Though it is not the most popular topic, teen drug use is a serious problem. Studies show that substance abuse at a young age directly correlates to higher chances of addiction and brain damage later in life. While there are ongoing efforts to better educate teens about these harmful habits and their effects, we must address that there will always be those who need help.

Rehab centers are the obvious answer, but many of the current centers are not designed with the client in mind. While they may function in terms of size and quality of staff, these spaces are often so closed for privacy, that clients feel alone and become more depressed during treatment. In addition, the aesthetic design of the space is often monotonous and maybe even depressive.

So, the question is, how do we design a space that successfully ensures that a teen’s time at a rehab center will positively impact their life and decisions?

Metanoia is defined as the journey of changing one’s mind, heart, self, or way of life. Subsequently, this rehab center is designed to provide a sense of relief to clients as they work on change in their lives.

The design is intended to provide a sense of relief to clients during their stay. The building is split into three main sections with varying degrees of privacy. While each area is planned for its specific needs, the design of the whole interior incorporates strong and dynamic architectural elements, neutral, light colors and a variety of textures. The neutral color scheme, combined with the crisp lines of architectural details opens the space up and results in a calm atmosphere. No overpowering colors were used, so as not to make anyone feel uncomfortable. A variety of textures are implemented throughout the design to enhance the experience. Soft materials are implemented through rugs and furniture selections, and balance the solid textures throughout the wall, floor and ceiling materials.

References


“Substance Use & Mental Health Services.” Substance Use & Mental Health Services, www.odysseyhouse.org/.

"Addressing Teen Drug Use." Though it is not the most popular topic, teen drug use is a serious problem. Studies show that substance abuse at a young age directly correlates to higher chances of addiction and brain damage later in life. While there are ongoing efforts to better educate teens about these harmful habits and their effects, we must address that there will always be those who need help.

The Need for New Treatment Centers.
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