



Changing Lives by Design™



SACRAMENTO

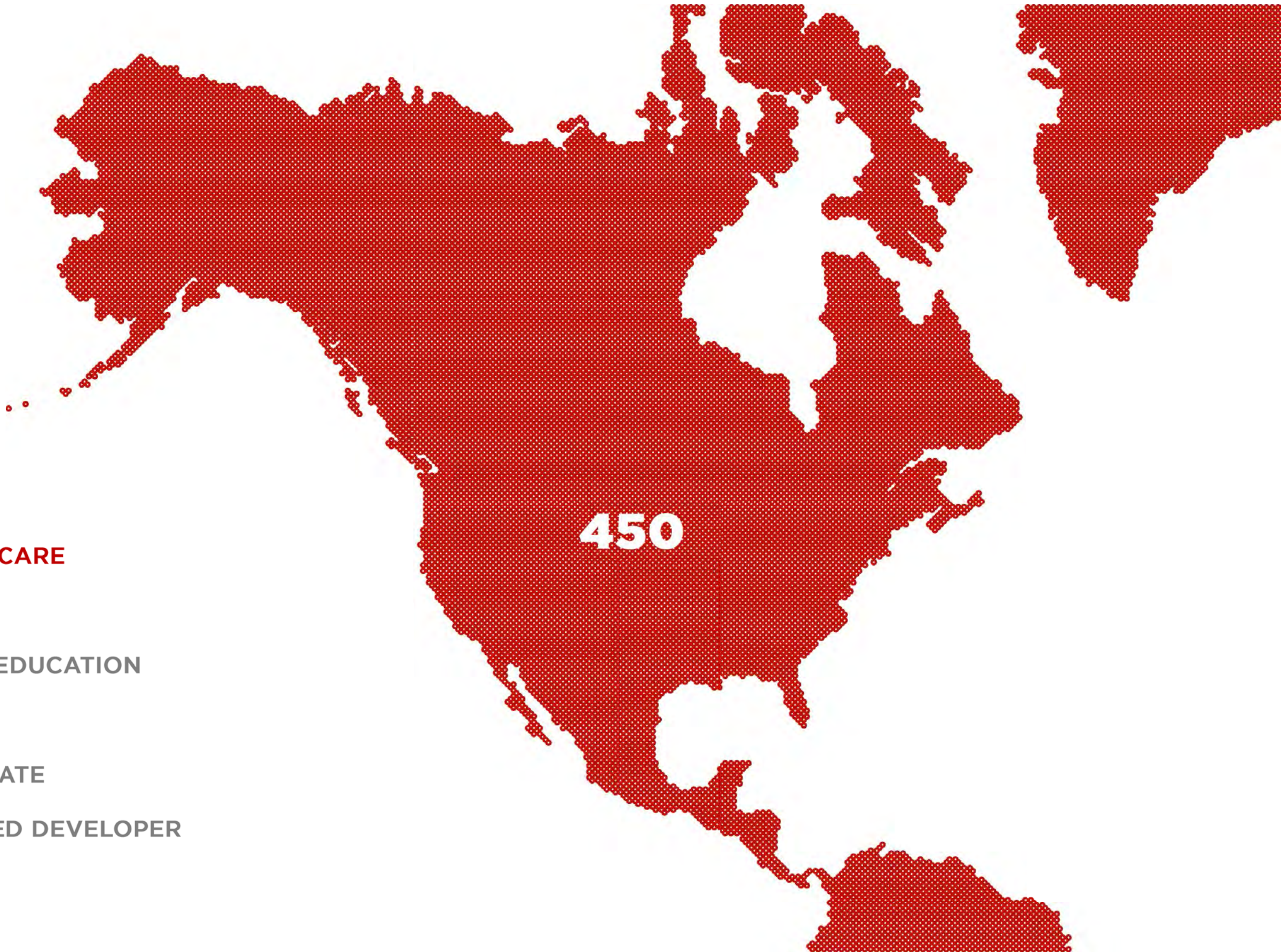
SAN JOSE

**IRVINE**

SAN DIEGO

DALLAS

SAN ANTONIO



HEALTH CARE

K-12

