

**FROM SHELTER TO STABILITY:
INTERIOR DESIGN
APPROACHES THAT SUPPORT
RECOVERY IN TRANSITIONAL
HOUSING**



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Design Concept

The focus of the project focuses on how transitional housing can better support people experiencing homelessness by creating spaces that feel safe, calm, and respectful. I'm looking at how trauma informed design can reduce stress and help residents feel more comfortable as they strive towards stability. The plan is to design an environment that gives the occupants more choice, privacy, and dignity, while promoting community and support. Overall the concept is about turning a simple shelter into a place that can actually help people heal.

Key Research

What is Trauma- Informed Design?

A holistic design approach that recognizes the impact of trauma and intentionally shapes environments to foster physical safety, emotional comfort, trust, and a sense of control for all users.

Ontological Security:

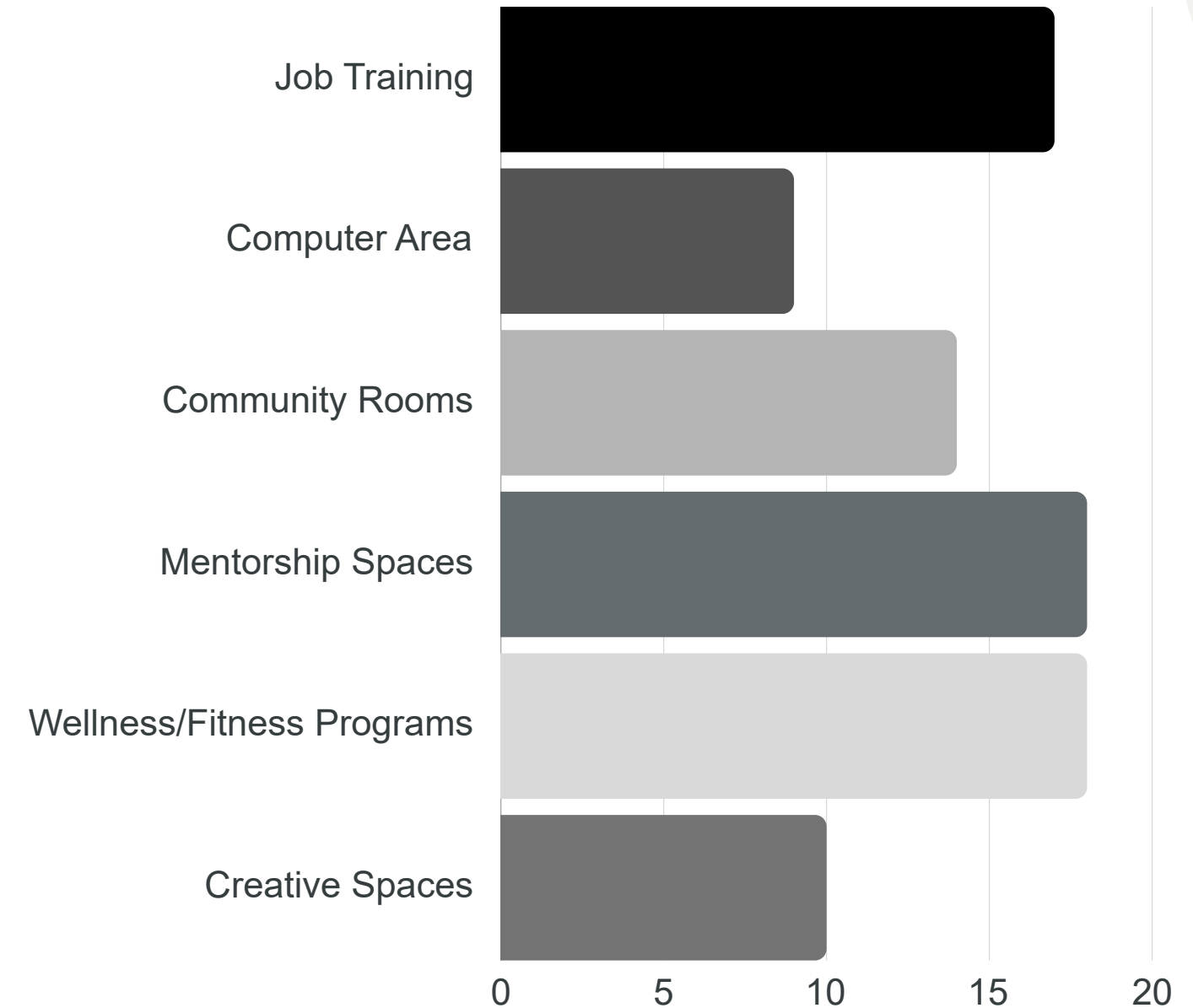
It is the sense of stability, routine, and identity. Important to understand how to build this security in order to help residents rebuild their identity.

