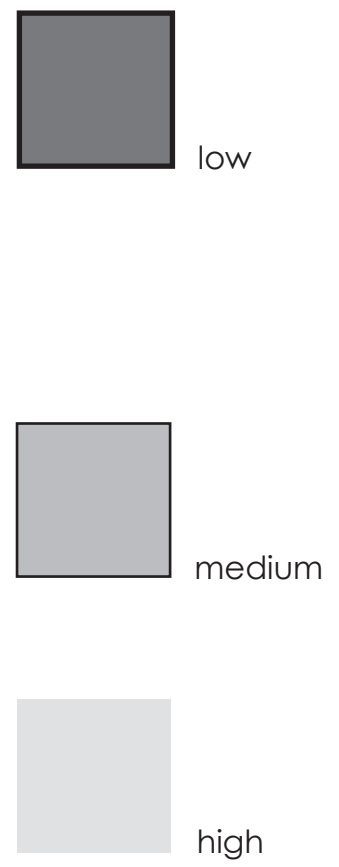
## boundary language

The primary boundary language used throughout this project is wooden slats. This strategy provides opportunity for division within spaces with maintained site lines.

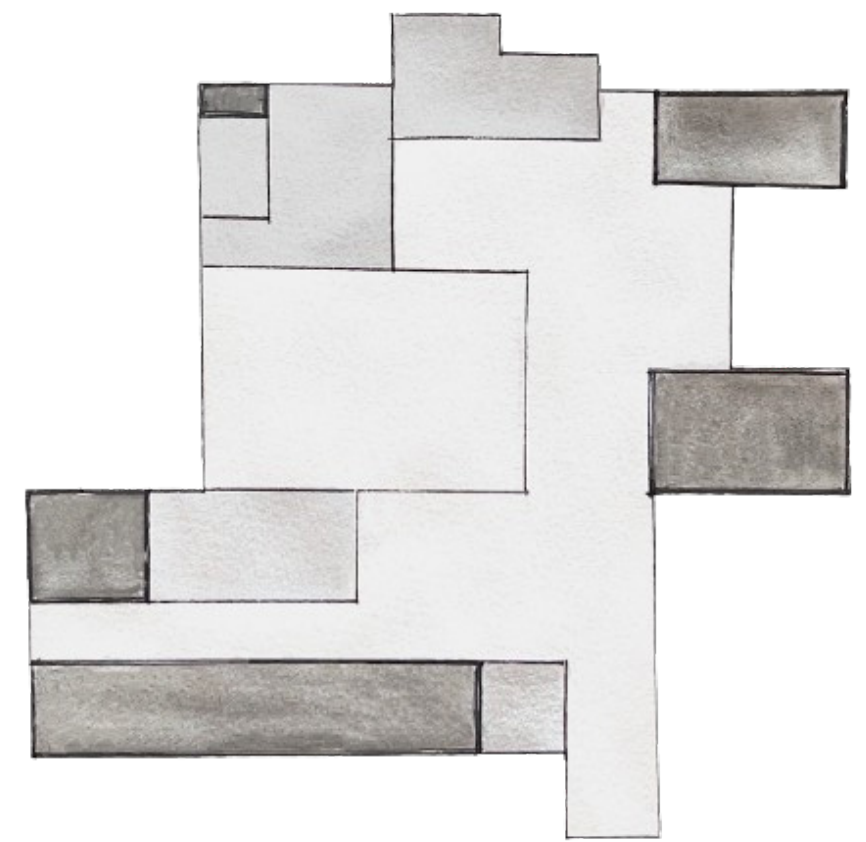
Spaces with low porosity are the most private spaces within the building and low visibility. While there are windows for natural light, it is not visible from the public space. These spaces are for solitude, reflection, family time, and private activities.

Spaces with medium porosity have opportunities for social interaction, opportunities for seclusion or separation, and higher visibility.

Spaces with high porosity are areas created for open social interaction and have the highest visibility.



