

Study on How the Quality of Spatial Design of Rehabilitation Centers Affects the Personality Development of Drug Addicts

Bimsara Rathnayaka*, M.G.P.Manelgama, Jeeva Wijesundara

School of Architecture - SLIIT, Malabe, Srilanka

Abstract

The quality of spatial design in drug rehabilitation facilities has a significant impact on the personality development and recovery outcomes of people struggling with addiction. This study looks into the role of spatial design in promoting psychological and emotional well-being, which contributes to patients' positive transformation. This study aims to demonstrate how thoughtful architectural design can improve patient well-being, promote self-awareness, and foster positive behavior change in drug rehabilitation facilities. The study's critical argument is that architectural environments have a profound impact on human behavior, emotions, and experiences, emphasizing the importance of patient-centered, therapeutic spaces in addiction treatment facilities.

The methodology includes case studies of two international and one Sri Lankan rehabilitation centers to identify shortcomings in local facilities. Surveys and interviews will be conducted with rehabilitation patients, staff, administrative personnel, and counsellors to gain insight into the architectural environment's impact on personality development. A comprehensive literature review will provide a theoretical framework, whereas a mixed-methods analysis will combine qualitative and quantitative data to improve the validity and reliability of the findings.

In conclusion, this research aims to highlight the critical role of spatial design in drug rehabilitation centers and its impact on fostering personality development. By identifying and implementing architectural strategies that create supportive and therapeutic environments, the study seeks to enhance the overall effectiveness of addiction treatment programs, promoting holistic healing and long-term recovery for individuals struggling with addiction.

Keywords: Spatial design, Architecture, Drug Rehabilitation, Personality Development, Therapeutic environment

*Corresponding Author: Bimsara Rathnayaka; E-mail- rathnayakebimsara25@gmail.com

Introduction

Human behavior, emotions, and experiences are heavily influenced by their spatial environment. The quality of spatial design in drug rehabilitation institutions can have a significant impact on the psychological and emotional well-being of patients. This study will look into the important impact of space design in supporting personality development among people struggling with addiction in rehabilitation centers. The study aims to better understand how spatial features contribute to patients' growth, resilience, and positive change during the rehabilitation process by evaluating the layout, organization, and atmosphere of spaces within these institutions. The identified problem originates from a lack of emphasis on spatial quality in drug rehabilitation facilities, where functionality and security frequently take precedence over building environments conducive to well-being, self-awareness, and personal progress. This weakness may impair the effectiveness of addiction treatment programs and prevent the development of critical life skills and coping mechanisms required for long-term recovery. As a result, there is an urgent need to investigate how spatial design might be adjusted to solve these deficiencies and improve the personality development of those undergoing rehabilitation. The critical argument for this research is that spatial design has a substantial impact on human behavior and experiences. By addressing spatial quality in drug rehabilitation facilities, architects can build surroundings that support patients' psychological and emotional needs, developing resilience, self-awareness, and positive behavior change. Furthermore, concentrating on spatial design is consistent with the broader goals of improving patient-centered treatment and supporting holistic approaches to addiction recovery. To achieve these goals, the researchers use a multifaceted methodology that includes case studies, surveys, and interviews. The study's goal is to identify deficiencies in the spatial qualities of existing rehabilitation centers and evaluate the impact of architectural interventions and personality-focused approaches on treatment outcomes, patient experiences, and long-term recovery. Finally, this study advances our understanding of the role of spatial design in addiction rehabilitation and suggests ways to use design innovation to improve the effectiveness and human-centeredness of drug rehabilitation settings.

Background Study about Drug abuse in Sri Lanka

Sri Lanka's drug abuse problem has deep historical roots and presents unique challenges that set it apart from other countries. During the colonial period (16th to mid-20th century), opium use was primarily regulated for revenue purposes. However, post-independence efforts to regulate the use of opium, cannabis, and psychotropic substances have had mixed results. The National Dangerous Drugs Control Board (NDDCB) reported a significant increase in heroin use in the 1980s, which was heavily influenced by tourism.

The country currently faces a number of challenges, including a lack of a comprehensive national drug abuse policy, which impedes effective law enforcement, education, treatment, and rehabilitation initiatives. Drug use is primarily concentrated in four districts: Colombo, Gampaha, Galle, and Kandy. Cannabis and heroin remain the most popular illicit drugs, with many users engaging in polydrug use, frequently combining heroin with prescription tablets. Drug use patterns show a higher prevalence among men and those with some education, usually up to grade 10.