HIGHER EDUCATION

CIVIC

CORPORATE

TARGETED DEVELOPER

# integrated design

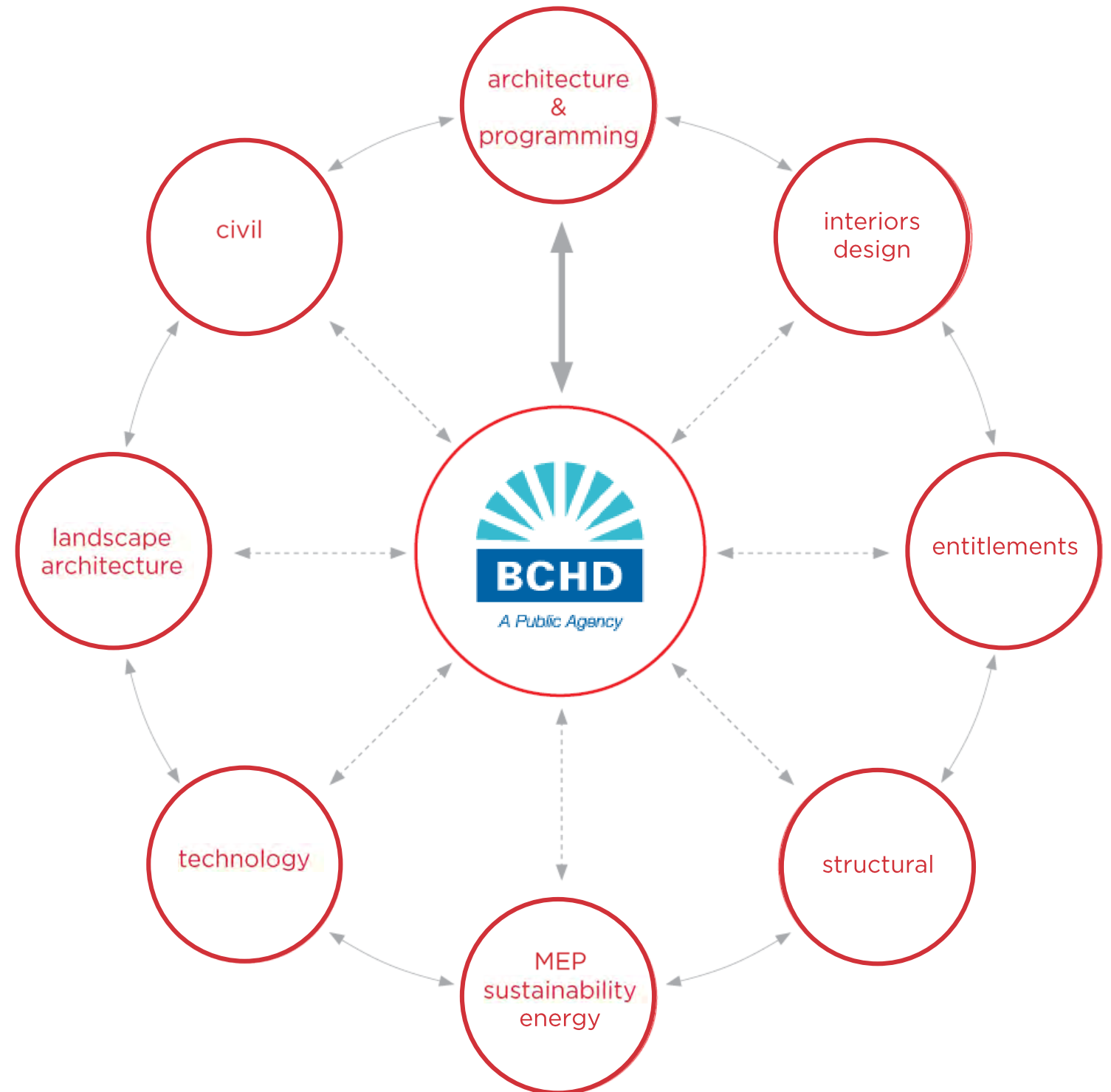
a **holistic approach** to problem solving