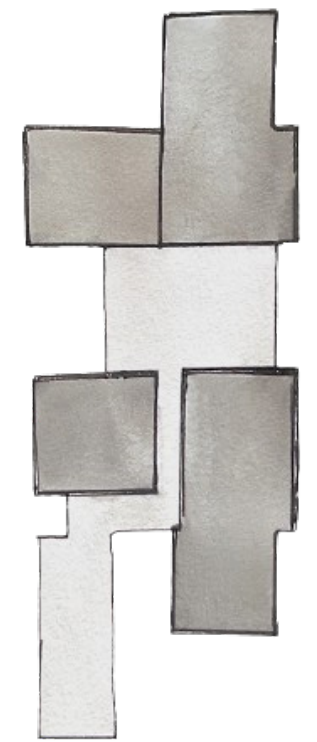
## parti diagrams



floor 1



floor 2

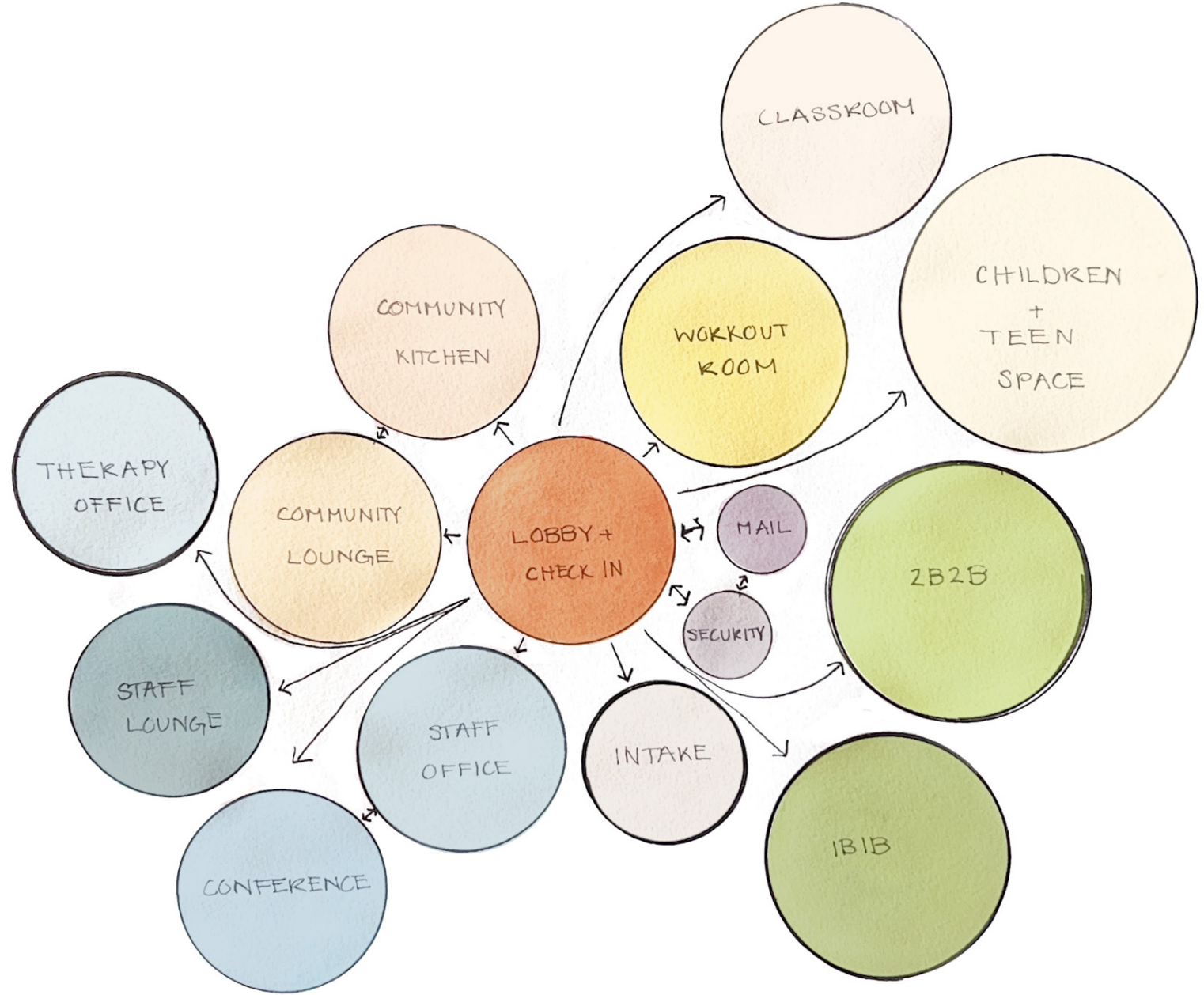




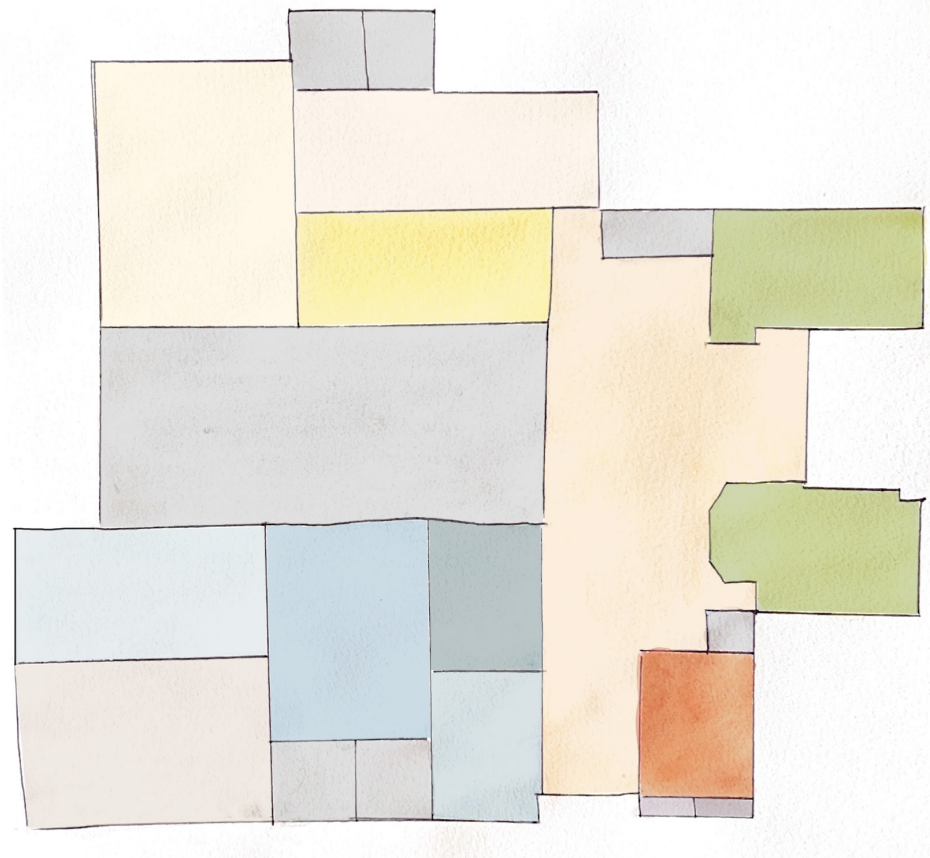


SCHEMATIC DESIGN space planning | schematic development

space planning

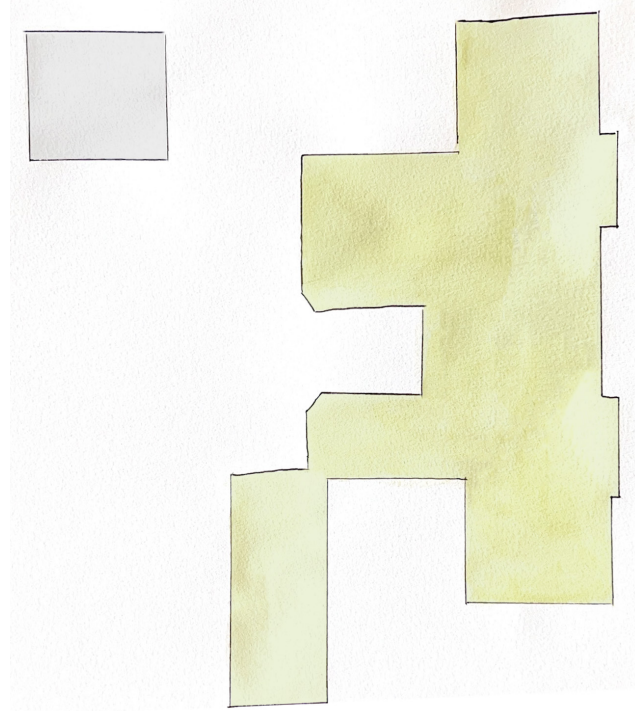


bubble diagram



floor 1

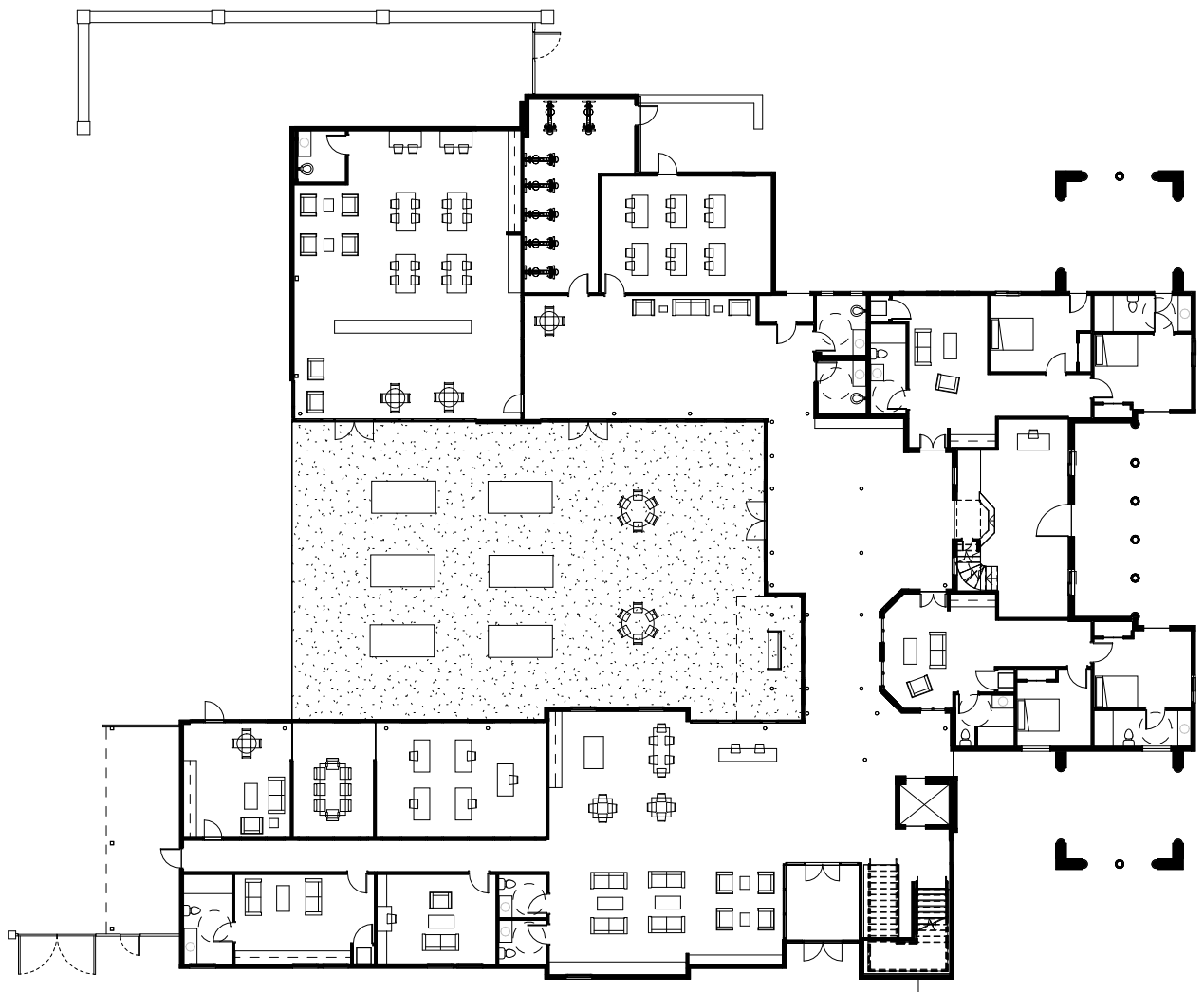
block plans



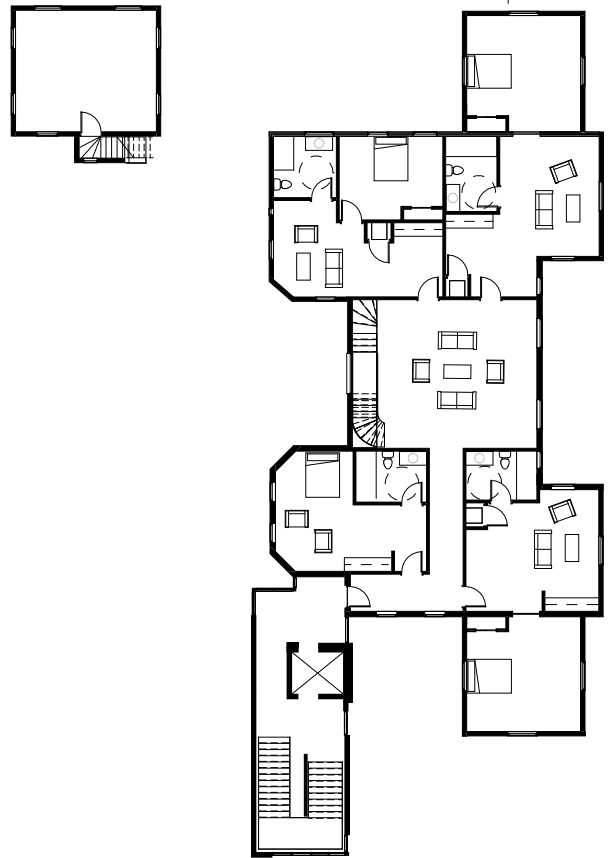
floor 2



# schematic development

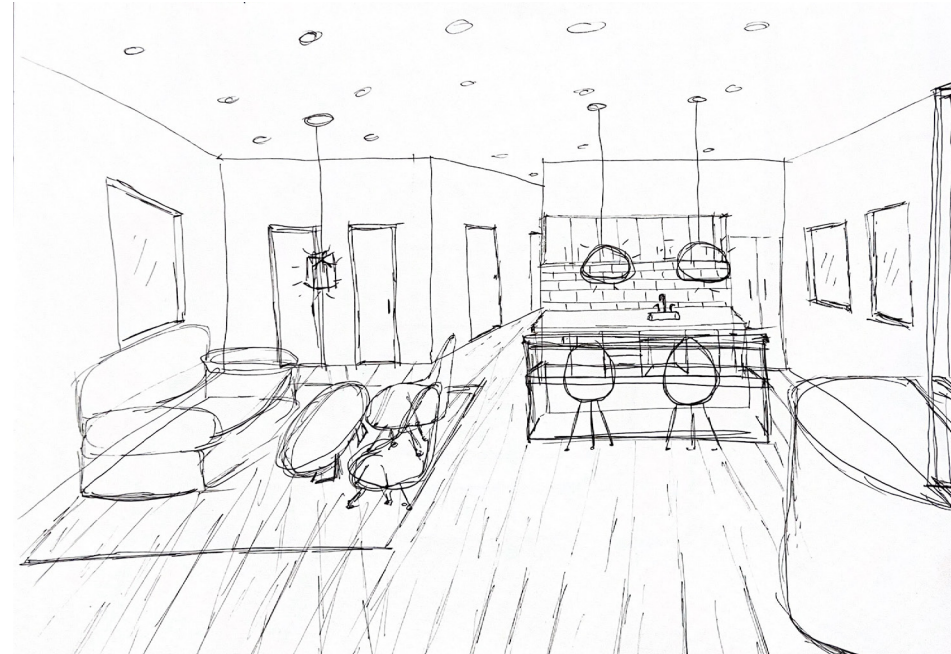


floor 1: initial furniture plan

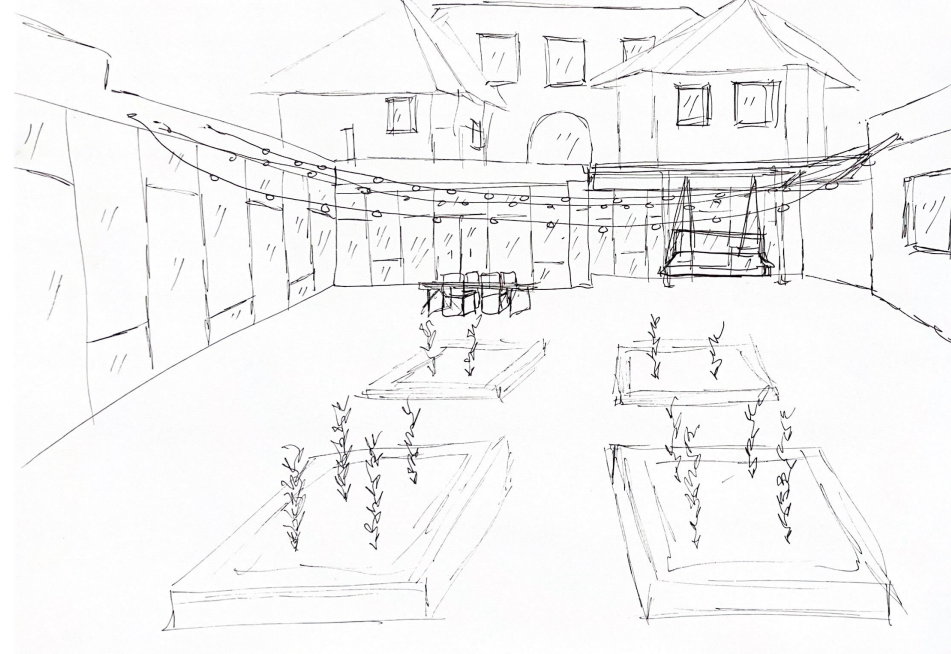


floor 2: initial furniture plan

community kitchen + lounge



community garden + patio

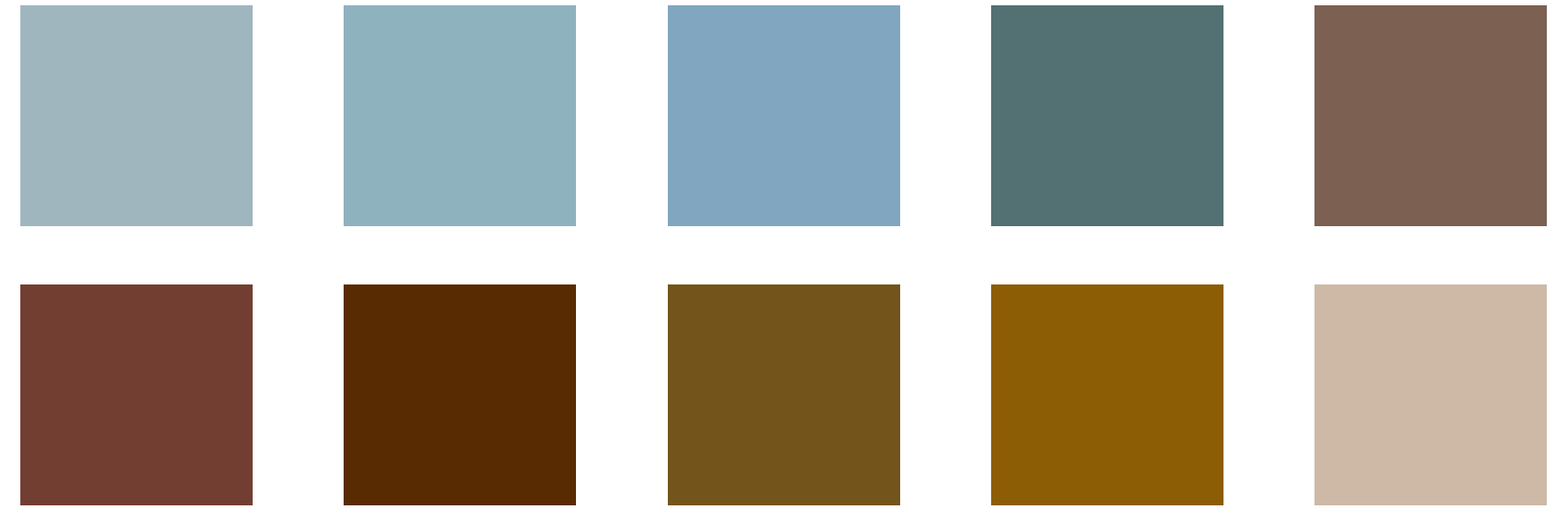


2B2B residential unit living room



In the schematic design phase, I created some initial sketches of what I envisioned for these spaces based on furniture layout, lighting, and spatial volumes.

## color palette



My color palette is inspired by landscapes of nature. The specific hues are pulled from the trees, sunsets, sky, mountains, and ground cover. The natural color palette is meant to bring a warmth into the designed environment.