Background / Overview:

The experience of homelessness is deeply traumatic. Individuals often face stigma, social isolation, and a profound loss of control over their lives. Trauma can show up as heightened anxiety, depression, hyper vigilance, and difficulty trusting others.

A shelter is not just a place for sleep, rather a it can be the first place where an occupant can begin to feel safe again. It is important to remember that recovery is not linear.

The design of the space should help rebuild routines, which is where the idea of a community kitchen and job searching areas can come into play.



Key Research

Colors and Material:

Natural Colors- can help w/ calmness. Cool tones such as blue and green can lead to reduced anxiety and improved mood.

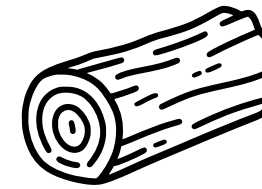
Homelike Feel:

Allow for personalization, can help promote dignity and identity. Can also help reduce the stigma of an institutional feel.

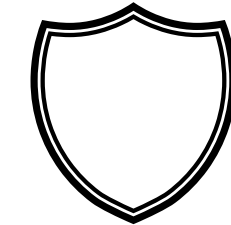
Community: Have communal spaces to help foster connections which can help reduce isolation and aid reintegration. Give the option to interact without forcing it.

Privacy: A balance of privacy and oversight. Privacy and storage can help individuals feel more in control of their environment.

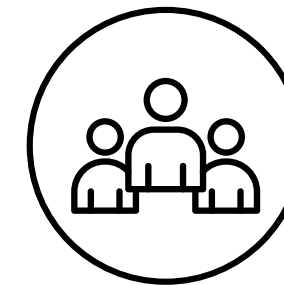
Companion: Many choose to remain with their pets than to give them up.



