

Art in Rehabilitation Centre

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Abstract: *A rehabilitation inner and outer space that provides them with the means of understanding what went wrong and how to work-through the group- towards building their own strength to surpass physical and psychological obstacles on the road to recovery and active inclusion. Such therapeutic community buildings must not be designed to remind long term absence from life, but a temporary home away from home, a pathway back to individual stability and societal development. And this short term abode must be enriched with approaches to healing that bring about changes from the inside out. One of them is expression through the arts. A Rehab Centre here would be the one where in the people voluntarily come to get treated. The Relation between Human Activities and Landscape Architecture: The first impression of designing constructions and places in the field of landscape architecture seems to create a particular space where people can display their activities efficiently. This creating job is not only to influence on human activities as performing our daily lives, but also to impact on society, politics, economy, and culture as a whole, which are associated with the track of human civilization. Thus, the significance of landscape architecture should be focused on how to fulfill needs of human and society as well as to maintain the beauty of nature.*

Our surrounding environments can be moulded to best suit the needs of a patient. Stress, anxiety, natural connections to nature, healing gardens, our body's social and psychological needs, and the overall healing process were the main focused.

Traveling, Leisure and Innovation come together to create an environment that will attract people and families to the new recreation hub of Liberec, with compelling leisure program and events offerings onsite. On the other hand, this chapter concerns the relationships between the physical form of the urban environment and leisure activities. It examines how architectural space morphology - i.e. spatial patterns and formal patterns - may have an impact on tourists' attraction and preferences in the contemporary cultural context of urban tourism. and bringing this tourism in rehab context would be the most challenging part of the project....

'Art...can feed the soul, motivate an individual to want to recover and in certain Circumstances, cause physiological changes in the body'

Keywords

Society, Awareness, Rehab Space, Vibrant Space, Healing Emotionally.

Introduction

"...Buildings, spaces between them...make different lives, influence how we think, feel, behave-how we are'.

Many specialists of various fields, including sociologists, therapists and architects have repeatedly argued about how place and the design of its spaces communicate with the human psyche, affect the way in which people react to their lives and how they develop. And this might be important to any individual who requires long term constant care or needs to recover from a period of physical, social and emotional instability by drug addiction.

Architecture is not a treatment, but can become part of the healing process through the creation of spaces that provide meaning to those activities to achieve rehabilitation through a therapeutic environment.

As even the little things in the design of a building can play their part in the psychology of the healing. It is a setting which readies for social inclusion and does not bunch up people as a group of patients who simply need to take their medication or stay indoors for a prolonged period of time but as active recipients of change and individuality. Not merely a number behind a 'health facility' door.

Architectural design can provide the corner stone of this individuality, with spaces built as an interactive process as opposed to 'holding a disorder within'. Even the little things in the design of a building can play their part in the psychology of the healing equation; such as the way windows reflect the sunlight in a therapeutic community residence.

Drug Addiction

Addiction is a term defined a chronic relapsing disorder for people abusing substances like Smoking, alcohol, rave drugs, medical drugs. It is a tendency to make one feel euphoric (wellbeing), there are several drugs which are available in the market which are used for abuse. Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a person's self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs.

It is because of these changes in the brain that it is so challenging for a person who is addicted to stop abusing drugs. Fortunately, there are treatments that help people to counteract addiction's powerful disruptive effects and regain control.

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most

people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioural therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse. Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover

Earlier, people believed that alcoholism was the symptom of some other mental disorder. After extensive research, it has now been established that alcoholism is a disease in itself - a Disease that can be controlled by medical and psychological treatment.

- i. It is a primary disease.
- ii. It is a progressive disease.
- iii. It is a treatable disease.

Objectives

- i. To study the psychological changes of the human (drug addict) over time and over different phases.
- ii. To study the different therapies, treatment psychologically as well as medically.
- iii. To study the mime standards for a rehabilitation center.
- iv. To study the Role of architecture in treatment of patients.
- v. To analyses the treatments, spaces and to provide the spaces and design consideration accordingly.

Methodology

The project should deal shed a positive light on healing gardens. Healing gardens provide a variety of therapeutic benefits to the user. They provide a direct connection between an individual and nature. Being able to momentarily escape the confines of a healthcare facility and relax in an environment that is designed to do so allows for all users of a facility to enjoy the benefits that come from nature. Healing gardens are becoming more common in modern healthcare facilities. These gardens are being seen indoors, outdoors, and on rooftops

Connections to nature are not exclusive to healing gardens and outdoor spaces. Naturalistic views to nature and natural air flow and sunlight also provide the patients with a connection to the outside world. Studies have shown that hospital rooms which have windows with pleasant views typically yielded shorter patient stay times than those without.

Interior qualities of a facility also play a key role in the overall mood of patients, families, and staff. Lively, open,

homely environments are key qualities that patients wish to experience within a healthcare facility

Poor air quality and stress inducing spaces are not harmful to the healing process, but may create new habits for patients.