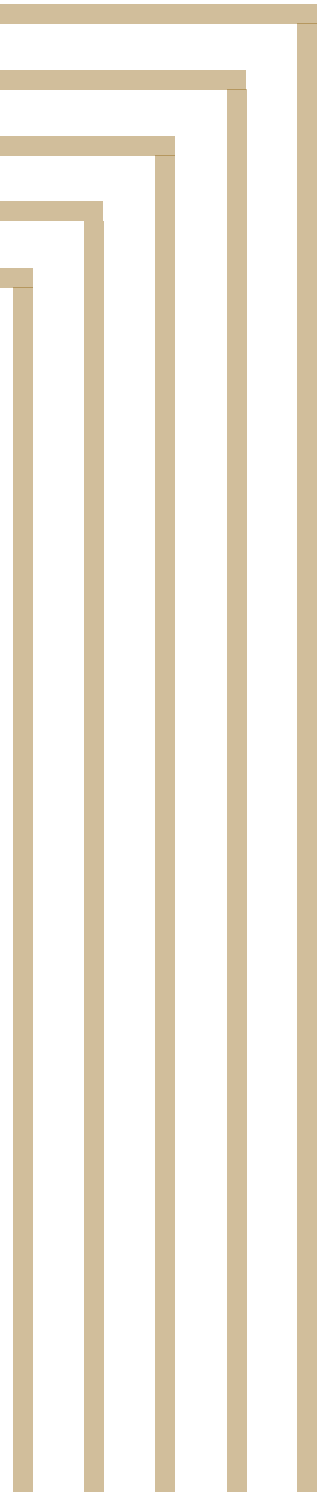




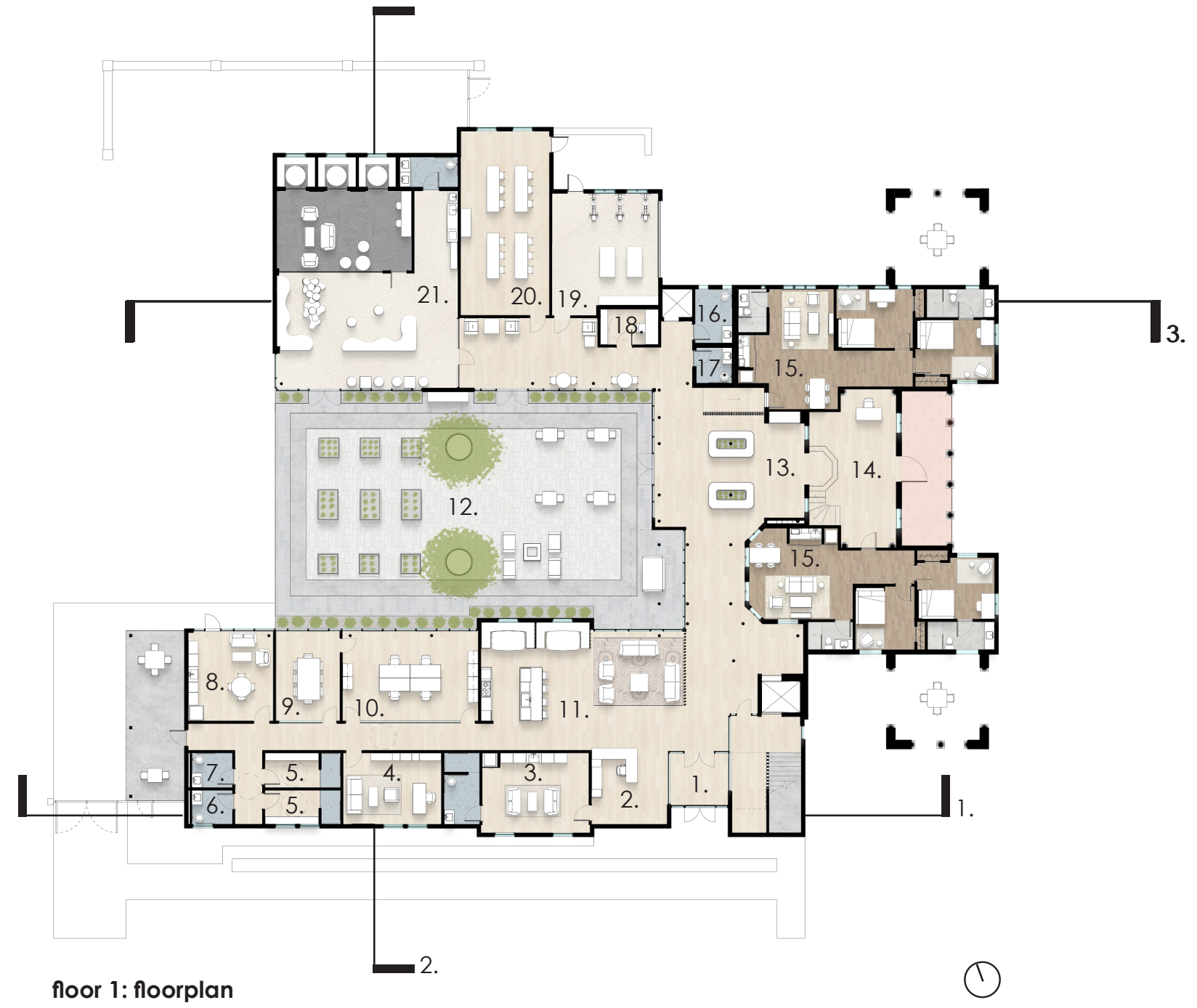
# DESIGN DEVELOPMENT

floorplans | reflected ceiling plans

perspectives | thesis board + reflection

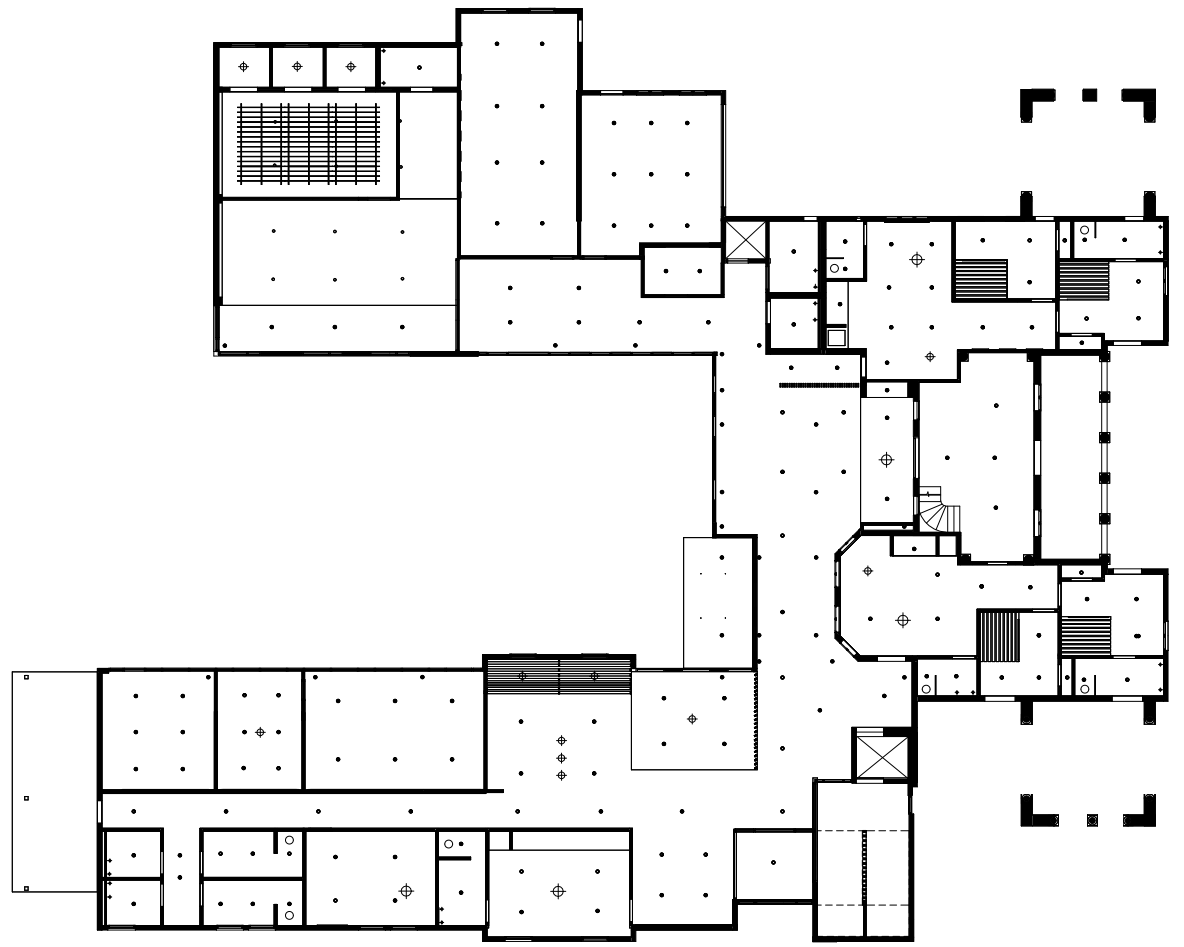


floorplans

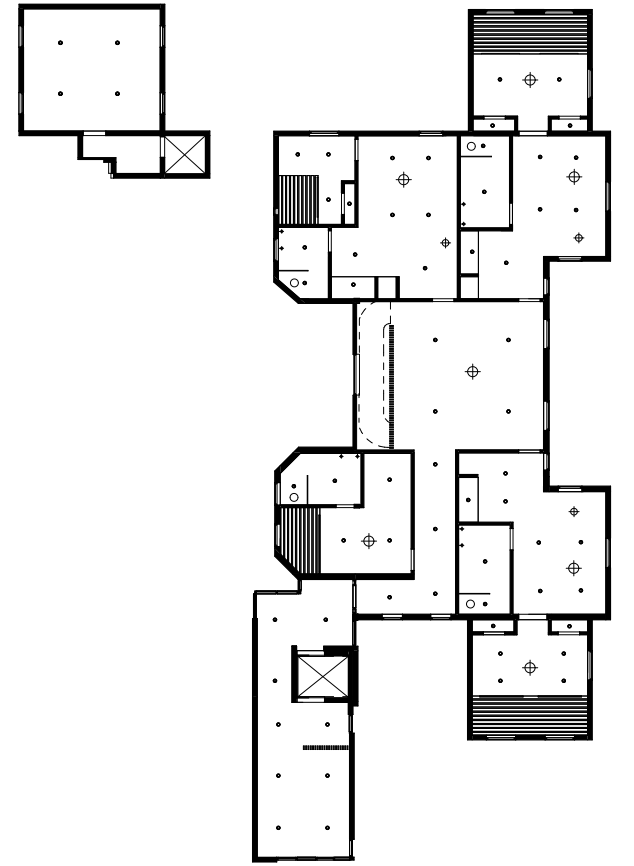


- 1. primary entry
- 2. check-in
- 3. intake
- 4. therapy office
- 5. staff changing rooms
- 6. wc
- 7. wc
- 8. staff lounge
- 9. staff conference room
- 10. staff office
- 11. community lounge + kitchen
- 12. community garden
- 13. coffee bar + mail pickup
- 14. secondary entrance + security
- 15. 2B2B residential unit
- 16. wc
- 17. wc
- 18. maintenance office
- 19. gym
- 20. classroom
- 21. children + teen space
- 22. secondary community lounge
- 23. 1B1B residential unit
- 24. storage

reflected ceiling plans



floor 1: reflected ceiling plan



floor 2: reflected ceiling plan



section 1: south



section 2: west



section 3: north



# community lounge



### description + rationale

The community lounge is designed for residents to socialize and relax in a communal setting. Residents can enjoy connection with the outdoors and natural light while sitting next to the storefront windows. The wooden slat wall is designed as a boundary to define the communal space from the adjacent corridors and entry. The carpet tiled area rug acts as a boundary inviting socialization and the fun pattern adds contrast to the orthogonal forms of the wood slats and storefront windows. The large chandelier serves as decorative lighting.

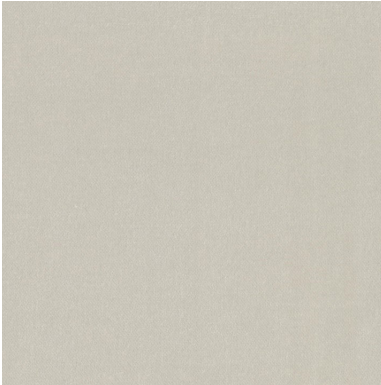
### finishes



natural oak



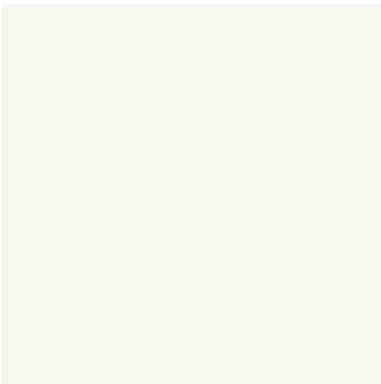
carpet tiles



upholstery



upholstery



wall + ceiling paint



birch wood flooring



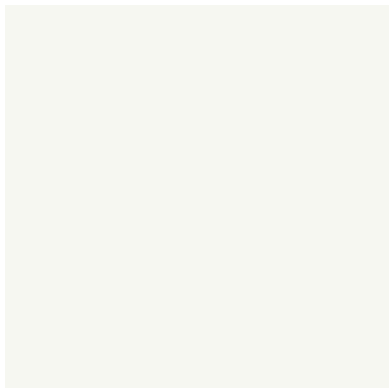
# community kitchen



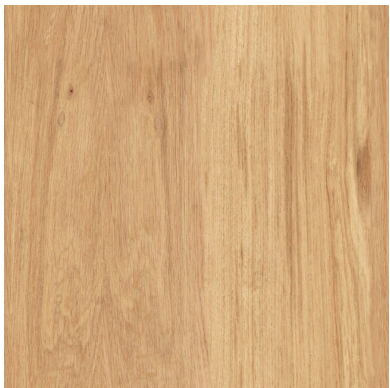
## description + rationale

The community kitchen is designed for residents to cook within a social setting. The kitchen is fully accessible and equipped with a full range of appliances: refrigerator drawers, microwave, oven, dishwasher drawers, and electric cooktop. The variety of seating creates opportunities for residents to enjoy a meal individually or with friends and family. The wood slats act as an accent and a physical boundary for privacy between the custom banquettes. The terracotta tiles serve as an homage to the Spanish Colonial architectural style of the building. The countertops are Dekton which is scratch and stain-resistant. The cabinetry is high-pressure laminate which is durable for a commercial kitchen setting and easy to be cleaned. The pendant lighting functions as both decorative and task lighting, providing light for residents while they are eating or working.