**multidisciplinary team** of specialists

**client-centered**

enables all stake-holders to **actively participate**

fosters **communication, collaboration and cooperation**



**inside-out**

**case study**

Mount   
Saint Mary's  
University  
LOS ANGELES



# The Wellness Pavilion



founded in 1925

a Catholic university primarily for women (90%)

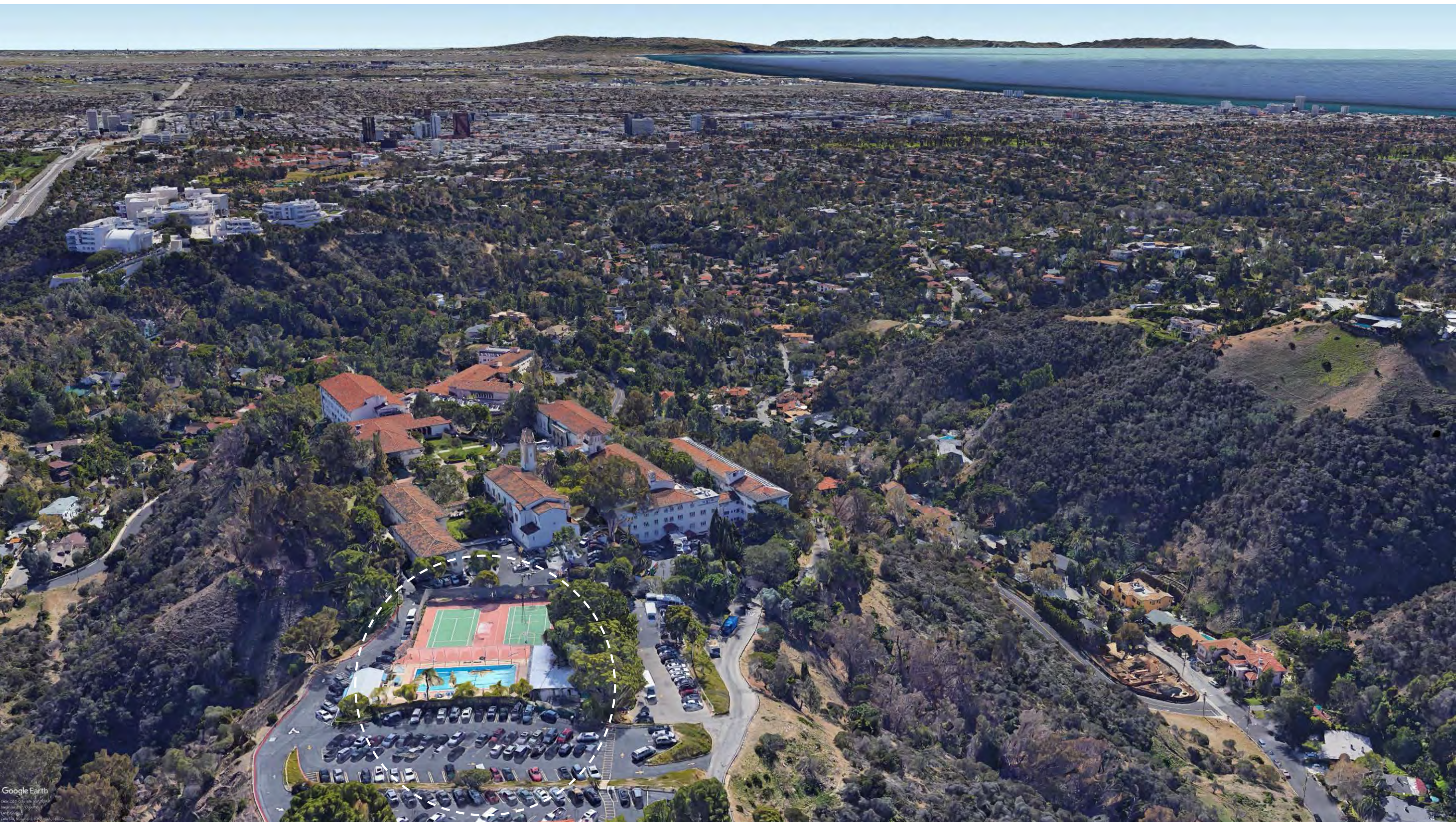
emphasis on building leadership skills, liberal arts and sciences