NATURAL
MATERIALS



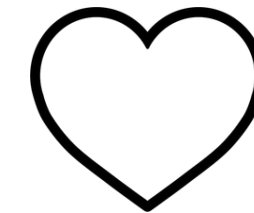
SAFETY AND
FEAR
REDUCTION



COMMUNITY
&
BELONGING



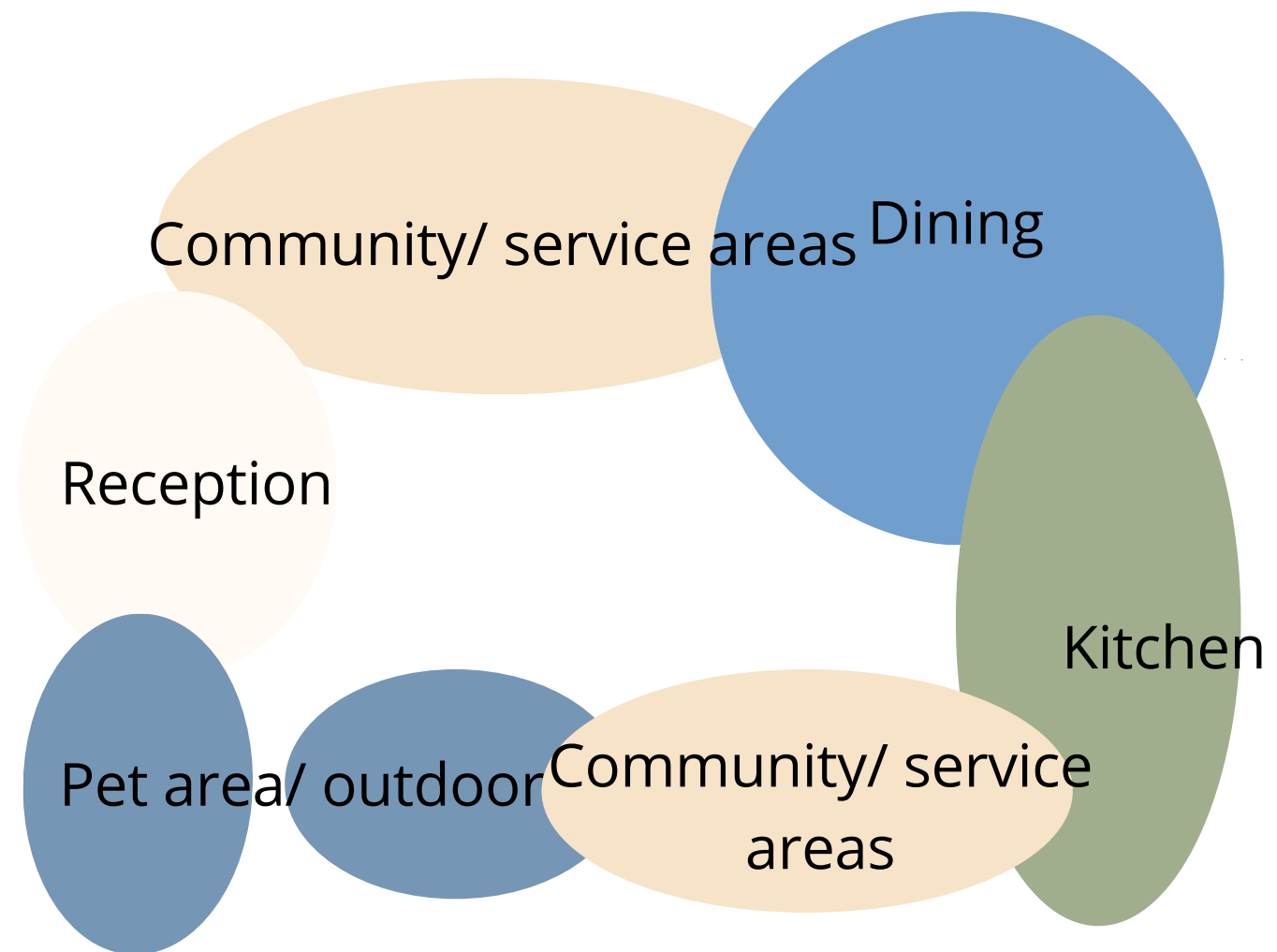