Proper ventilation and airflow can ensure that air quality remains at healthy standards.

A proper approach to healing, addressing not only physical health, but social, spiritual, psychological, occupational, and intellectual health can be accomplished through a more comprehensive healing process.

Nature has been a means of healing for centuries, and it should not be overlooked even with modern advancement of medicine.

By designing a facility which has a dealt with its natural surroundings, physical rehabilitation patients will be surrounded by the healing spaces and benefits that nature has been proven to provide.

Scope of Research

- i. Alcoholism.
- ii. Who are alcoholics?
- iii. To study the different phases of these disease.
- iv. The ways and treatment for drug addicts.
- v. Activities which can be conducted, Role of architecture in treatment and Therapies Forming communities, Meditation, yoga, Self-help.
- vi. Minimum requirements for the center.
- vii. Analysis of the data collected and design considerations for the drug de addition center and rehabilitation center.

The process of the Drug De-Addition Centre

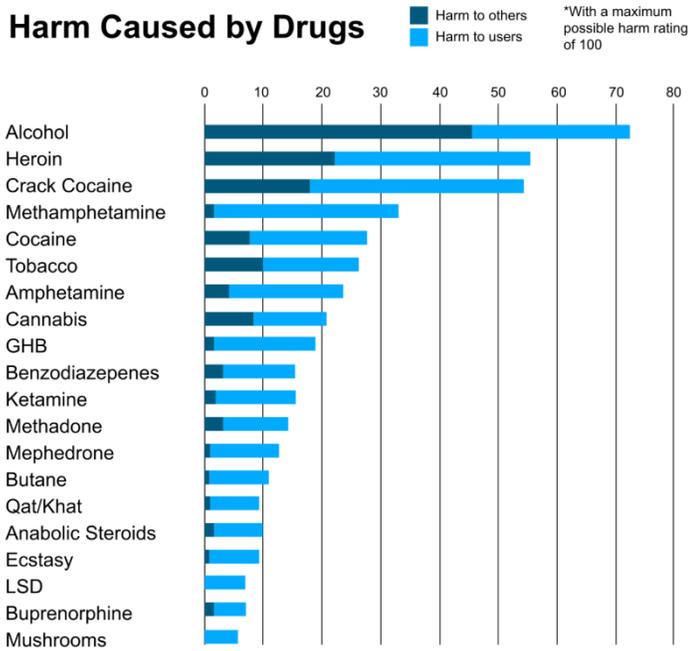
One of the most widely accepted definition of the community for drug addicts is the 1993 Totenberg thesis of an environment in which 'people live together in an organized and structured way in order to promote change and make possible a drug free life in the outside society...the community forms a miniature society in which residents fulfill distinctive roles...designed to promote a transitional process...

It must only be a foundation or facility in name. In essence, the therapeutic community should become 'society away from society', a shadow of reality for those with the determination or even so, the decisive push by family and relatives to rediscover and re-coordinate that inner creativity self, the social and individual personality lost through drug abuse. As argued, this type of healing process, its residential philosophy aside (and this is where architectural design comes in), does not usually apply to a fixed setting

"But rather to the principles of the care that is Offered...a communal approach which is also democratic, collaborative and Encourages participation..."

Instead of medication treatment therefore, they provided the necessary tools to the community of patients in dealing with their own problems, making them part of the process with which they could overcome their traumatic experiences. As Crimpling notes, this later became known as the 'living-learning' method.

Harm Caused by Drugs



problem, but part of the solution on their way to re-learning the social process.

Time and therapeutic communities

There cannot really be any set length of time in such a self-help programmer which depends on the effectiveness of staff in building trust and a community spirit as well as the willingness of members and the triggers provided to them both in terms of the architectural surroundings and healing techniques, as a means of a gradual return to social responsibility and inner growth.

Drug addiction rehabilitation is an individual process, so each has their own time. In general terms, logic dictates that the longer an addict remains with a drug-free programmer based on an interactive process of self-development, the more positive the result will be, particularly so if rehabilitation is completed, with the benchmark of at least partial success being a minimum of three months. This is particularly true of individuals who have a record of more severe and prolonged substance abuse, such as heroin and cocaine (which now forms the majority in most community programmers), a history of violence and incarceration, mental instability stemming from uses, as well as limited educational ability, which means they are less likely to understand or accept their situation.

“The structure of a therapeutic community, with its community meetings, diverse Network of relationships, supportive peer group, strong sense of belonging, means That a strong therapeutic attachment can be forged – an attachment that can Withstand high levels of aggression and risk.”