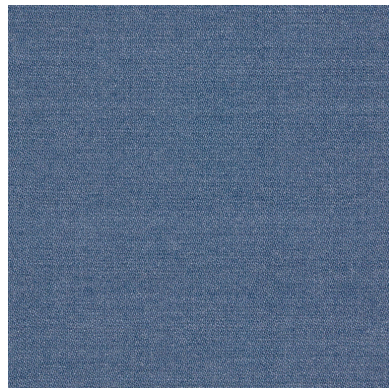
## finishes



wall + ceiling paint



natural oak



upholstery



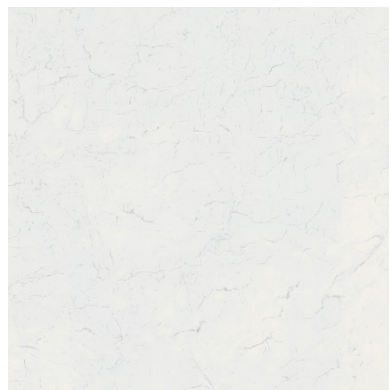
birch wood flooring



high pressure laminate



terracotta tile



Dekton countertops



# coffee bar + mail pickup



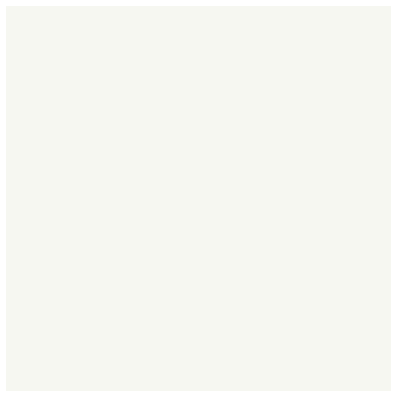
## description + rationale

The coffee bar + mail pickup area serves as another communal lounge for residents. Residents can grab their mail from the built-in mailboxes and make a coffee. They have the option to sit down and enjoy a coffee or go on about their day. The wood ceiling and wall veneer act as a boundary for a wayfinding strategy visually showing residents where the mail and coffee bar are located. The custom banquettes include planters for a visual accent and connection to nature indoors. The linear pendant serves as decorative lighting. The wood slat wall is a privacy boundary for the ramp that leads into the residential unit adjacent to this space.

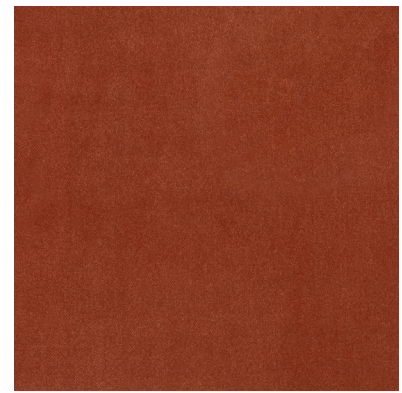
## finishes



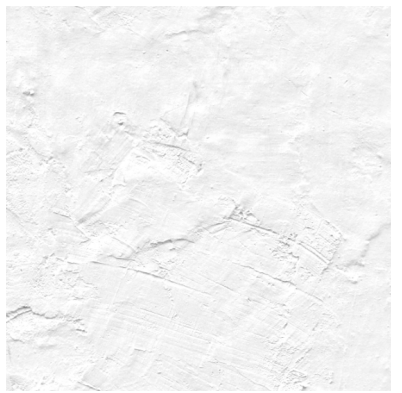
birch wood flooring



wall + ceiling paint



upholstery



stucco



ceramic tile



natural oak



# community garden + patio



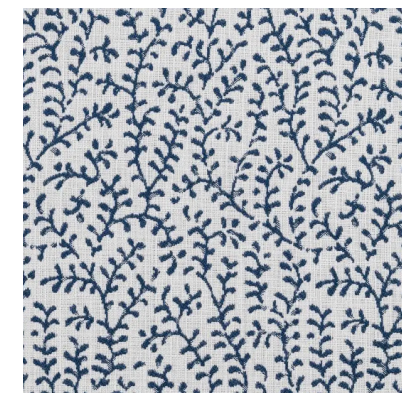
## description + rationale

The community garden and patio is another social setting for residents. Residents have the opportunity to participate in growing herbs and vegetables as a form of therapy and for their own food to cook. A custom shed is built for gardening storage. There are cafe tables for eating, working, and socializing. Lounge chairs and a fire pit allow residents to relax by the fire in the evenings. A custom swing is hung under the awning for relaxation. The custom planters, custom shed, lounge chairs, and custom swing are made of teak wood for durability in the outdoors.

## finishes



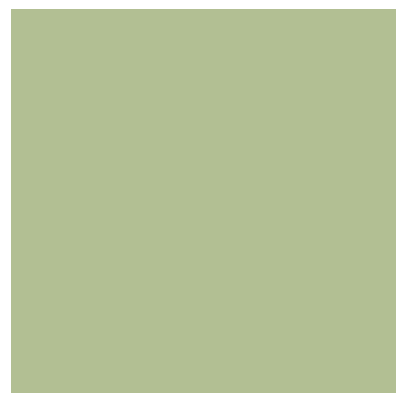
upholstery



upholstery



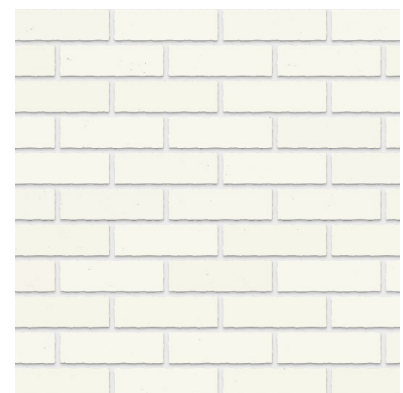
teak wood



powder coated aluminum



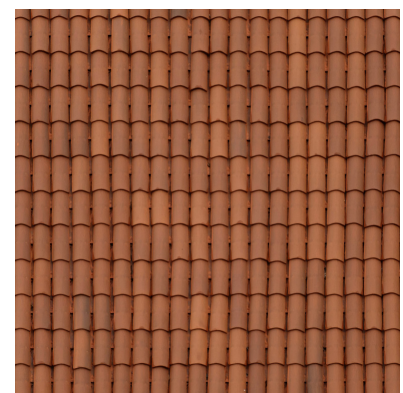
stucco



brick



siding



terracotta roof tiles



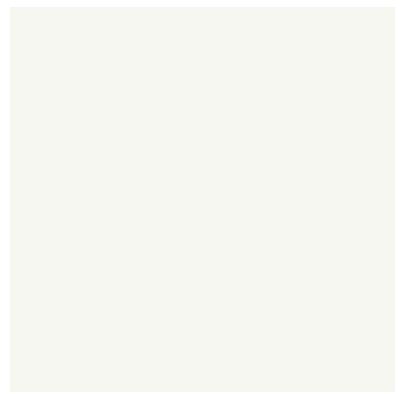
# therapy office



## description + rationale

The therapy office is designed for residents to meet with a therapist individually or with a family member. Some residents may have children and want to accompany them in a session. The custom casework serves as storage for books, files, and other supplies the therapist will want to keep in office. The chandelier above the desk is a decorative and task lighting, providing light while the therapist is working. The soft color palette along with the botanical patterns are designed to induce a calming environment when residents enter this vulnerable space.

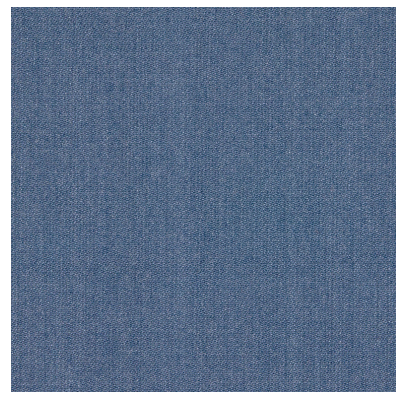
## finishes



wall + ceiling paint



natural oak



upholstery



high pressure laminate



carpet tiles



birch wood flooring



stucco



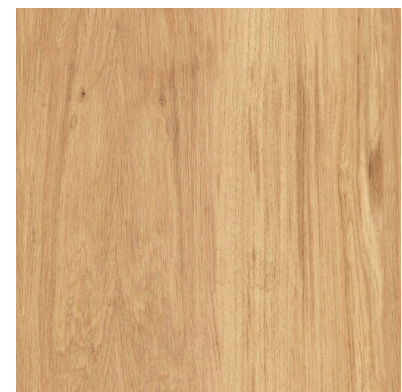
# children's space



## description + rationale

The children's space is a daycare center for children to be dropped off while parents are at work or attending job interviews. Children will be supervised by staff members and parents are welcome to join as well. The room has a large volume and a beautiful window with ample natural light. This informed the design decisions for the space. The custom toy storage serves as seating for kids along with the interactive and modular furniture unit located at the mural wall. Ash wood veneers cover the ceiling and walls to lighten up the space and introduce texture. The rubber cork flooring is a non-slip surface for safety and acoustical absorption. The adjacent, built-in room is the teen space highlighted on the following page.

## finishes



natural oak



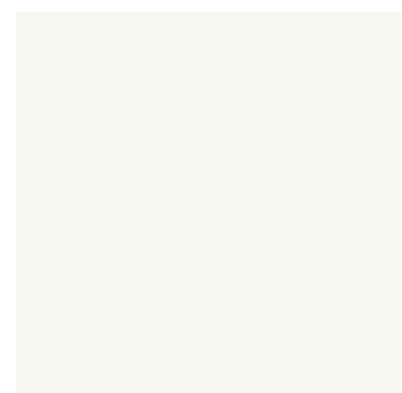
rubber cork flooring



furniture paint



ash wood



wall + ceiling paint



birch wood



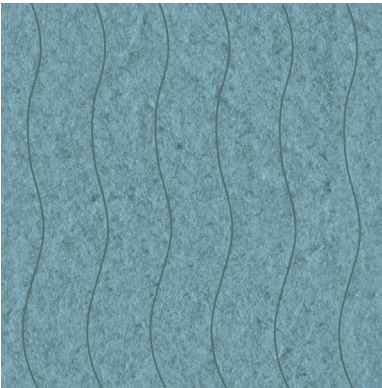
# teen space



## description + rationale

The teen space serves as an environment for teens to do homework, relax, and socialize after school or on the weekends. To maintain the natural light coming into the space, there is not a ceiling but acoustic ceiling panels acting as a planal boundary and providing sound absorption. The floor is made of carpet tiles which are another form of acoustical absorption. There are niches built into the wall lined with acoustic wall panels creating a private space for teens to work or socialize. The cool yet vibrant color palette differentiates this space as a teen area from the children's space which is primarily a natural color and material palette.

## finishes



acoustic wall panels



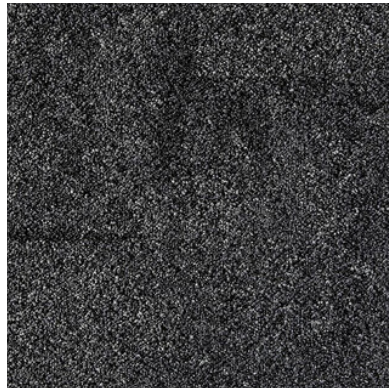
ash wood



acoustic ceiling panel



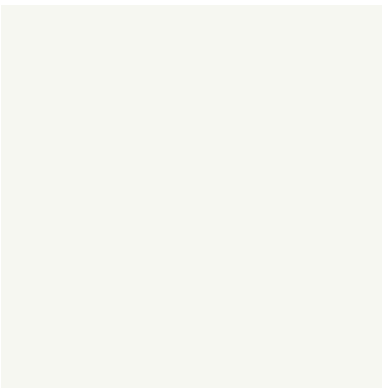
natural oak



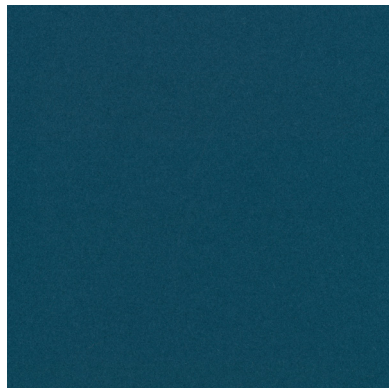
carpet tiles



high pressure laminate



wall + ceiling paint



upholstery



upholstery



# 2 bedroom 2 bathroom residential unit



## description + rationale

The residential unit living room spaces are designed as a central gathering space for residents within their unit. Each living space has a dining room table, kitchenette, and laundry units. The natural color palette welcomes residents into a warm space for relaxation. The ceiling mounted lamp functions as decorative and ambient lighting.

## finishes



high pressure laminate



upholstery



natural oak



upholstery

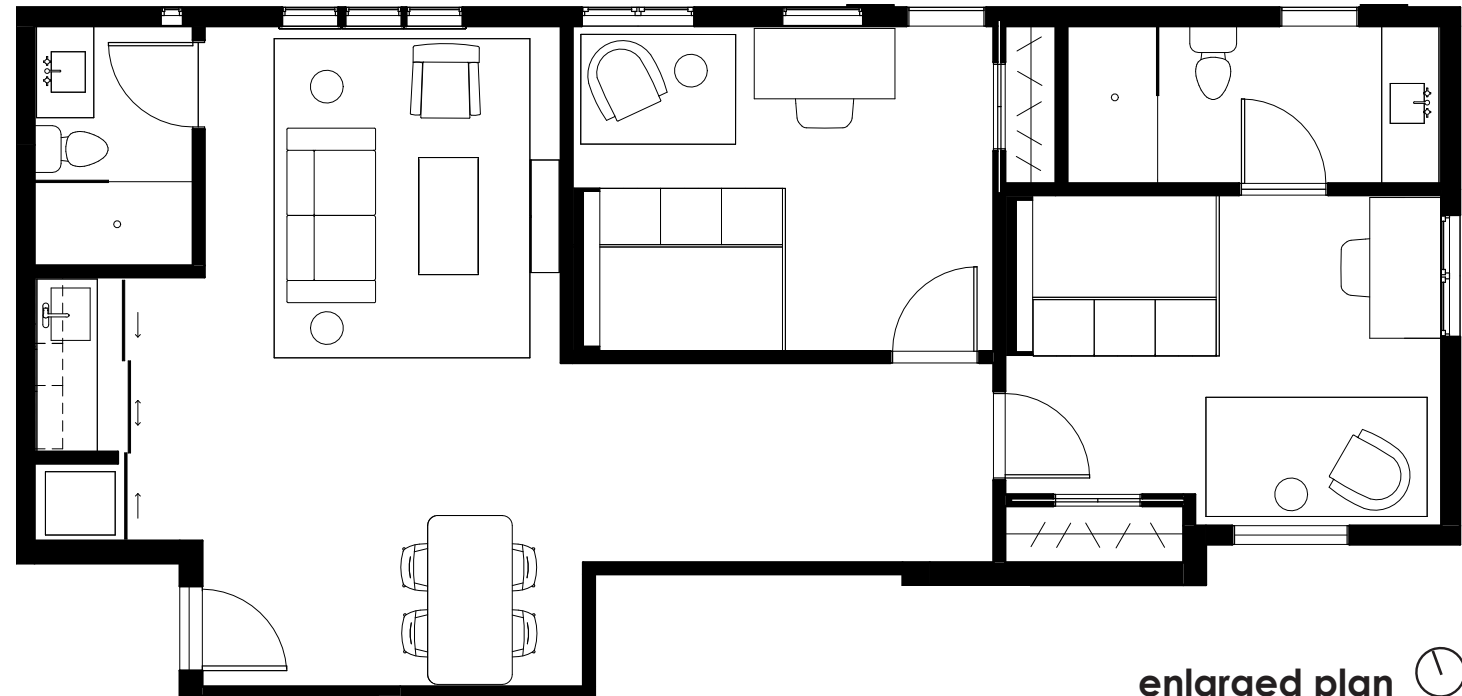


carpet tiles



oak flooring





enlarged plan 



### laundry + kitchenette detail

The kitchenette and laundry units are designed to be hidden and demphasized within the living space. Abuse most commonly occurs in the bedroom and the kitchen. It is important for residents to have autonomy over the visibility of these spaces. The wood slat doors function as a flexible boundary.