PRIVACY &
OVERSIGHT



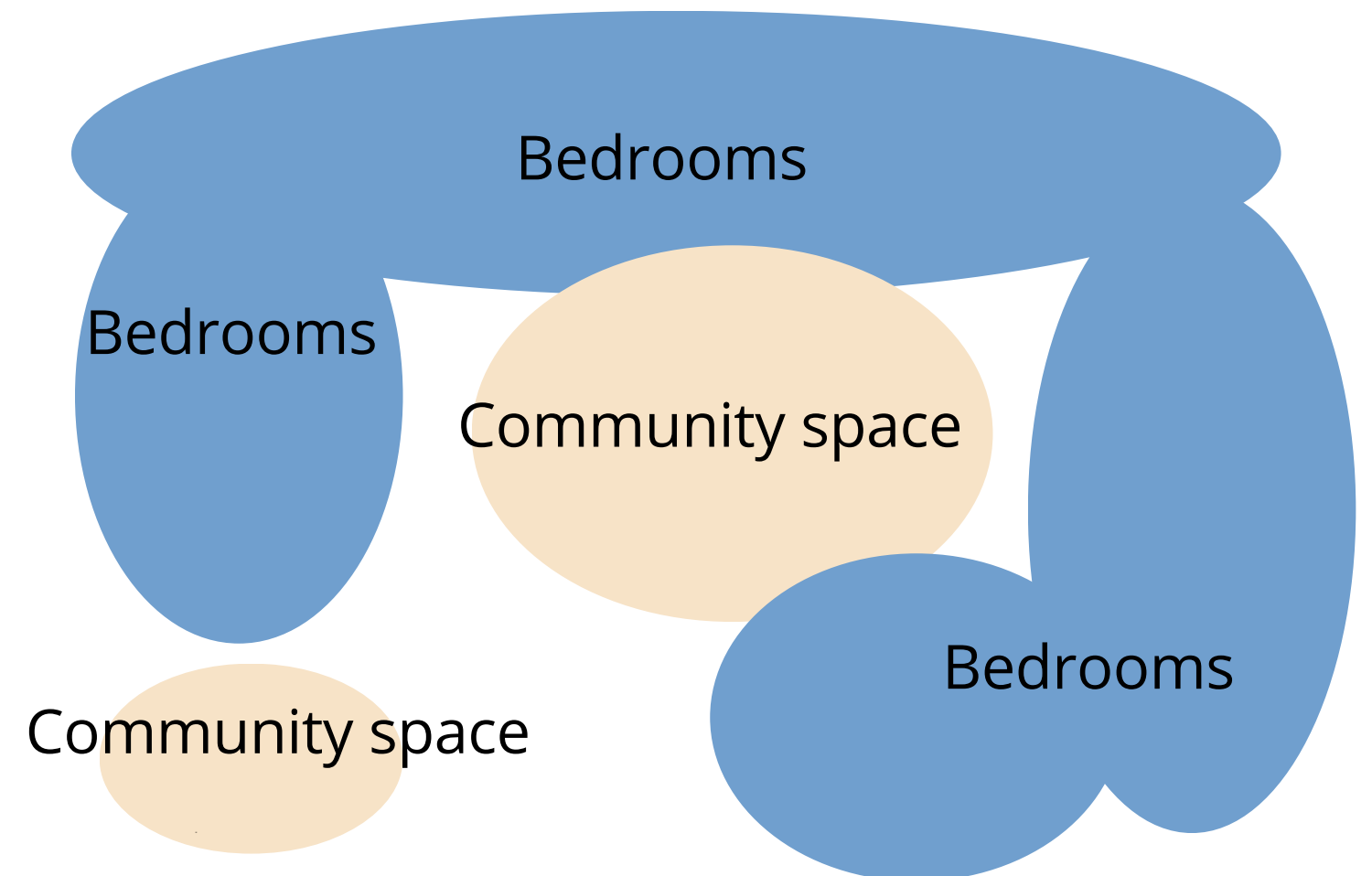
DIGNITY &
VALUE

Bubble Diagram

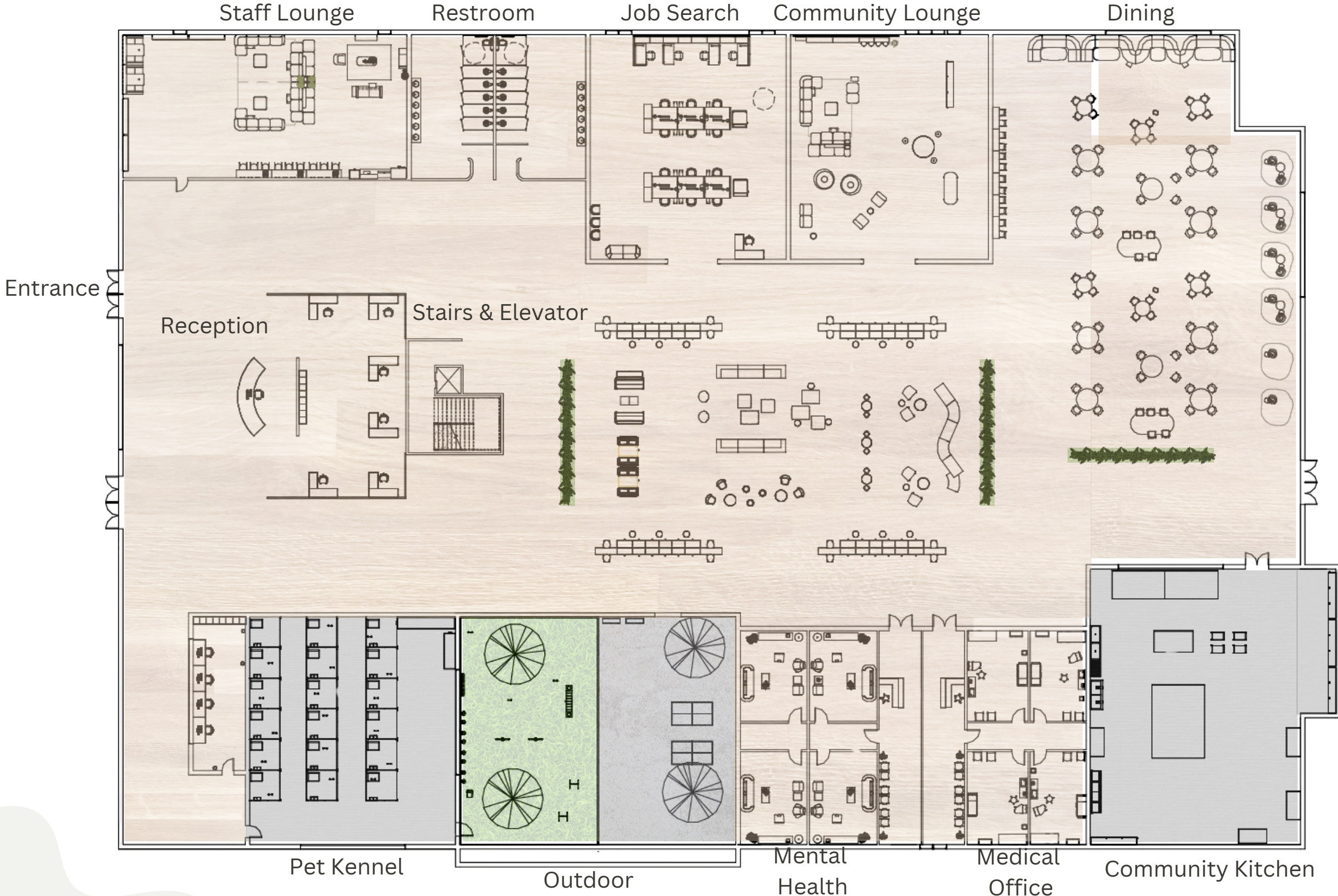