But the basic complication of such a residential community method whereby a more specialist architectural design is needed, with facilities to accommodate usually 40-80 individuals, has been the cost. Financial limitations have meant, in cases, that an ideal period of up to 2 years rehabilitation often had to be sliced in half or at worst, the residential model of community design treatment, abandoned altogether for cheaper alternatives. The drop-out rate or lack of motivation to join can also become a problem and to this end, more recently, those involved in therapeutic communities have conducted extensive research in order to establish why many addicts often lack the determination to carry on with the programmer. What has been established is that stronger family connections are, the more likely an individual is to make a positive decision and remain with the programmer in the longer-term. What might also influence addicts to become members of a therapeutic community and stay for the duration or at least a long period of time, are improved job opportunities through skills attainment, as well as fear of getting entangled with the law once again. According to many documented responses by addicts themselves even a limited time at a residential drug-free community, can go a long way.

more creative expression such as theatre therapy, art, photography and prose writing that bring out untold emotions and help the resident through this active self- help process, become aware of their problems and finally come to terms with

Maine took this and applied a psychoanalytic approach to it. Some later appropriately dubbed it ‘social psychiatry’.

It formed the beginnings of an attempt to consider drug rehabilitation as a psychological awakening through a group environment, in which members (not patients) and experienced professionals interact in a setting promoting trust and individuals are encouraged to become part of a community with the goal of rebuilding their social skills, such as responsibility and integration. This community philosophy essentially places the healing process into the hands of addicts themselves in a controlled and voluntary but not institutionalized environment, finding methods that allow them to rebuild their ability of dealing independently with their own problems.

Architecture fits into this process, as the outer shell providing the necessary support to the inner self-corrective therapy. There are of course no guarantees of success in such cases. However, at least the connection of interior design and community spirit as a means of molding a socially functioning individual forms an alternative that puts the individual first, as opposed to the medication institution like processes that have not managed to make any headway, both in attracting the trust of addicts who make the step to rehabilitation, as well as eradicating existing prejudices and public opinion views. The community, as referred to earlier in the paper is not about being locked in, but a home in which the individual with the need for care, becomes part of the method of their gradual return to physical and emotional health, they become involved in the decision-making process, improving their creativity through the group. The basic premise is to become the change within themselves, to sense that even though they live in a treatment community, the environment surrounding them is one in which they feel not part of the

The fundamental components of Drug De-Addiction Centre

Drug-free residential settings are primarily of a humanistic philosophy in which the member gradually develops social group responsibility and a

what brought them to that situation. The member is forced to become part of their future, by developing on a daily basis individually and with the group, having a daily routine, starting at seven in the morning, sharing and having a common target, feeling responsible also through the choice of employment that can be provided at the facility. For example many communities make an own furniture. Work is a means of strengthening the sense of community and developing the communication and interpersonal tools needed.

The treatment process-from induction to rehabilitation

In this community environment and following the interviews and assessments that are required to establish whether individuals have completed their preparation in joining, it is psychologically inevitable that members need to be gradually introduced to the new setting, an induction process that takes a month and includes the practicalities of living and working with others in the same quarters. The early stage of this first month of what is to be a major process of change for addicts who decide or consider following down this community two year therapy path occurs at the induction and information centers, usually located in easily accessible city areas. These drug-free 'corridors', one might say, to the therapeutic community, provide the necessary psychological support structure, an initial approach to addicts who have made a conscious decision, encouraged by relatives or friends, to seek rehabilitation, through an organized community system. Most important at this stage, are also the information groups, made up of people who are yet undecided on whether they are ready and prepared to go through with this social and personal turn to their lives. It is here, from the outset, that the influence of space is crucial for the success of the programmer. Such information centers offering day psychological and health care at a physical and mental basis need to constitute friendly open environments, where the addict is able to experience a community spirit and not institution-like architectural outlooks. This is where they get the first education on how they can set off on a programmer of reducing their dependence on substances.

Conclusion:

Throughout our lives we are forced to deal with illness and injury. The simple idea that nature has a positive effect on the holistic well-being of individuals is the focus of this project. This thesis explores the possibilities that the spaces in which we inhabit have on the healing and recovery process. Nature has long been proven to have certain healing effects on individuals. Access to natural elements such as light, airflow, and views of nature can all have an effect on how we heal. Our body is constantly reacting to the spaces in which we inhabit. These spaces can have a direct effect on an individual's physiology and mental comfort. Stress levels and the mood of a patient may have the greatest effect on the healing process.

Physical rehabilitation is a process. There are many methods and systems being used to rehabilitate our body. In order for the body to heal, the mind and soul need to be in a good place. How can a rehabilitation centre be design to induce hope and optimism? A healthy, stress-free mind is not only less likely to become physically ill, but may also allow the body to return to full health faster. Part of having a satisfying life is being able to do things that you enjoy.

Typically people that live more active, healthy lifestyles can say that they are happier than those that don't. Recently our culture has shifted towards a more stressful life in which people are substituting time typically spent being active, with heavier workloads and stationary leisure activities. People are exercising less and less and also eating more convenient processed foods, which may lead to physical or mental problems as they age.

A Physical rehab centre aims to bring people recently recovering from surgery or injury back to full health so that they can enjoy the things that make them happy. Understanding the types of environments that are best suited to encourage the healing of an individual will enhance the quality of any healthcare facility.