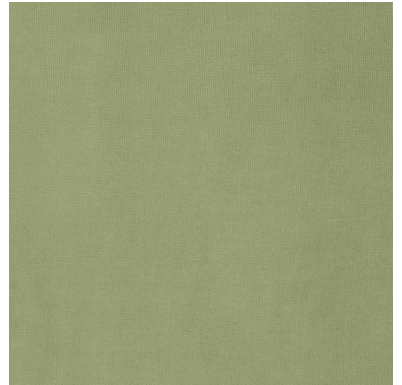
# 1 bedroom 1 bathroom residential unit



## description + rationale

The residential unit bedrooms are designed for residents to relax and sleep within their own private space. The custom bed is designed with built in open shelving and adjustable curtains for privacy. The ceiling mounted lamp acts as decorative and ambient lighting.

## finishes



upholstery



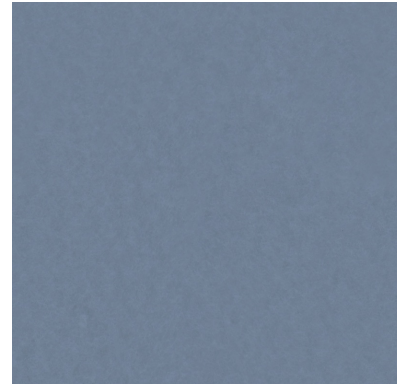
white oak



bedding fabric



oak flooring



bedding fabric



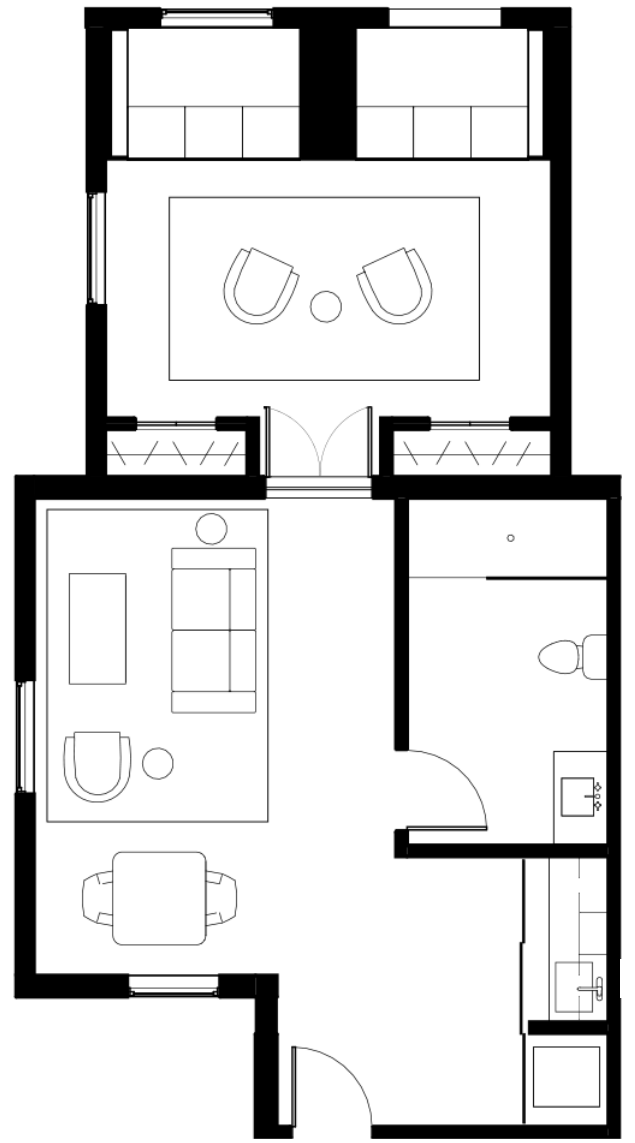
carpet tiles



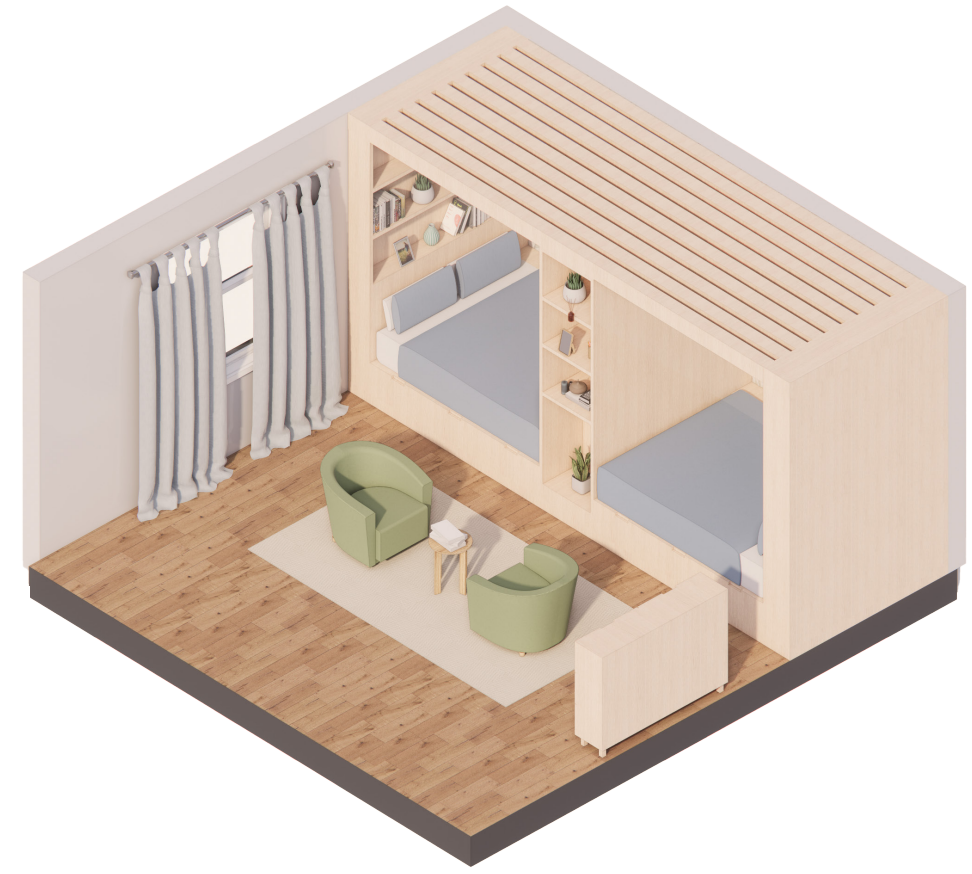
curtain fabric



# 1 bedroom 1 bathroom residential unit



enlarged plan 



custom bed detail



**custom bed detail model** medium: chipboard, cardboard, and fabric | scale: 1/2" = 1'-0"

Domestic abuse most commonly occurs in the bedroom or kitchen, therefore, it is important in trauma-informed design to provide autonomy for the residents. The adjustable curtain creates an opportunity for residents to hide the bed space and a privacy boundary. The open shelving allows for personalization by the residents. In trauma-informed design, it is crucial for users to have the opportunity for personalization within their space. The ceiling-mounted lamp acts as ambient and decorative lighting for the space.





# PRODUCT SPECIFICATIONS

furniture | finishes

lighting | fixtures

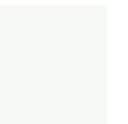
furniture



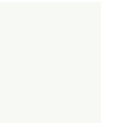
**product** Q6 Ottoman Q6-200  
**manufacturer** Davis  
**material/finish** Kvadrat - Letters 0140  
**location** teen lounge  
**sustainability** manufactured in US  
**rationale** easily movable  
**website** <https://www.davisfurniture.com/products/q6-ottoman>



**product** Q6 36" Round Top Table Lounge Q6-315  
**manufacturer** Davis  
**material/finish** 11 light oak veneer, 60 stone powder coat  
**location** teen lounge  
**sustainability** manufactured in US  
**rationale** lounge table height  
**website** <https://www.davisfurniture.com/products/q6-occ-table>



**product** Low Rectangle Coffee Table NR-3046  
**manufacturer** Davis  
**material/finish** 11 light oak, 05 matte black, 60 stone powder coat  
**location** teen lounge  
**sustainability** manufactured in the US  
**rationale** easily movable  
**website** <https://www.davisfurniture.com/products/nora-occ-table>



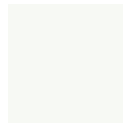
**product** Casen Two Seater CS-1002  
**manufacturer** Davis  
**material/finish** 05 matte black powder coat, Kvadrat - Divina 3 0893  
**location** teen lounge  
**sustainability** made in the USA  
**rationale** designed for lounging  
**website** <https://www.davisfurniture.com/products/casen-sofa>



**product** Casen Lounge Chair CS-1001  
**manufacturer** Davis  
**material/finish** 05 matte black powder coat, Kvadrat - Divina 3 0893  
**location** teen lounge  
**sustainability** made in the USA  
**rationale** designed for lounging  
**website** <https://www.davisfurniture.com/products/casen-sofa>



**product** Codi Wood Leg Armless Chair CD-1030  
**manufacturer** Davis  
**material/finish** 11 light oak, 60 stone powder coat  
**location** teen lounge  
**sustainability** made in the USA  
**rationale** stackable chairs, designed for working  
**website** <https://www.davisfurniture.com/products/codi>





# furniture



**product** Tapa Modular Seating; Circular Four Level Pouffe N-4-I, N-4-II  
**manufacturer** Genesys  
**material/finish** hemp fabric; Tapa - HWP03 Gorse, HWP06 Pollen, HWP18, Dale, HWP19 Acre, HWP20 Trough  
**location** children's space  
**sustainability** hemp is a renewable fiber, certified EU Ecolabel  
**rationale** modular and interactive  
**website** <https://www.genesys-uk.com/product/tapa-modular-seating/>

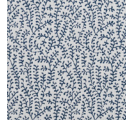


**product** Ruben Play Table  
**manufacturer** Cassarokids  
**material/finish** Oak + Beech Wood, Marigold  
**location** children's space  
**sustainability** FSC/PEFC sustainable wood, finished with water based protective laquer and paints  
**rationale** ASTM F963-17 Certified, children + adults can store items in table  
**website** <https://cassarokids.com/products/ruben-play-table>



**product** Small Boucle Mushroom Stool  
**manufacturer** Cassarokids  
**material/finish** oak + ash + beech wood, Marigold  
**location** children's space  
**sustainability** FSC/PEFC sustainable wood, finished with water based protective laquer and paints  
**rationale** ASTM F963-17 Certified  
**website** <https://cassarokids.com/products/small-boucle-mushroom-stool>

**Ridge Chair product**  
**Steelcase manufacturer**  
 teak, Sunbrella - Eberly, Peacock **material/finish**  
 garden + patio **location**  
 manufactured in USA, materials responsibly sourced, ensured **sustainability**  
 material health  
 BFMA compliant **rationale**  
[https://www.steelcase.com/products/outdoor-chairs/ridge/?drawer\\_main=specifications&drawer\\_sub=summary&spec\\_summary=bd1ri192sofa\\_mkpl#you-may-also-like](https://www.steelcase.com/products/outdoor-chairs/ridge/?drawer_main=specifications&drawer_sub=summary&spec_summary=bd1ri192sofa_mkpl#you-may-also-like) **website**



**Luxembourg Chair product**  
**Fermob manufacturer**  
 aluminum, honey **material/finish**  
 garden + patio **location**  
 aluminum is recycleable material, 98% of metals are recycled **sustainability**  
 worldwide  
 ergonomic design, stacking frame **rationale**  
<https://www.fermob.com/en/Products/Furniture/Dining-chairs/Chairs-dining-armchairs/chair-luxembourg> **website**



**Luxembourg Table 80 x 80 cm product**  
**Fermob manufacturer**  
 aluminum, honey **material/finish**  
 garden + patio **location**  
 aluminum is recycleable material, 98% of metals are recycled **sustainability**  
 worldwide  
 lightweight **rationale**  
<https://www.fermob.com/en/Products/Furniture/Tables/Standard-height-tables/four-leg-table-80-x-80-cm-luxembourg> **website**