First Floor



Second Floor

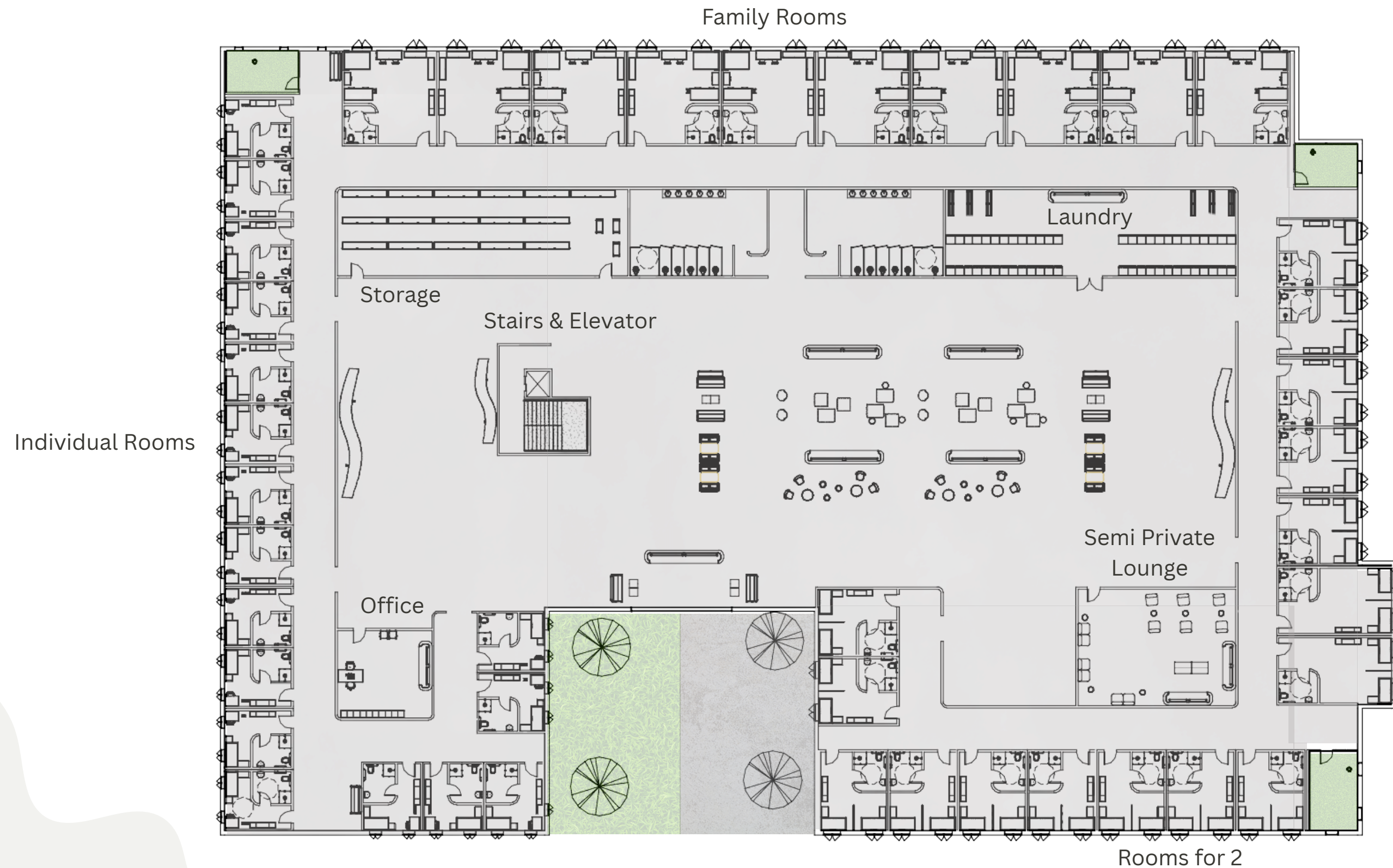


First Floor



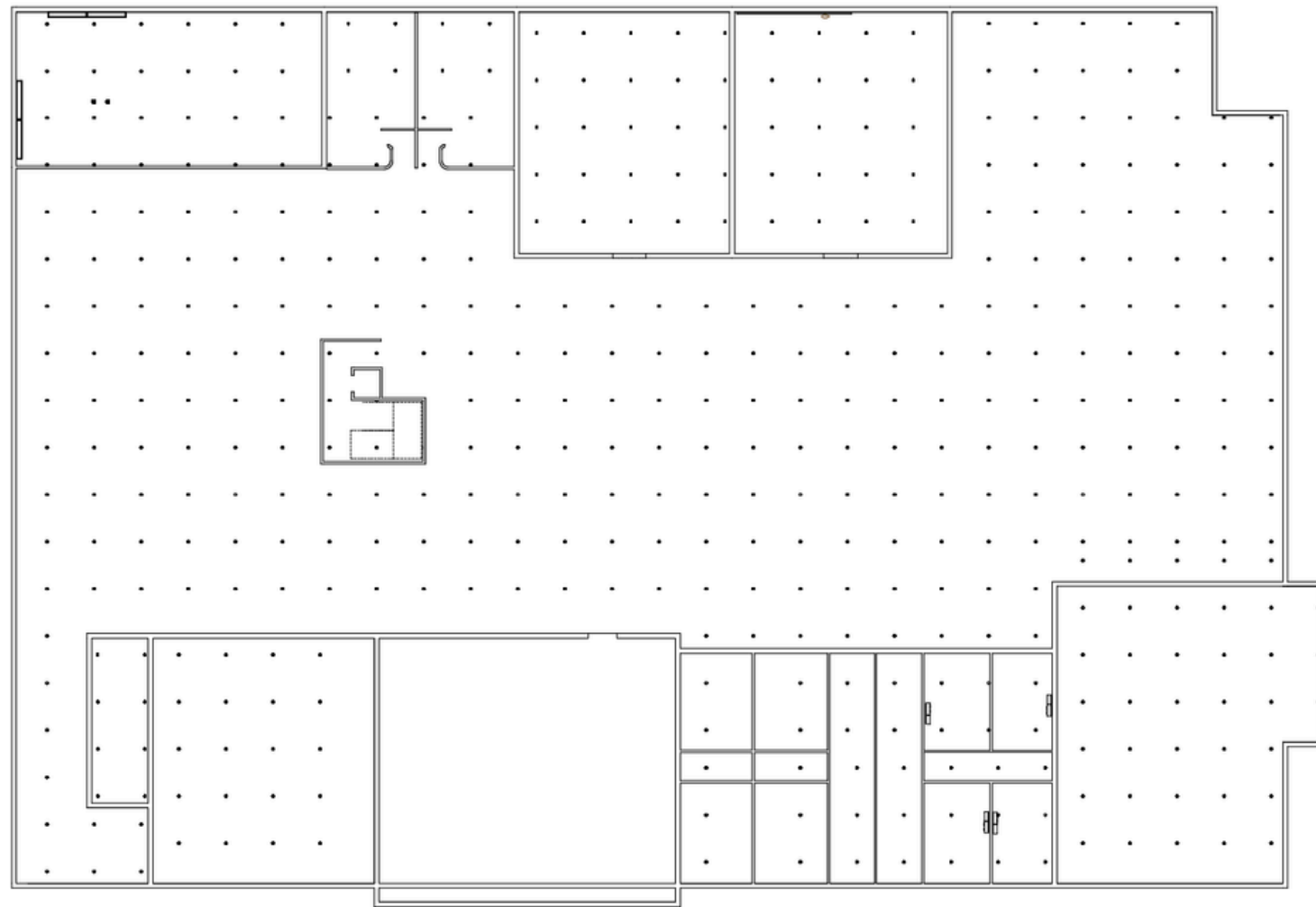
The first level consists of many resources such as a job searching center, mental health support, medical offices, community kitchens and more!