Drug abuse has far-reaching consequences in Sri Lanka, affecting health, society, and the economy. Addiction, organ damage, infectious diseases, and cognitive decline are all possible health consequences. Drug abuse has a negative impact on families, relationships, and job opportunities, while it also places a significant strain on the healthcare system and contributes to lost productivity.

The quality of spatial design of the rehabilitation center that affects for personality development of a drug addict

The quality of spatial design in drug rehabilitation facilities has a significant impact on the personality development of those struggling with addiction. Spatial design includes the layout, organization, ambiance, and sensory elements of these environments, all of which have a significant impact on patients' psychological and emotional outcomes.

The layout and organization of spaces in rehabilitation facilities can have a significant impact on the flow of interactions and activities, either fostering or hindering opportunities for personal growth. For example, well-designed communal areas promote social interaction and support networks among patients, fostering a sense of belonging and empathy. In contrast, poorly designed or cramped spaces can foster feelings of isolation and disconnection, impeding the development of interpersonal skills and emotional resilience.

The ambiance of rehabilitation centers, which includes lighting, color schemes, and environmental stimuli, is critical in creating therapeutic environments conducive to healing and self-discovery. Natural light, soothing colors, and sensory elements can promote feelings of calm and emotional safety, allowing for introspection and personal insight. In contrast, harsh lighting, sterile environments, or excessive noise may exacerbate feelings of anxiety or agitation, limiting patients' ability to participate in the therapeutic process and impeding personality development. Furthermore, incorporating nature and outdoor spaces into rehabilitation facilities can provide opportunities for grounding, mindfulness, and connection with the natural world, fostering a sense of purpose and meaning in the recovery journey. Access to green spaces, gardens, or outdoor recreational areas allows patients to engage in physical activity, relaxation, and contemplation, which improves their overall well-being and psychological resilience.

Overall, the quality of spatial design in drug rehabilitation centers has a significant impact on the personality development of people struggling with addiction by shaping their experiences, interactions, and emotional responses within these environments. Rehabilitation centers can create supportive and therapeutic environments that promote personal growth, resilience, and positive transformation in patients on their path to recovery by prioritizing spatial quality and incorporating human-centered design principles.

Approach

The identified problem is a lack of attention to spatial quality within drug rehabilitation facilities, which may have an impact on patient personality development. Many existing rehabilitation facilities put functionality and security first, rather than creating environments that promote well-being, self-awareness, and personal growth. This deficiency may limit the efficacy of addiction treatment programs and impede the development of critical life skills and coping mechanisms required for long-lasting recovery. As a result, there is a need to investigate how spatial design can be optimized to address these shortcomings while also improving the personality development of individuals undergoing rehabilitation.

In simpler terms, the problem is that the physical spaces within drug rehabilitation facilities frequently do not meet the holistic needs of individuals seeking recovery. Instead, they value practicality over creating an environment that promotes personal development and emotional well-being. This oversight can have a significant impact on treatment success and patients' long-term recovery prospects.

As a result, there is an urgent need to investigate how spatial design can be optimized to address these shortcomings and improve the personality development of those in rehabilitation. Understanding and addressing this issue will pave the way for more effective and compassionate approaches to addiction recovery, giving people a better chance of reclaiming their lives and achieving long-term wellness.

The architectural problem arising from this issue is the mismatch between the current design focus of drug rehabilitation facilities and the critical requirements for effective addiction treatment and personality development. These facilities frequently prioritize functionality and security over providing environments conducive to holistic healing and personal growth. As a result, the architectural problem stems from a failure to prioritize human-centered design principles that encourage emotional well-being, self-awareness, and personal growth.

This deficiency is visible in many aspects of spatial design, including layout, organization, ambiance, and amenities. Inadequate spatial arrangements and institutional environments may limit patients' ability to connect with their surroundings and participate in therapeutic activities. Addressing this architectural issue requires rethinking design priorities, incorporating evidence-based design strategies, and creating environments that prioritize patient comfort, emotional support, and personal growth.

The purpose of this study is to investigate the key spatial qualities within drug rehabilitation centers that contribute to patient personality development and holistic healing, as well as to identify deficiencies in the spatial design of existing facilities and how these shortcomings affect treatment outcomes and patient experience. It aims to identify effective architectural interventions that optimize spatial design within rehabilitation centers, as well as to assess how insights from case studies conducted both abroad and in Sri Lanka can inform the development of parameters for assessing and improving spatial design in Sri Lankan drug rehabilitation centres.