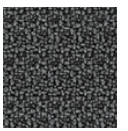




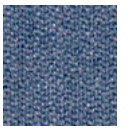
furniture



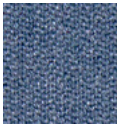
**product** Siento Executive Seating with Mid-Back and Fixed T-Arms  
**manufacturer** Steelcase  
**material/finish** Steelcase - Buzz2 Tornado 5G65\_1000  
**location** therapy office  
**sustainability** manufactured in the US, materials responsibly sourced, ensured material health  
**rationale** BIFMA Compliant, BIFMA Level 3, SCS Indoor Advantage™ Gold  
**website** [https://www.steelcase.com/products/office-chairs/siento/?drawer\\_main=specifications&drawer\\_sub=summary&spec\\_summary=499111\\_mkpl](https://www.steelcase.com/products/office-chairs/siento/?drawer_main=specifications&drawer_sub=summary&spec_summary=499111_mkpl)



**product** 9 Yard Sofa  
**manufacturer** Steelcase  
**material/finish** Maharam Compana 466571-008 Sloe  
**location** therapy office  
**sustainability** manufactured in the US, materials responsibly sourced, ensured material health  
**rationale** CAL 117 certified  
**website** [https://www.steelcase.com/products/sofas/9-yard-outdoor-sofa/?drawer\\_main=specifications&drawer\\_sub=summary&spec\\_summary=bd1ny1assect\\_mkpl](https://www.steelcase.com/products/sofas/9-yard-outdoor-sofa/?drawer_main=specifications&drawer_sub=summary&spec_summary=bd1ny1assect_mkpl)



**product** Lispenard Armchair  
**manufacturer** Herman Miller  
**material/finish** Maharam Aria 459950-100 Austral  
**location** therapy office  
**sustainability** manufactured in USA, company is committed to sustainability with materials, manufacturing, and product recyclability  
**rationale** angled back, comfortably plush  
**website** <https://www.hermanmiller.com/products/seating/lounge-seating/lispenard-sofa-group/>



**product** Custom Outdoor Swing  
**manufacturer** Urban Wood  
**material/finish** Teak Wood, Sunbrella - Eberly, Il Spring  
**location** 1 bedroom 1 bathroom residential units  
**sustainability** harvested from trees that are cut down due to disease, development, or other causes  
**rationale** residents can sit or lay down outdoors  
**website** <https://www.treesvirginia.org/services/virginia-urban-wood-group>



**product** Mags Soft Sofa  
**manufacturer** Herman Miller  
**material/finish** Maharam Compound 466196-009 Maple  
**location** residential units - living room  
**sustainability** manufactured in USA, company is committed to sustainability with materials, manufacturing, and product recyclability  
**rationale** timeless design, duvet padding for extra comfort  
**website** <https://www.hermanmiller.com/products/seating/lounge-seating/mags-soft-sectional-sofas/>



**product** Jenny Round Lounge Chair  
**manufacturer** Steelcase  
**material/finish** Maharam Aria 459950-100 Austral  
**location** resident units - living room  
**sustainability** manufactured in the US, materials responsibly sourced, ensured material health  
**rationale** BIFMA Compliant, BIFMA Level 1, SCS Indoor Advantage™  
**website** [https://www.steelcase.com/products/lounge-chairs/jenny/?drawer\\_main=specifications&drawer\\_sub=summary&spec\\_summary=ts31409\\_mkpl](https://www.steelcase.com/products/lounge-chairs/jenny/?drawer_main=specifications&drawer_sub=summary&spec_summary=ts31409_mkpl)





furniture



**product** Base 40 Fire Pit Table  
**manufacturer** Ecosmart Fire  
**material/finish** teak, steel  
**location** garden + patio  
**sustainability** ethonal burner, grade A teak - naturally durable that withstands extreme weather  
**rationale** adjustable height, smokeless flame  
**website** <https://ecosmartfire.com/product/base-40/>



**product** Hans Side Table  
**manufacturer** Davis  
**material/finish** Oak  
**location** residential units - living room  
**sustainability** manufactured in USA  
**rationale** easily movable, small size  
**website** <https://www.davisfurniture.com/products/hans>

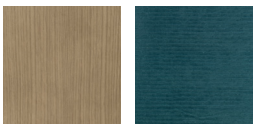


**product** Inform Square Meeting Table IF-2042-S  
**manufacturer** Davis  
**material/finish** golden oak  
**location** 1 bedroom 1 bathroom residential units - dining table  
**sustainability** manufactured in USA  
**rationale** easily movable, can function as a dining table  
**website** <https://www.davisfurniture.com/products/inform-occasional#lg=1&slide=8>

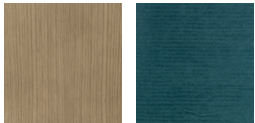
**Inform Rectangle Meeting Table product**  
**Davis manufacturer**  
**golden oak material/finish**  
 2 bedroom 2 bathroom residential units - dining table **location**  
 manufactured in USA **sustainability**  
 easily movable, can function as a dining table **rationale**  
<https://www.davisfurniture.com/products/inform-occasional#lg=1&slide=8> **website**



**Sachet Chair Mid Back Wood Leg SA-1075 product**  
**Davis manufacturer**  
 golden oak, Kvadrat Fez 0013 **material/finish**  
 residential units - dining room **location**  
 made in the USA **sustainability**  
 comfortable cushioning, customizable **rationale**  
<https://www.davisfurniture.com/products/sachet> **website**



**Sketch Chair Four Leg Wood Base product**  
**Davis manufacturer**  
 golden oak **material/finish**  
 2 bedroom 2 bathroom residential units - bedroom **location**  
 made in the USA **sustainability**  
 comfortable cushioning, customizable **rationale**  
<https://www.davisfurniture.com/products/sketch> **website**



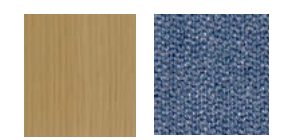
furniture



**product** Q6-365 Rectangle Top 60" x 36"  
**manufacturer** Davis  
**material/finish** 11 light oak veneer, 60 stone powder coat  
**location** community kitchen  
**sustainability** manufactured in USA  
**rationale** functions as a dining table, customizable  
**website** <https://www.davisfurniture.com/products/q6-table#lg=1&slide=7>



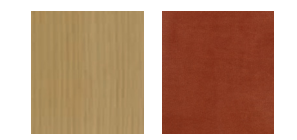
**product** Sachet Counter Height Chair SA-2027  
**manufacturer** Davis  
**material/finish** light oak veneer, Kvadrat - Avalon 2 0048  
**location** community kitchen  
**sustainability** manufactured in USA  
**rationale** comfortable cushioning, customizable  
**website** <https://www.davisfurniture.com/products/sachet>



**product** Cape Lounge Chair CP-100  
**manufacturer** Davis  
**material/finish** 11 light oak, Kvadrat - Avalon 0040  
**location** community lounge  
**sustainability** manufactured in the USA  
**rationale** designed for lounging, customizable  
**website** <https://www.davisfurniture.com/products/cape-lounge-chair>



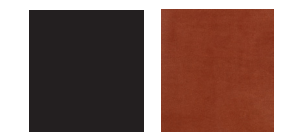
**product** Cape Sofa CP-102  
**manufacturer** Davis  
**material/finish** 11 light oak, Kvadrat - Avalon 0011  
**location** community lounge  
**sustainability** manufactured in the USA  
**rationale** designed for lounging, customizable  
**website** <https://www.davisfurniture.com/products/cape-lounge-chair>



**product** Nora Large Square Coffee Table NR-3042, Nora Small Side Table NR-3025  
**manufacturer** Davis  
**material/finish** 11 light oak, 05 matte black  
**location** community lounge  
**sustainability** manufactured in the USA  
**rationale** easily movable  
**website** <https://www.davisfurniture.com/products/nora-occ-table>



**product** Nora Chair NR-2200  
**manufacturer** Davis  
**material/finish** 05 matte black, Kvadrat - Avalon 0011  
**location** community lounge  
**sustainability** manufactured in the USA  
**rationale** designed for lounging, customizable  
**website** <https://www.davisfurniture.com/products/nora-chair>





furniture



**product** Jenny Club Lounge Chair  
**manufacturer** Steelcase  
**material/finish** Maraham - Compound 466196-002 Mirage  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** manufactured in the US, materials responsibly sourced, ensured material health  
**rationale** BIFMA Compliant, BIFMA Level 1, SCS Indoor Advantage™  
**website** [https://www.steelcase.com/products/lounge-chairs/jenny/?drawer\\_main=specifications&drawer\\_sub=summary&spec\\_summary=ts31409\\_mkpl](https://www.steelcase.com/products/lounge-chairs/jenny/?drawer_main=specifications&drawer_sub=summary&spec_summary=ts31409_mkpl)



**product** Custom Coffee Table  
**manufacturer** Urban Wood  
**material/finish** Natural Oak  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** harvested from trees that are cut down due to disease, development, or other causes  
**rationale** coffee table height, can store items inside  
**website** <https://www.treesvirginia.org/services/virginia-urban-wood-group>



**product** Custom Dresser  
**manufacturer** Urban Wood  
**material/finish** Natural White Oak  
**location** 1 bedroom 1 bathroom residential units  
**sustainability** harvested from trees that are cut down due to disease, development, or other causes  
**rationale** additional storage  
**website** <https://www.treesvirginia.org/services/virginia-urban-wood-group>



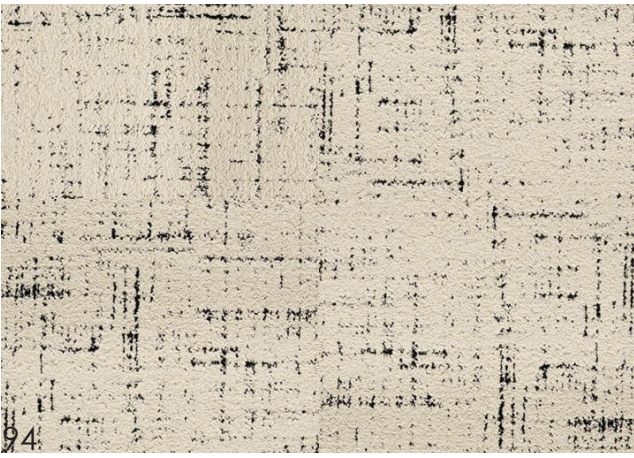
# finishes



**product** Leaps and Bounds Carpet Tiles  
**manufacturer** FLOR  
**material/finish** Saddle  
**location** community lounge  
**sustainability** Green Label Plus Certified, CQuest backings  
**rationale** Easily to clean and replace  
**website** [https://www.flor.com/area-rugs\\_carpet-tiles/graphics-and-patterns/leaps-and-bounds/21-1559.html](https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/leaps-and-bounds/21-1559.html)

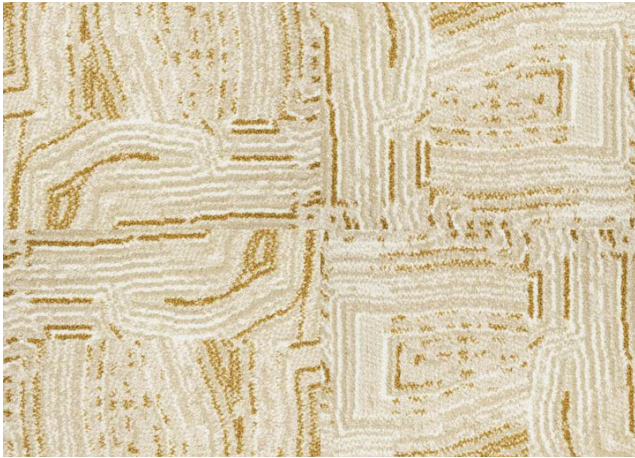


**product** Down to Earth Carpet Tiles  
**manufacturer** FLOR  
**material/finish** Charcoal  
**location** teen lounge  
**sustainability** Green Label Plus Certified, CQuest backings  
**rationale** Easily to clean and replace  
**website** [https://www.flor.com/area-rugs\\_carpet-tiles/solids/down-to-earth/21-1402.html](https://www.flor.com/area-rugs_carpet-tiles/solids/down-to-earth/21-1402.html)



**product** Tried and True Carpet Tiles  
**manufacturer** FLOR  
**material/finish** Tuxedo  
**location** residential units - bedrooms  
**sustainability** Green Label Plus Certified, CQuest backings  
**rationale** Easily to clean and replace  
**website** [https://www.flor.com/area-rugs\\_carpet-tiles/graphics-and-patterns/tried-and-true/21-1495.html](https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/tried-and-true/21-1495.html)

**Anthracite Carpite Tiles product**  
**FLOR manufacturer**  
**Peal/Gold material/finish**  
**residential units - living room location**  
**Green Label Plus Certified, CQuest backings sustainability**  
**Easily to clean and replace rationale**  
**website** [https://www.flor.com/area-rugs\\_carpet-tiles/graphics-and-patterns/anthracite/21-1494.html](https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/anthracite/21-1494.html)



[https://www.flor.com/area-rugs\\_carpet-tiles/graphics-and-patterns/](https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/)