diverse student body

3,200 students, two campuses

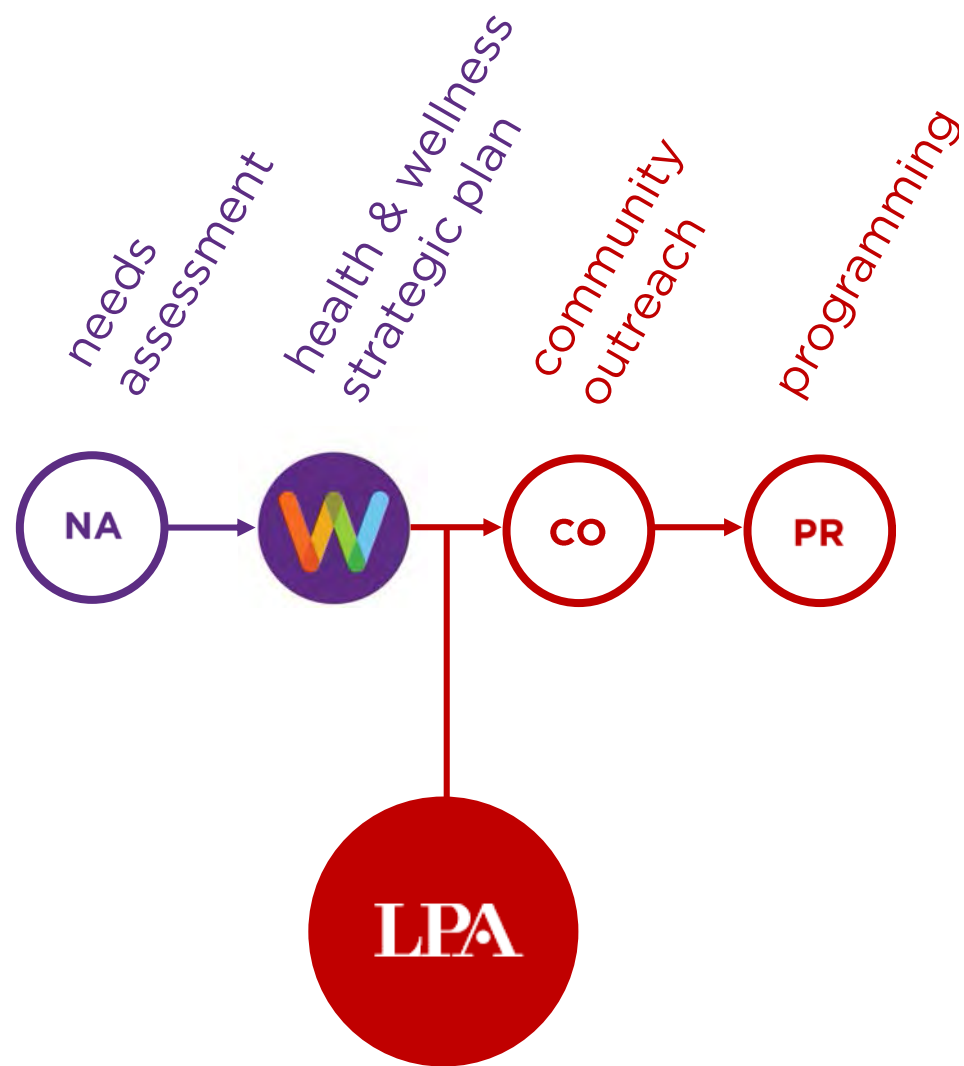






**process**

# process / outline



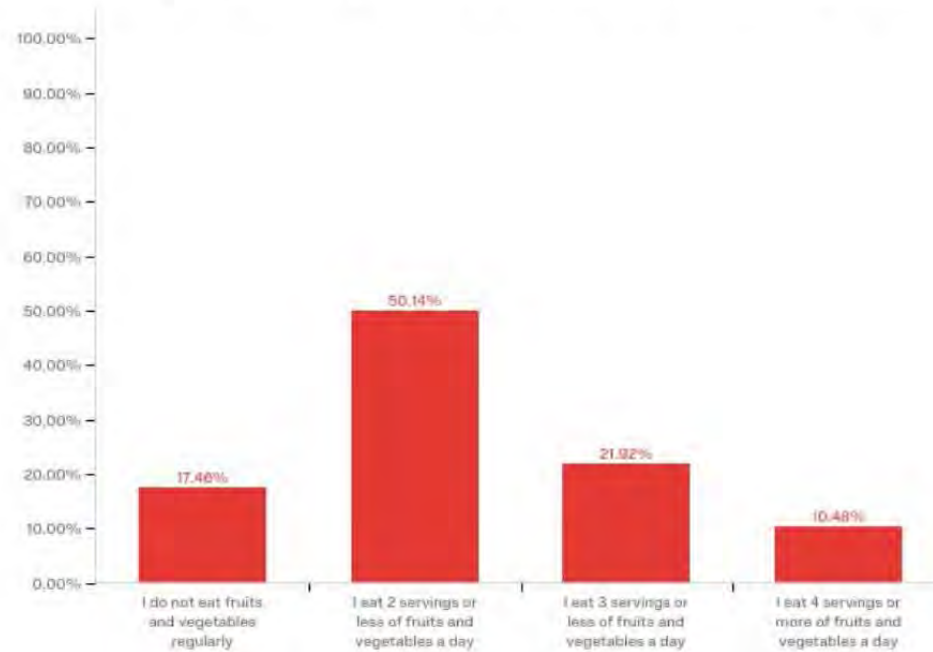
- Led by Mount Saint Mary's University