Objective

The objectives of this research are to assess the current spatial qualities of drug rehabilitation centers and their impact on the psychological and emotional well-being of individuals undergoing addiction treatment; to identify deficiencies in spatial design that may hinder personality development and holistic healing; to investigate effective design strategies and architectural interventions that foster supportive and therapeutic environments conducive to personality development.

Methodology

This research employs a multifaceted methodology to thoroughly investigate the relationship between spatial design in drug rehabilitation facilities and its impact on personality development in people struggling with addiction.

Literature review: A thorough review of the available literature on addiction rehabilitation, personality development, and architectural design principles is carried out. This review creates a theoretical framework, informs research hypotheses and objectives, and provides context for interpreting results.

Case studies: Case studies are conducted on a building abroad that is known for its effective spatial design in rehabilitation settings, as well as a rehabilitation center in Sri Lanka. Parameters are determined by identifying deficiencies in Sri Lankan rehabilitation facilities. This comparative analysis sheds light on successful design strategies and informs recommendations for improvement.

Survey and interviews: Interviews are conducted with individuals undergoing drug addiction rehabilitation, staff members, administrative staff, and counselors to gather perceptions, preferences, and experiences about architectural environments and their impact on personality development in rehabilitation facilities.

Literature review

Therapeutic value of landscapes in healthcare settings

Natural elements such as gardens, greenery, water features, and walking paths can be incorporated into the design of a drug rehabilitation facility, creating a calming and relaxing environment that is essential for those in addiction recovery. These natural features provide spaces for reflection, contemplation, and relaxation, which aids in the overall healing process. Furthermore, including areas designated for group activities, outdoor therapy sessions, and leisure activities promotes social interaction among patients, allowing them to connect, share experiences, and offer mutual support, fostering a sense of belonging.

Therapeutic activities such as meditation, exercise, and participation in sensory gardens can improve the recovery environment by promoting physical, emotional, and spiritual health. By incorporating such elements into the landscape design of a rehabilitation center, patients can benefit from a variety of therapeutic experiences that supplement formal treatment programs. Furthermore, ensuring safety and security through well-lit pathways, clear sightlines, and secure

boundaries improves patient and staff comfort and confidence. By incorporating these security measures discreetly, the landscape design of a rehabilitation facility can maintain a welcoming and therapeutic atmosphere while ensuring safety and security for everyone involved. 1.

How the built environment impacts addiction treatment outcomes

The physical environment of a drug rehabilitation facility has a significant impact on treatment outcomes, with architectural design, spatial layout, amenities, and aesthetics all playing important roles in the recovery process.

Therapeutic design principles, such as maximizing natural light, using soothing color palettes, providing comfortable furnishings, and ensuring access to nature, all contribute to creating an environment that reduces stress and promotes emotional well-being. Supportive and safe environments are critical for providing patients with a sense of security, privacy, and dignity while also encouraging community and social support; design strategies that accomplish this include easy navigation, secure entrances, and well-lit common areas. Incorporating user-centered design by consulting with patients, staff, and other stakeholders to learn about their needs, preferences, and concerns ensures that the facility is tailored to effectively meet these needs, ultimately improving the overall therapeutic experience and treatment outcomes. 2.

Significance of interior design in creating supportive environments for individuals undergoing drug and alcohol rehabilitation

Interior design elements such as color schemes, lighting, and furnishings are critical in shaping a drug rehabilitation facility's therapeutic environment, influencing patients' mood and well-being and aiding in recovery.

Nature-inspired elements, such as plants and natural materials, can be used to create calm and comforting spaces, while comfortable and inviting furnishings help patients feel at ease during their stay.

Thoughtful interior design also improves privacy by carefully arranging spaces and incorporating soundproofing materials, as well as providing a sense of security through controlled access and surveillance. Furthermore, creating communal spaces for group therapy sessions, recreational activities, or social interaction promotes a sense of community and peer support, which is critical to the recovery process. 3.

1. Therapeutic Landscapes

An Evidence-Based Approach to Designing Healing Gardens
and Restorative Outdoor Spaces: Clare Cooper Marcus, Naomi A Sachs

2. The Importance of Place

A Role for the Built Environment in the
Etiology and Treatment of Problematic Substance Use : Friesen, Allegra

3. Healthcare channel

Case studies

Sister Margaret Smith Addictions Treatment Centre



Figure 0.1: Sister Margaret Smith Addictions treatment Center

The Sister Margaret Smith Addictions Treatment Centre (SMSATC) is a well-known facility dedicated to providing comprehensive care for individuals struggling with substance use disorders.