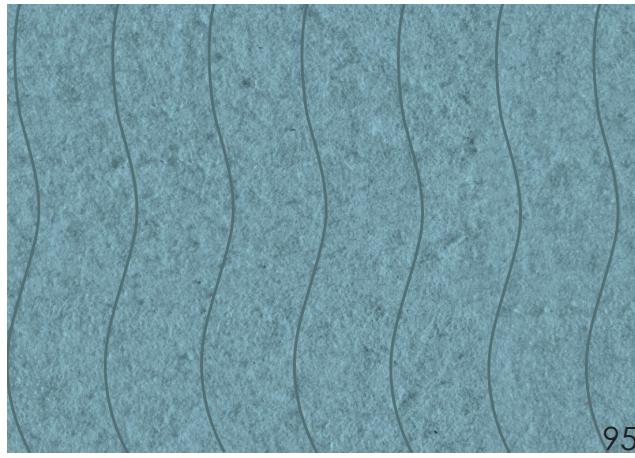
**Traditional Terracotta Tile product**  
**Cle manufacturer**  
**Cotto Rosato material/finish**  
**Community Kitchen location**  
**non-emitting source of VOCs and no integral organic-based surface sustainability**  
**coatings, binders, or sealants**  
**brings a warm color into space and plays off of building's Spanish rationale**  
**Colonial architecture**  
**website** <https://www.cletile.com/products/traditional-cotto-rosato-6x12?sku=T21397>



[https://www.cletile.com/products/traditional-cotto-rosato-](https://www.cletile.com/products/traditional-cotto-rosato-6x12?sku=T21397)

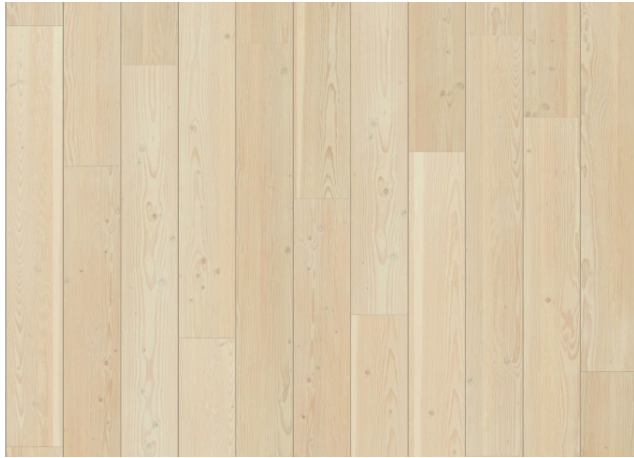
[6x12?sku=T21397](https://www.cletile.com/products/traditional-cotto-rosato-6x12?sku=T21397)

**EchoLine Wavy Panels product**  
**Kirei manufacturer**  
**551 Duck Egg material/finish**  
**teen lounge location**  
**100% PET felt made with 60% post-consumer recycled content sustainability**  
**acoustic wall covering rationale**  
**website** <https://www.kireiusa.com/products/wavy-panels/>





# finishes



**product** Birch Wood Flooring  
**manufacturer** Elemental Hardwoods  
**material/finish** natural  
**location** community lounge + kitchen, intake room, therapy room, staff lounge, conference room, staff offices, classroom, corridors  
**sustainability** sustainably harvested in support of the Amazon Rainforest  
**rationale** hardwood, durable for multi-family residential projects  
**website** <https://elementalhardwoods.com/type-of-wood/birch/>



**product** North American White Oak  
**manufacturer** reSAWN Timber Co.  
**material/finish** Whitehall: White Oak Flooring  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** FSC certified, Red List Free, carbon negative, Cradle to Cradle certified, low to zero VOC finished products  
**rationale** darker contrast to commercial spaces, high-performance [https://](https://resawntimberco.com/north-american-white-oak/)  
**website** [resawntimberco.com/north-american-white-oak/](https://resawntimberco.com/north-american-white-oak/)



**product** Reclaimed White Oak  
**manufacturer** Urban Wood  
**material/finish** Natural  
**location** all custom casework, wood slats, and ceiling features  
**sustainability** harvested from trees that are cut down due to disease, development, or other causes  
**rationale** natural material, hardwood  
**website** <https://www.treesvirginia.org/services/virginia-urban-wood-group>

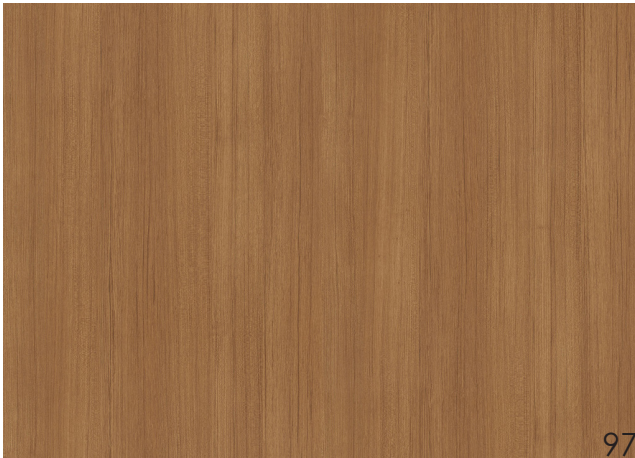
**Pre-Finished UV-Coated Plywood product**  
**Ply Supply manufacturer**  
**Baltic Birch Wood material/finish**  
**children's space location**  
 made from renewable wood sources not contributing to **sustainability**  
 deforestation  
 can be cut into different shapes, easy to work with **rationale**  
<https://ply-supply.com/birch-uv-coated-finished-plywood/> **website**



**Ash Wood Stacked Veneer product**  
**Urban Wood manufacturer**  
**Natural material/finish**  
**children + teen space location**  
 harvested from trees that are cut down due to disease, **sustainability**  
 development, or other causes  
 natural material, hardwood **rationale**  
<https://www.treesvirginia.org/services/virginia-urban-wood-group>  
**website**



**Teak Wood product**  
**Urban Wood manufacturer**  
**stained material/finish**  
**garden + patio location**  
 harvested from trees that are cut down due to disease, **sustainability**  
 development, or other causes  
 natural material, durable for outdoor usage **rationale**  
<https://www.treesvirginia.org/services/virginia-urban-wood-group> **website**





# finishes



**product** Coming Along Carpet Tiles  
**manufacturer** FLOR  
**material/finish** Pearl  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** Green Label Plus Certified, CQuest backings  
**rationale** Easily to clean and replace  
**website** [https://www.flor.com/area-rugs\\_carpet-tiles/bestsellers/coming-along---pearl/21-1345-05.html](https://www.flor.com/area-rugs_carpet-tiles/bestsellers/coming-along---pearl/21-1345-05.html)



**product** Finer Things Carpet Tiles  
**manufacturer** FLOR  
**material/finish** Cream  
**location** therapy office  
**sustainability** Green Label Plus Certified, CQuest backings  
**rationale** Easily to clean and replace [https://arktura.com/product/https://](https://arktura.com/product/https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/finer-things/21-1020.html)  
**website** [www.flor.com/area-rugs\\_carpet-tiles/graphics-and-patterns/finer-things/21-1020.html](https://www.flor.com/area-rugs_carpet-tiles/graphics-and-patterns/finer-things/21-1020.html)

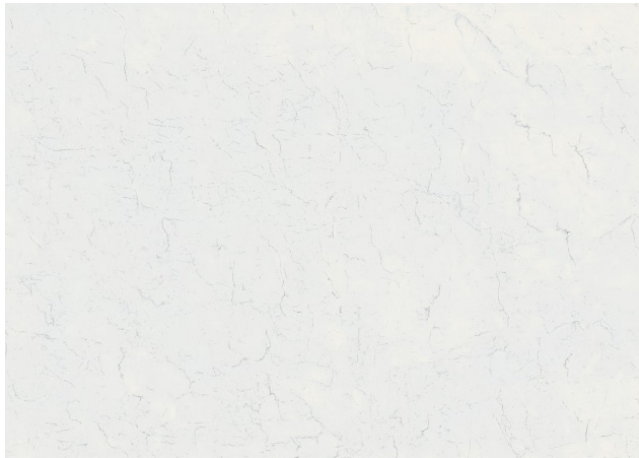


**product** Earth Rubber Flooring  
**manufacturer** Summit Flooring  
**material/finish** Rice paper  
**location** children's space  
**sustainability** composed of 100% EPDM rubber and cork crumbles  
**rationale** soft, slip-resistant, acoustic dampening  
**website** <https://summit-flooring.com/home/rubber/style/earth/>

**Woodgrain High Pressure Laminate product**  
**Wilsonart manufacturer**  
**Palisades Oak, 38 fine velvet finish material/finish**  
**staff lounge, therapy office, community kitchen location**  
**UL GREENGUARD Gold certified sustainability**  
**stain and moisture resistant rationale**  
**website** <https://www.wilsonart.com/laminate/design-library/palisades-oak-7987-3362843992e0476ad4171e6ef7a90236>



**Dekton product**  
**Cosentino manufacturer**  
**Malibu, velvet finish material/finish**  
**1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units location**  
**Cosentino offsets 100% of their CO2 emissions over entire product sustainability**  
**life cycle**  
**abrasion resistant, scratch + impact resistant, water + stain resistant, rationale**  
**extreme temperature + fire resistant, UV-ray resistant**  
**website** <https://www.cosentino.com/usa/colors/dekton/malibu/>



**Tudor Drapery product**  
**Knoll manufacturer**  
**Salt material/finish**  
**1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units location**  
**made from sustainability sourced materials, follows DFE policies sustainability**  
**drapery material for privacy curtain in bedrooms rationale**  
**website** <https://www.knoll.com/knolltextileproductdetail/Tudor>





# finishes



**product** Cement Hexagon Tile  
**manufacturer** Cle  
**material/finish** Cleadon, Powder Teal/Matte/Unglazed  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units, commercial bathrooms  
**sustainability** non-emitting source of VOCs and no integral organic-based surface coatings, binders, or sealants  
**rationale** durable for commercial and multi-family residential usage  
**website** <https://www.clefile.com/products/cement-black-solid-hexagon?sku=C24574>



**product** Watermark  
**manufacturer** Cle  
**material/finish** Porcelain/Kelly's Cove, Indigo  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units, coffee bar  
**sustainability** non-emitting source of VOCs and no integral organic-based surface coatings, binders, or sealants  
**rationale** durable for multi-family residential usage  
**website** <https://www.clefile.com/products/watermark-kellys-cove-4x8-wash?collection=watermark&sku=DO48017>



**product** Ceramic Subway Tile 4" x 12" x .25"  
**manufacturer** Cle  
**material/finish** White Gloss  
**location** commercial bathrooms, intake room  
**sustainability** non-emitting source of VOCs and no integral organic-based surface coatings, binders, or sealants  
**rationale** durable for commercial and multi-family residential usage  
**website** <https://www.clefile.com/products/ceramic-white-gloss-subway-3?collection=shop-all-ceramic&sku=S10011>

**Woodgrain High Pressure Laminate product**  
**Wilsonart manufacturer**  
**Fisher Oak, 38 fine velvet finish material/finish**  
**residential units - kitchen location**  
**UL GREENGUARD Gold certified sustainability**  
**stain and moisture resistant rationale**  
**website** <https://www.wilsonart.com/laminate/design-library/fisher-oak-17002>



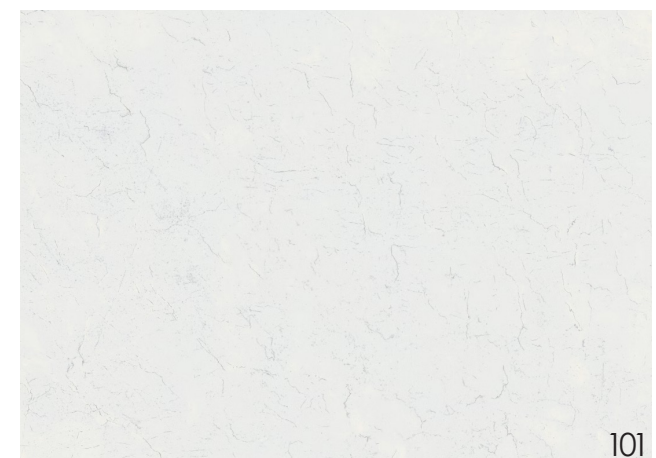
<https://www.wilsonart.com/laminate/design-library/fisher-oak-17002>

**Organic Washed Cotton Sheet Set product**  
**Under the Canopy manufacturer**  
**Light Grey material/finish**  
**1 bathroom and 2 bedroom 2 bathroom residential units location**  
**100% organic cotton, GOTS certified, made of certified green dyes sustainability**  
**muted color, soft material rationale**  
**website** <https://www.cosentino.com/usa/colors/dekton/malibu/>



<https://www.cosentino.com/usa/colors/dekton/malibu/>

**Dekton product**  
**Cosentino manufacturer**  
**Laguna, velvet finish material/finish**  
**community kitchen, coffee bar, children + teen space, therapy location**  
**office staff lounge,**  
**Cosentino offsets 100% of their CO2 emissions over entire product sustainability**  
**life cycle**  
**abrasion resistant, scratch + impact resistant, water + stain resistant, rationale**  
**extreme temperature + fire resistant, UV-ray resistant**  
**website** <https://www.cosentino.com/usa/colors/dekton/laguna/>





# finishes



**product** Pilar Non-Woven Wallpaper  
**manufacturer** Wallpaper from the 70s  
**material/finish** Light Grey  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** made of paper and non-woven materials (grass, cork, bamboo)  
**rationale** botanical pattern, soft colors, washable, low flammability  
**website** <https://www.wallpaperfromthe70s.com/wallpaper-pilar-cream-white?c=662>



**product** Ulrika Non-Woven Wallpaper  
**manufacturer** Wallpaper from the 70s  
**material/finish** Grey/White  
**location** therapy office  
**sustainability** made of paper and non-woven materials (grass, cork, bamboo)  
**rationale** botanical pattern, soft colors, washable, low flammability  
**website** <https://www.wallpaperfromthe70s.com/wallpaper-ulrika-grey-white?c=72>