- Led by LPA
- Agency process

**health & wellness needs assessment**



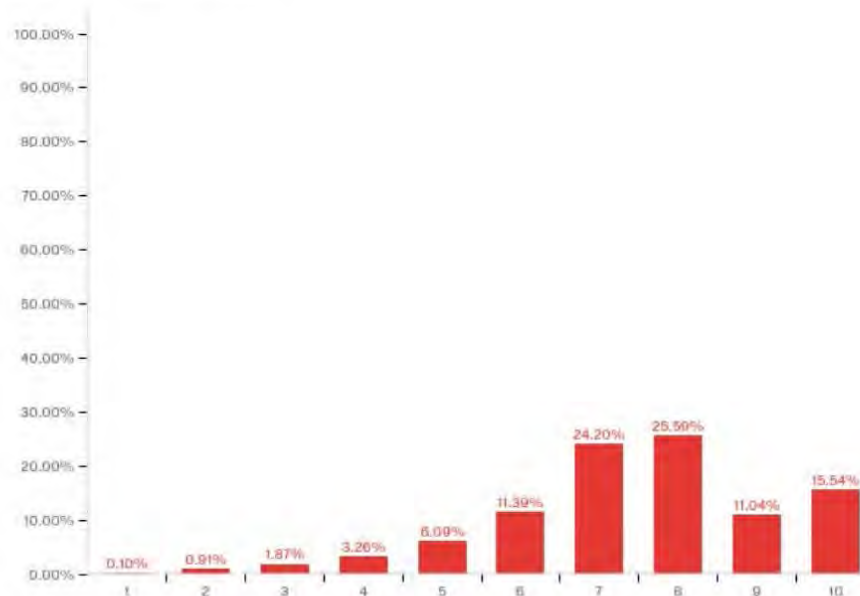
## EAT GREEN

Q2 - Fruits and Vegetables. Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse.