The center offers both residential and non-residential services (figure 2) for treating alcohol, drug, and gambling addictions.

In addition to eating disorders. Accommodation rooms are also individual. The available activities include a games hall, worship space, multi-purpose hall, and large gardens. The building's location within the care complex improves access to activities and promotes environmental sustainability. This building emphasizes the importance of a healthy environment in the therapeutic process.

Spatial design analysis

The SMSATC's design incorporates nature-inspired healing spaces by incorporating natural elements such as landscaped gardens, greenery, and outdoor seating areas, which are consistent with Clare Cooper Marcus' therapeutic landscape principles of relaxation, reflection, and connection to nature. The addition of natural light and views of green spaces to the facility's interior improves the therapeutic environment, fostering a sense of calm and well-being among patients receiving treatment.

SMSATC's patient-centered interior design prioritizes comfort and healing, with soothing color schemes, comfortable furnishings, and artwork that contribute to a relaxing and welcoming environment. The layout of communal spaces is intended to encourage social interaction and peer support, fostering a sense of community among patients, while designated group therapy rooms and recreational areas allow for shared experiences and mutual encouragement.

SMSATC also ensures safety and accessibility through thoughtful design elements such as clear wayfinding signage, non-slip flooring, and wheelchair-accessible spaces, which make navigation easier for patients and staff. Discreetly integrated security features, such as controlled access points and surveillance systems, ensure a safe and supportive environment for all individuals in the facility.

Rehabilitation Centre Groot Klimmendaal



Figure 0.2: Rehabilitation centre Groot Klimmendaal

Rehabilitation Centre Groot Klimmendaal is a premier facility that specializes in the treatment and rehabilitation of people with physical disabilities and complex rehabilitation requirements. The design aims to change the perception of rehabilitation centers by providing a welcoming and comfortable environment for users. Regardless of its size, the building is clad in brown aluminum panels. It is low-profile and blends in with its surroundings. Second, the center's design highlights nature's healing properties. This project was nominated for the Mis van de Rohe Prize in 2011. The gymnasium, swimming pool, and theater are located on the ground floor, making them accessible to the community. This philosophy promotes patient integration, eliminating isolation and ensuring compatibility with the environment.

Spatial Design Analysis

Groot Klimmendaal's design embraces nature-inspired healing environments by incorporating expansive windows with views of surrounding greenery and providing landscaped outdoor spaces for patients to relax, sensory stimulate, and connect with nature. Indoor therapy areas are designed to maximize natural light exposure, resulting in a sense of openness and vitality that benefits patients' physical and psychological well-being during rehabilitation. The patient-centered interior design at Groot Klimmendaal prioritizes comfort, safety, and accessibility, with barrier-free design principles used throughout the facility to ensure ease of movement for those with mobility issues. Therapy rooms have adaptable furnishings and equipment that allow for personalized treatment plans tailored to each patient's specific needs, while comfortable seating areas and communal spaces promote patient interaction and mutual support, fostering a sense of community and belonging. The facility's adaptable spatial design also accommodates a wide range of therapeutic activities and rehabilitation modalities, with separate areas for physiotherapy, occupational therapy, hydrotherapy, recreational activities, adaptive sports, and creative arts therapies. Groot Klimmendaal improves patient engagement and motivation by incorporating therapeutic activities into its spatial design, resulting in a more holistic and effective recovery process.

Training school for youthful offenders in thaldena, Srilanka



Figure 0.3: Training School for youthful offenders in Thaldena, Srilanka

Thaldena School for youthful offenders, located in the serene landscape of Badulla, Sri Lanka, serves as a beacon of hope and transformation for people struggling with drug addiction. This rehabilitation facility, nestled in the tranquil hills of the region, represents a novel approach to spatial design aimed at promoting recovery, rehabilitation, and reintegration into society. Thaldena training school aims to address not only the physical symptoms of addiction, but also the underlying psychological and social factors that contribute to substance abuse. In this introduction, we will look at the spatial design of Thaldena training school and how its innovative approach aligns with research on addiction treatment and rehabilitation environments. We discover the underlying principles driving the center's success in facilitating long-term recovery and empowering individuals to embark on a journey of healing and renewal by thoroughly examining its spatial layout, amenities, and programming.