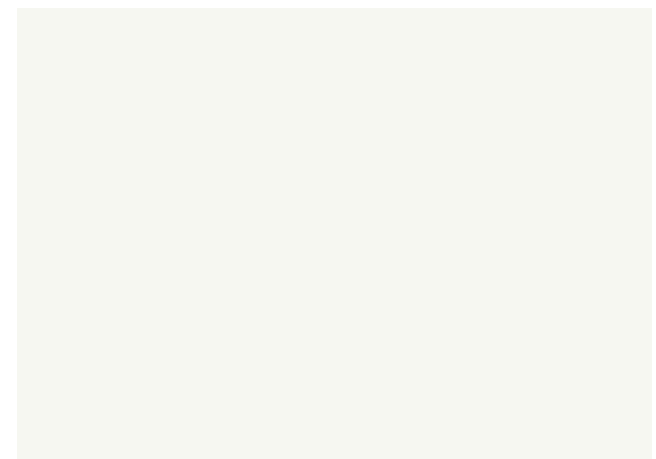


**product** Lioba Non-Woven Wallpaper  
**manufacturer** Wallpaper from the 70s  
**material/finish** Pale Green  
**location** Staff Office  
**sustainability** made of paper and non-woven materials (grass, cork, bamboo)  
**rationale** botanical pattern, soft colors, washable, low flammability  
**website** <https://www.wallpaperfromthe70s.com/wallpaper-lioba-pale-green?c=664>

**product** Painted Hardwood Maple Urban Wood  
**manufacturer** Benjamin Moore - Pacific Sea Teal  
**material/finish** Pre-finished hardwood maple, Benjamin Moore - Pacific Sea Teal  
**location** children's space  
**sustainability** harvested from trees that are cut down due to disease, development, or other causes  
**rationale** hardwood, easy to paint  
**website** <https://www.treesvirginia.org/services/virginia-urban-wood-group>



**product** Chantilly Lace Wall Paint  
**manufacturer** Benjamin Moore  
**material/finish** Chantilly Lace OC-65  
**location** typical for all entire building  
**sustainability** low levels of VOCs, USGBC certified, Green Seal certified  
**rationale** neutral color  
**website** <https://www.benjaminmoore.com/en-us/paint-colors/color/oc-65/chantilly-lace>



**product** Organic Crinkle Matelasse Duvet Set  
**manufacturer** Under the Canopy Ocean  
**material/finish** 100% organic cotton, GOTS certified, made of certified green dyes  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** muted color, soft material  
**rationale** muted color, soft material  
**website** <https://underthecanopy.com/products/organic-crinkle-matelasse-duvet-set-ocean>





# lighting



**product** Talia Large Chandelier  
**manufacturer** Visual Comfort  
**material/finish** Gild, Clear Swirled Glass  
**location** community lounge  
**sustainability** LED lamp  
**rationale** rounded forms, sparkling glass, decorative lighting  
**website** [https://www.visualcomfort.com/talia-large-chandelier-jn5112/?selected\\_product=JN%205112G/CG#2461=52281](https://www.visualcomfort.com/talia-large-chandelier-jn5112/?selected_product=JN%205112G/CG#2461=52281)



**product** Talia Medium Linear Chandelier  
**manufacturer** Visual Comfort  
**material/finish** Gild, Clear Swirled Glass  
**location** coffee bar + mail pickup  
**sustainability** LED lamp  
**rationale** rounded forms, sparkling glass, decorative lighting  
**website** [https://www.visualcomfort.com/talia-medium-linear-chandelier-jn5116/?selected\\_product=JN%205116G-CG#1651=80459&2461=36111](https://www.visualcomfort.com/talia-medium-linear-chandelier-jn5116/?selected_product=JN%205116G-CG#1651=80459&2461=36111)



**product** Wellfleet Large Pendant  
**manufacturer** Visual Comfort  
**material/finish** Matte White with Burnished Brass  
**location** community kitchen  
**sustainability** LED lamp  
**rationale** decorative + task lighting  
**website** [https://www.visualcomfort.com/wellfleet-large-pendant-cp1111/?selected\\_product=CP1111MWTBBS#2461=59671](https://www.visualcomfort.com/wellfleet-large-pendant-cp1111/?selected_product=CP1111MWTBBS#2461=59671)

**product** Londyn Small Chandelier  
**manufacturer** Visual Comfort  
**material/finish** Burnished Brass, Milk White Glass  
**location** therapy office  
**sustainability** LED lamp  
**rationale** decorative + task lighting  
**website** [https://www.visualcomfort.com/londyn-small-chandelier-ksc10212/?selected\\_product=KSC10212BBSMG#2461=80826](https://www.visualcomfort.com/londyn-small-chandelier-ksc10212/?selected_product=KSC10212BBSMG#2461=80826)



**product** Walker Flush Mount  
**manufacturer** Visual Comfort  
**material/finish** Gild, Cream Linen  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** LED lamp  
**rationale** ambient lighting  
**website** [https://www.visualcomfort.com/walker-small-flush-mount-ks4070/?selected\\_product=KS%204070G-L#1651=53171&2461=36111](https://www.visualcomfort.com/walker-small-flush-mount-ks4070/?selected_product=KS%204070G-L#1651=53171&2461=36111)



**product** Sawyer Flush Mount  
**manufacturer** Visual Comfort  
**material/finish** Burnished Brass  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units  
**sustainability** LED lamp  
**rationale** ambient lighting  
**website** [https://www.visualcomfort.com/sawyer-flush-mount-ksf1043/?selected\\_product=KSF1043BBS#2461=41051](https://www.visualcomfort.com/sawyer-flush-mount-ksf1043/?selected_product=KSF1043BBS#2461=41051)





# lighting



**product** Melange Elongated Sconce  
**manufacturer** Visual Comfort  
**material/finish** Antique Burnished Brass, Alabaster  
**location** 1 bedroom 1 bathroom and 2 bedroom 2 bathroom residential units, commercial bathrooms  
**sustainability** LED lamp  
**rationale** rounded forms, sparkling glass, decorative lighting  
**website** [https://www.visualcomfort.com/melange-elongated-sconce-kw2013/?selected\\_product=KW%202013AB-ALB#1651=11271&2461=36841](https://www.visualcomfort.com/melange-elongated-sconce-kw2013/?selected_product=KW%202013AB-ALB#1651=11271&2461=36841)



**product** Katie Dome Pendant  
**manufacturer** Visual Comfort  
**material/finish** Hand-Rubbed Antique Brass, Clear Glass  
**location** community kitchen  
**sustainability** LED lamp  
**rationale** decorative + task lighting  
**website** [https://www.visualcomfort.com/katie-dome-pendant-tob52265/?selected\\_product=TOB%205226HAB/G5-CG#1651=11691&2461=36031](https://www.visualcomfort.com/katie-dome-pendant-tob52265/?selected_product=TOB%205226HAB/G5-CG#1651=11691&2461=36031)

# fixtures



**product** Atmosphaera Contour 3D Ceiling Baffles  
**manufacturer** Arktura  
**material/finish** Soft Sound Essentials Acoustic PET, Kiwi  
**location** teen lounge  
**sustainability** 100% PET, low VOC product/no unadded urea formaldehyde  
**rationale** acoustical, modular baffle system  
**website** <https://arktura.com/product/atmosphera-analog-3d/>







APPENDIX bibliography



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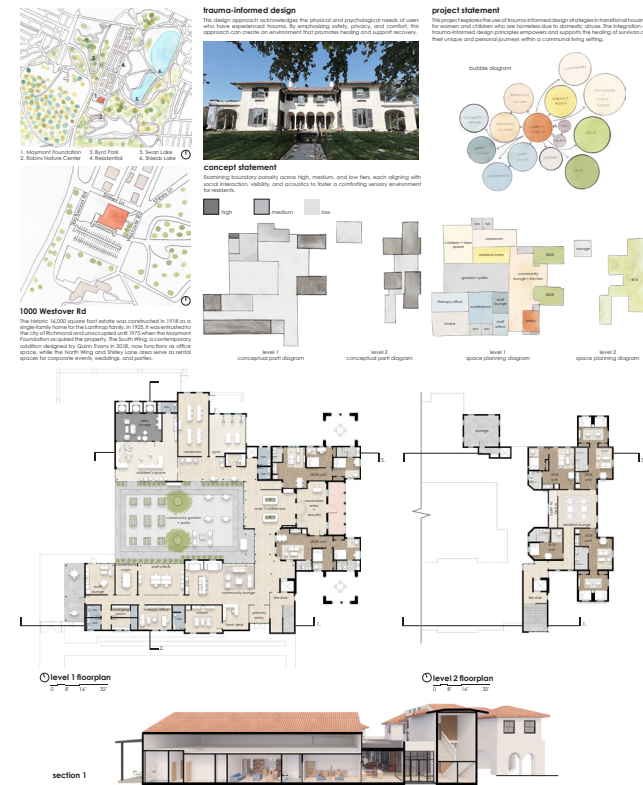
# REFLECTION

thesis poster | defense reflection | acknowledgements

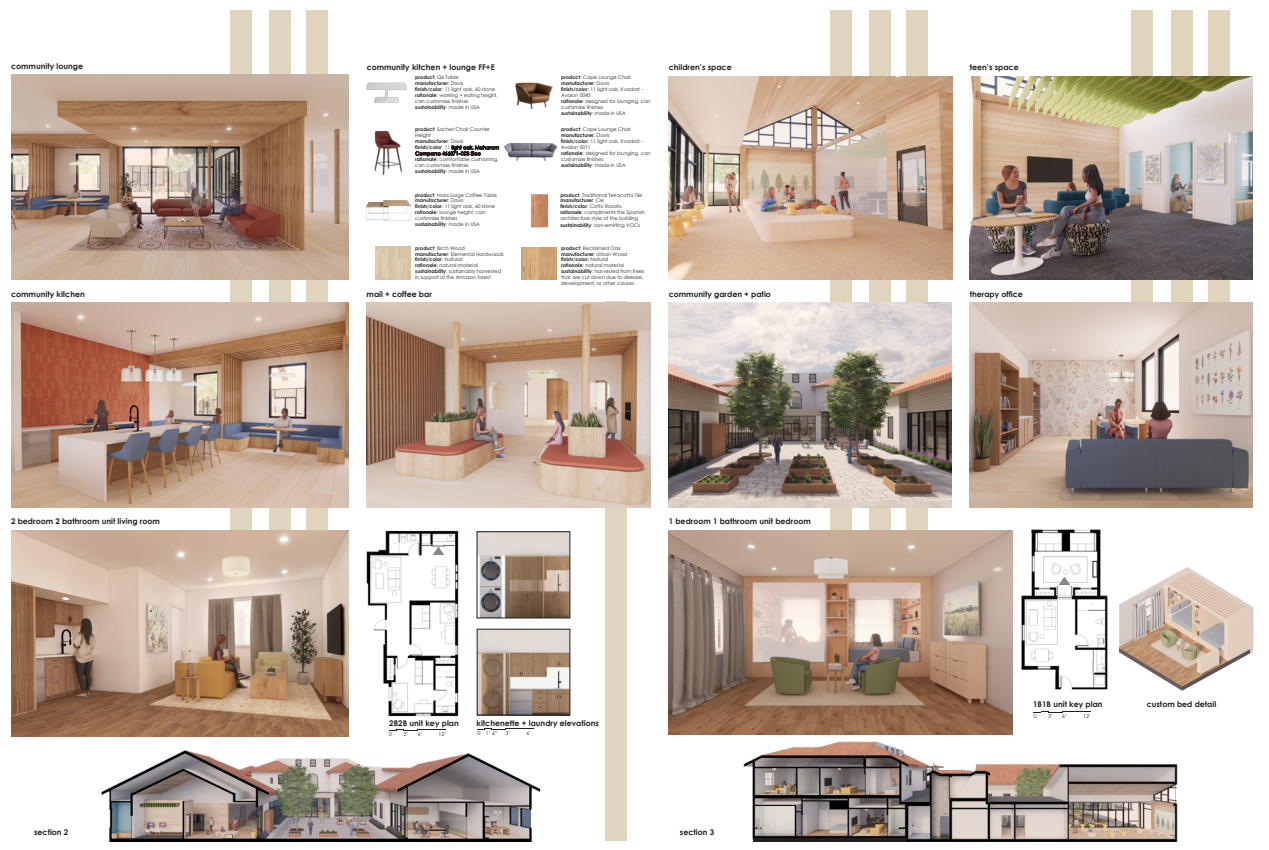


# reflection

## HAVEN by Anna Rabin exploring trauma-informed design in transitional housing for women and children



## thesis defense presentation poster



## thesis defense reflection

The central questions asked during my thesis defense presentation most revolved around how design decisions were made in relation to trauma-informed design and my concept, "boundaries." In addition, the jurors questioned materiality choice rationales. A few comments were made about the way I chose to build certain elements, such as the wood slat walls. One juror suggested if moving forward with the project I should consider how the wood slats could continue to the ceiling in some areas.

The jurors felt that I successfully introduced a precedent for transitional housing designed with trauma-informed design strategies. They felt I created a space that welcomes residents into a safe environment without it feeling institutional. Overall there were positive comments about color palette, section perspective graphics, implementation of concept, and custom furniture design.

Personally I felt the project was successful in my attempts to design a safe, private, and comforting housing complex for women and children who have experienced domestic abuse. Trauma is complex, so "one size does not fit all" in a trauma-informed space. I think this factor is acknowledged in my project through universal design and opportunities for autonomy. If I were to move forward with this project, I would consider how to further integrate my concept of boundaries in more detailing throughout the spaces.



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