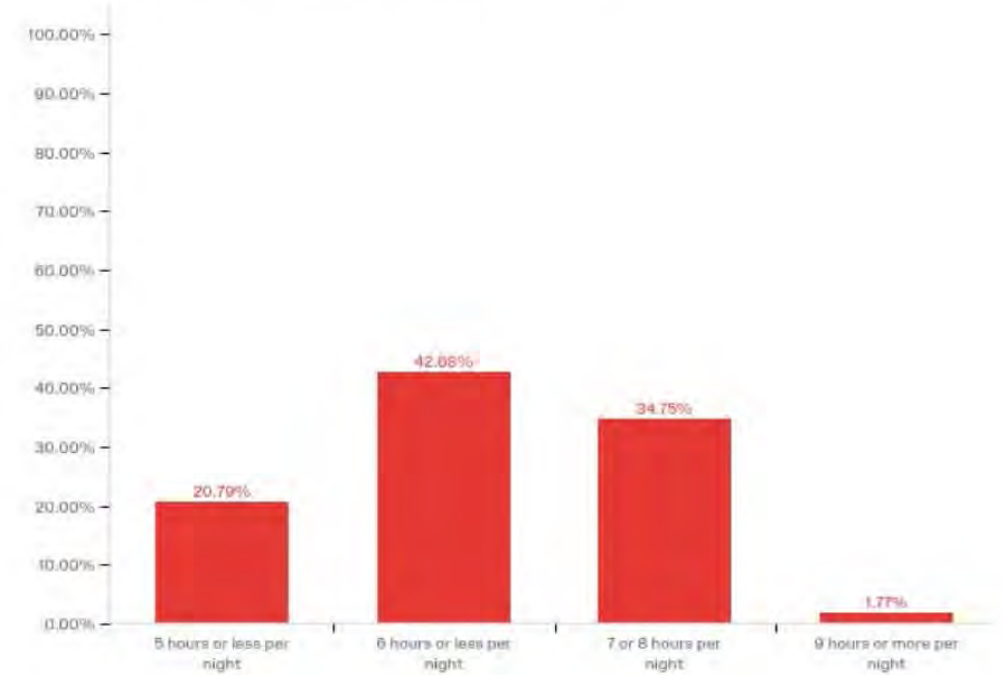
## DE-STRESS

Q11 - Stress. Over the past 6 months, how stressed have you felt on a daily basis? 1 = no stress, 10 = maximum stress.



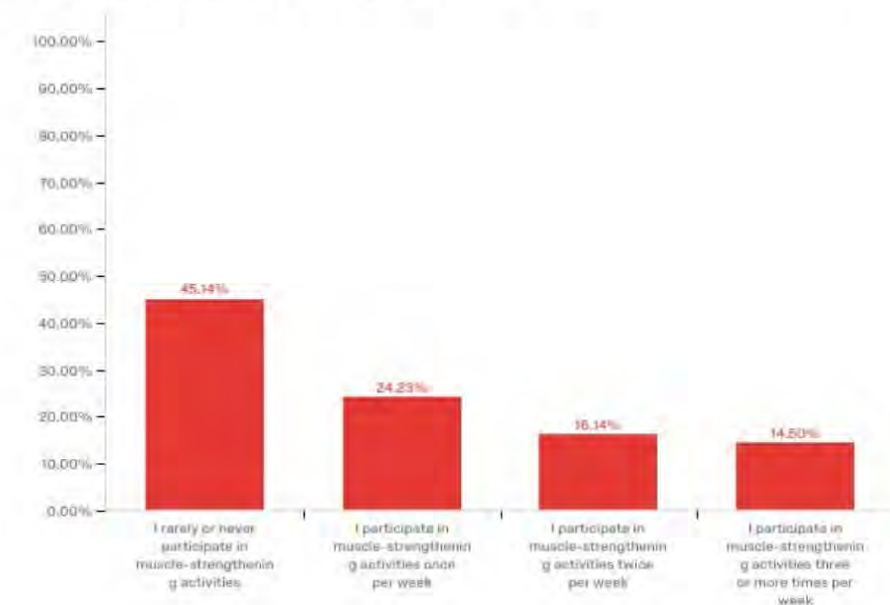
## SLEEP WELL

Q9 - Sleep. Over the last 6 months, on average I sleep:



## MOVE MORE

Q8 - Current Muscle-Strengthening Activity Level. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push ups/sit ups, or heavy gardening (i.e. digging, shoveling)



# health & wellness strategic plan



## MOUNT WELLNESS MAKES HISTORY

Mount Saint Mary's University, Los Angeles is the first women's university in the United States to join Partnerships for Healthier America, an organization chaired by Michelle Obama.