Second Floor

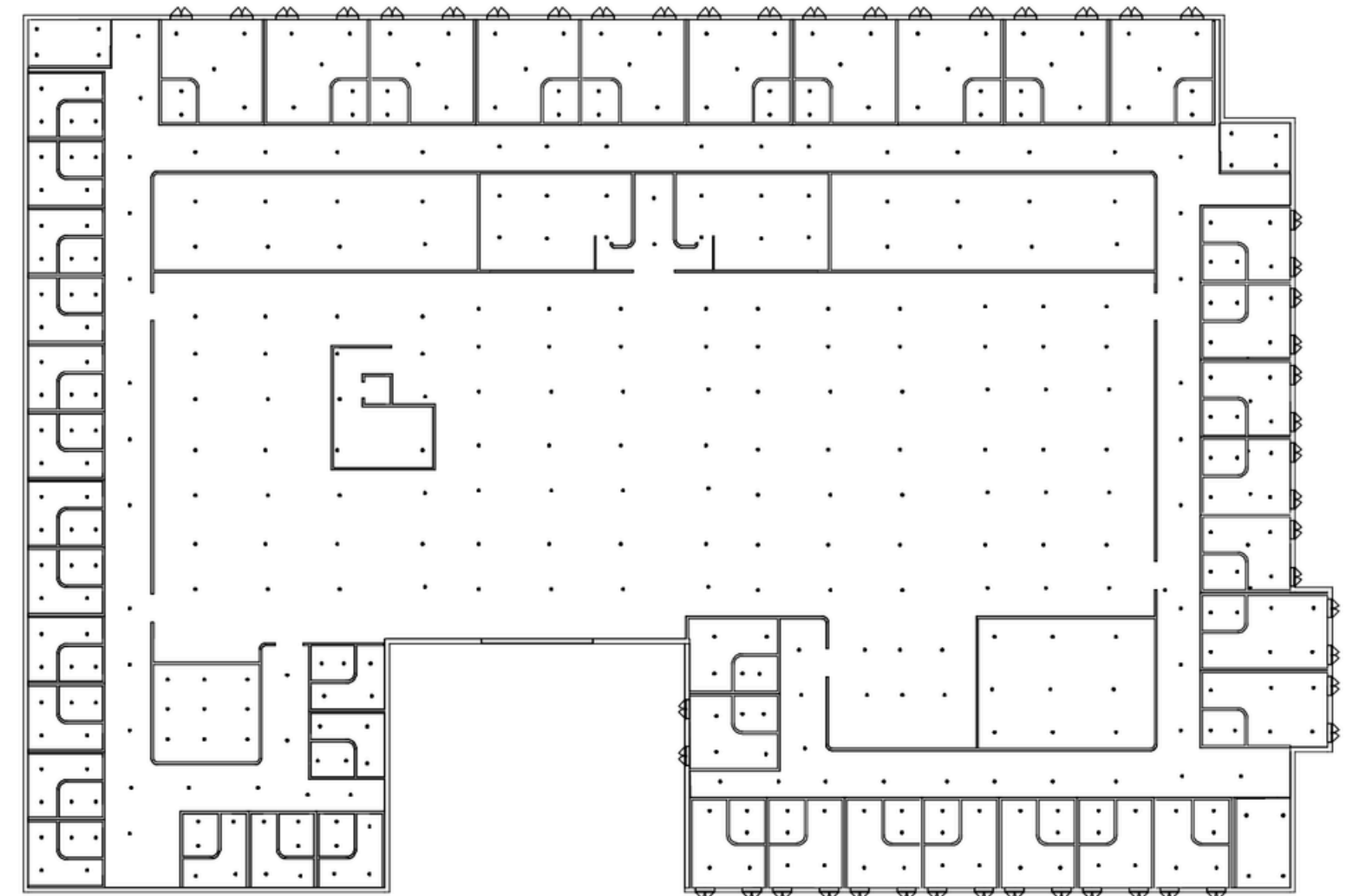


The second level is more private. Here you find the single, double, and family bedrooms. There also other spaces such as laundry spacem and additional lounging.

RCP



First Floor



Second Floor

Custom Furniture



Custom Kitchenette with opening for pet bowls.