Spatial Design Analysis

Despite its rural location, Thaldena Correctional Center effectively uses outdoor spaces to promote healing by incorporating elements like vegetable and tea plantations, which help residents connect with nature while also providing opportunities for relaxation and reflection. The center's strategic location on hilly terrain provides natural landscapes, scenic views, and peaceful surroundings that improve the well-being of those undergoing rehabilitation. The center also takes a patient-centered approach to interior design, emphasizing functional and comfortable living spaces that are tailored to each resident's specific requirements. Individual counseling sessions allow staff to understand each resident's specific characteristics and tailor interventions accordingly. The facility's vocational training center provides skill development opportunities by directing residents to sectors that match their abilities, promoting autonomy, self-efficacy, and a sense of purpose. Additionally, Thaldena incorporates therapeutic activities and structured routines into residents' daily schedules to promote discipline and purpose. Vocational training in fields such as baking, animal husbandry, and factory work creates meaningful job opportunities and promotes skill development, whereas designated recreational days, such as board games and outdoor play, promote social interaction, leisure, and stress relief.

Findings

The rehabilitation center's design influences patient behavior and treatment outcomes by emphasizing safety and freedom, resulting in significant improvements in how patients interact with their surroundings and participate in treatment programs. The center's emphasis on creating an environment that encourages autonomy and accountability has resulted in positive behavioral changes, with patients expressing a greater willingness to participate in outdoor activities and accept responsibility for their decisions. The center's design decisions are guided by a commitment to continuous improvement, which includes actively seeking feedback from staff and patients to identify areas for improvement and prioritizing changes that are aligned with treatment goals. This collaborative approach ensures that the design evolves to meet the needs and experiences of the rehabilitation community.

Furthermore, the center makes decisions based on data-driven insights and external expertise, with the goal of increasing the effectiveness of rehabilitation programs and improving patient outcomes. Conversations with residents in treatment highlight how the center's environment affects emotional well-being and social engagement. Residents report feeling at ease and secure, emphasizing the importance of privacy and safety in creating a supportive healing environment in which they can focus on their recovery without fear or anxiety. The residents also emphasize the nurturing role of staff members, whose kindness and empathy contribute to the creation of a compassionate environment, highlighting the importance of interpersonal relationships in promoting healing and hope.

This human-centered approach is consistent with research demonstrating that supportive relationships and positive interactions with staff improve treatment outcomes. Furthermore, residents' participation in various activities demonstrates the design's ability to promote social interaction and participation. Their preference for social engagement and encouragement to focus on future goals is consistent with the center's intentional design to foster a sense of community and mutual support, motivating residents to actively participate in their treatment and collaborate with peers on their recovery journey.

Conclusion

This study investigated the significant impact of spatial design on personality development during drug rehabilitation, demonstrating how the layout, organization, ambiance, and sensory elements of rehabilitation facilities affect patients' psychological and emotional well-being, ultimately influencing treatment outcomes. Key findings from the case studies demonstrate the efficacy of incorporating evidence-based design principles into drug rehabilitation centers. The Sister Margaret Smith Addictions Treatment Centre (SMSATC) and the Groot Klimmendaal Rehabilitation Centre demonstrate the benefits of nature-inspired design, patient-centered spaces, and accessibility. Meanwhile, the Thaldena Training School for Youthful Offenders in Sri Lanka exemplifies a community-based approach that emphasizes vocational training and a connection to nature, giving residents a sense of purpose and empowerment.

Using a multifaceted methodology, the study identified several critical considerations for optimizing spatial design in drug rehab centers, including incorporating evidence-based design elements like natural light, views of nature, calming colors, and comfortable furnishings to create a therapeutic environment; encouraging social interaction by designing communal areas for group therapy,

recreation, and peer support; and prioritizing safety and privacy through It also emphasizes the importance of providing access to nature to reduce stress and improve well-being, incorporating vocational training and skill development opportunities to aid reintegration into society, investing in staff training and support to create a welcoming environment, and constantly evaluating and adapting design interventions based on feedback from patients, staff, and stakeholders. Implementing these recommendations can help to transform drug rehabilitation facilities into supportive and therapeutic environments that promote personality development, empower people to overcome addiction, and pave the way for long-term recovery and successful reintegration into society. This study lays the groundwork for future research into the specific design elements that have the greatest impact on personality development in drug rehabilitation settings, such as looking into the effects of specific design features on different patient populations and cultural contexts, as well as conducting longitudinal studies to see how spatial design influences treatment outcomes and relapse rates over time.

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