Reception desk with scent portal

Finishes & Material



Soft Blue Paint



Warm Neutral Paint



Muted Green Paint



Light Wood Flooring



Natural Wood
Cabinetry



Soft Uphostery
Fabric



Accoustic Panel
Fabric



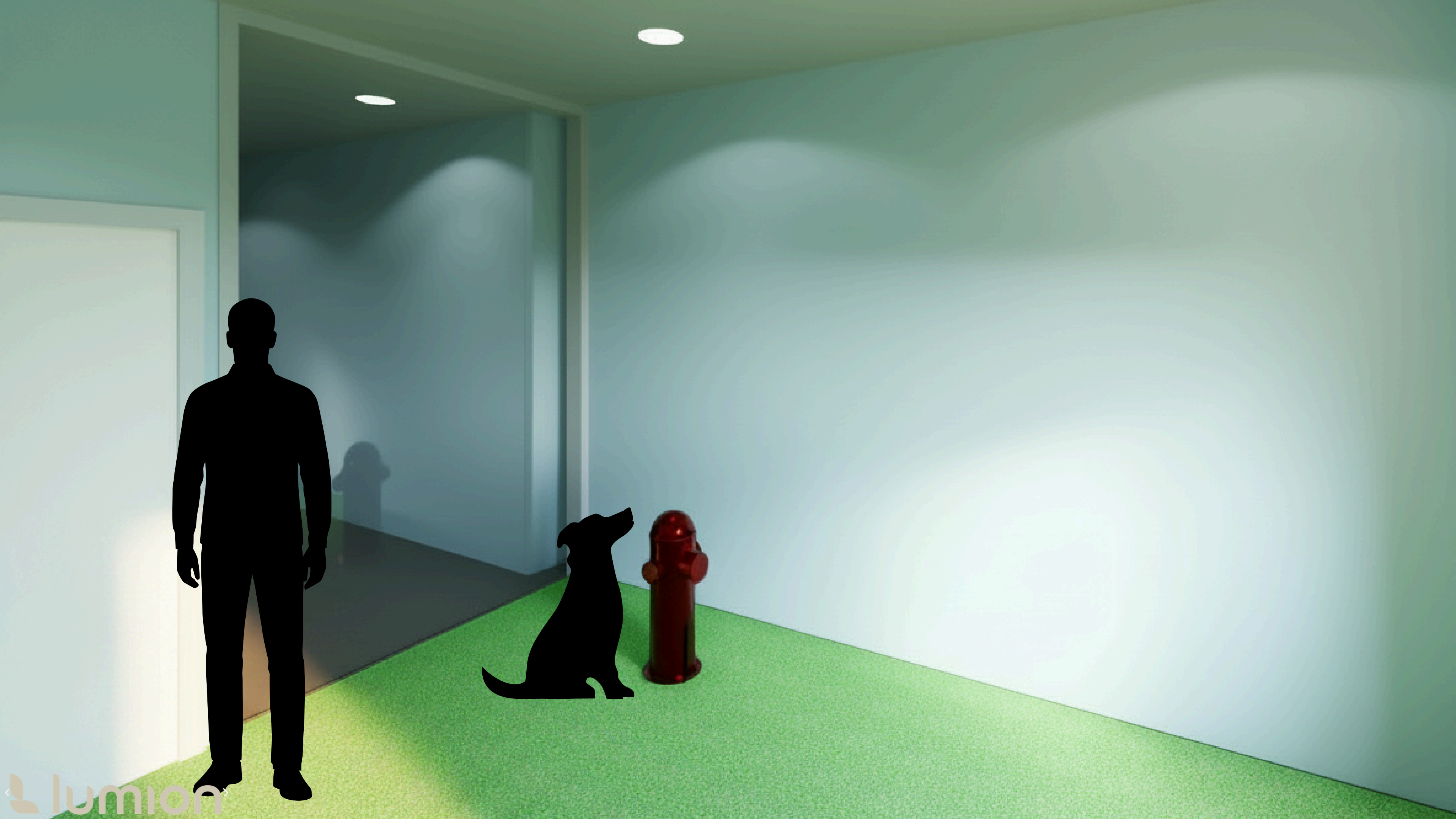
Warm LED Lighting













The image features a light beige background with decorative green abstract shapes in the corners. The top-left corner has a large dark green circle and a smaller light green circle. The top-right corner has a large dark green shape with a wavy edge and several small light green shapes. The bottom-left corner has a large dark green shape with a wavy edge and several small light green shapes. The bottom-right corner has a large dark green circle and a smaller light green circle.

THANK YOU !