[Read More about the partnerships](#)



comprehensive wellness initiative centered on the principles of **inclusion, empowerment, and personal well-being**

goal: create a robust, **positive culture of health and wellness**



MOUNT WELLNESS

## A PLAN FOR THE FUTURE

By 2025, our goal is for at least two-thirds of Mount Saint Mary's students to feel healthy by the time they graduate.



**Wellness Task Force** made up of more than 20 faculty, staff, and student representatives

**peer advocates** system

wellness events

## 4 Elements, 1 Goal: Wellness

### EAT GREEN

Eat Green is a campus-wide campaign centered on healthy nutrition. In addition to encouraging our community to increase its consumption of fruits and vegetables, this initiative also advocates for foods that are sustainably-sourced and farm-to-table

### DE-STRESS

De-Stress is a critical part of our wellness movement that seeks to address a common problem in our society: rising stress levels. Through personalized training in mindfulness and meditation, this initiative aims to provide healthier alternatives for dealing with stress.



## MOUNT WELLNESS

### SLEEP WELL

Sleep Well is an initiative devoted to encouraging all members of our community to get the recommended amount of sleep each night. Through workshops in proper sleep hygiene, and by referencing cutting-edge research and technology, this program aims to maximize the many well-documented health benefits of sleep.

### MOVE MORE

Move More is a concerted effort to inspire all members of our community to be physically active. Through offerings that include group fitness, yoga, walks and marathon training to name a few, there are opportunities to meet every activity level.

**community outreach**

# community outreach / visual imagery



### social spaces

Mount Saint Mary's University  
CHALON CAMPUS WELLNESS PAVILION  
LPA

### sustainability

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CHALON CAMPUS WELLNESS PAVILION  
LPA

### healthy mind

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### wellness

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LPA

### health hub + student peer

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### healthy body

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LPA

# community outreach / thought starters



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Mount Saint Mary's University  
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LPA



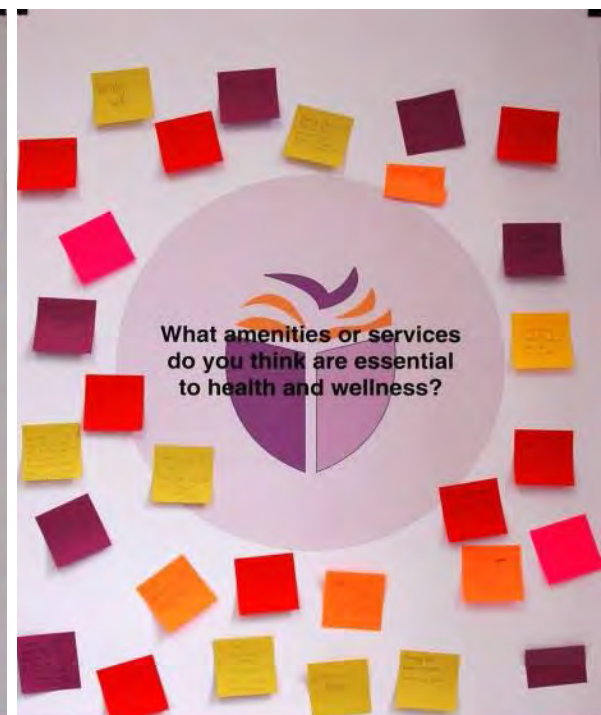
Mount Saint Mary's University  
CHALON CAMPUS WELLNESS PAVILION  
LPA



Mount Saint Mary's University  
CHALON CAMPUS WELLNESS PAVILION  
LPA

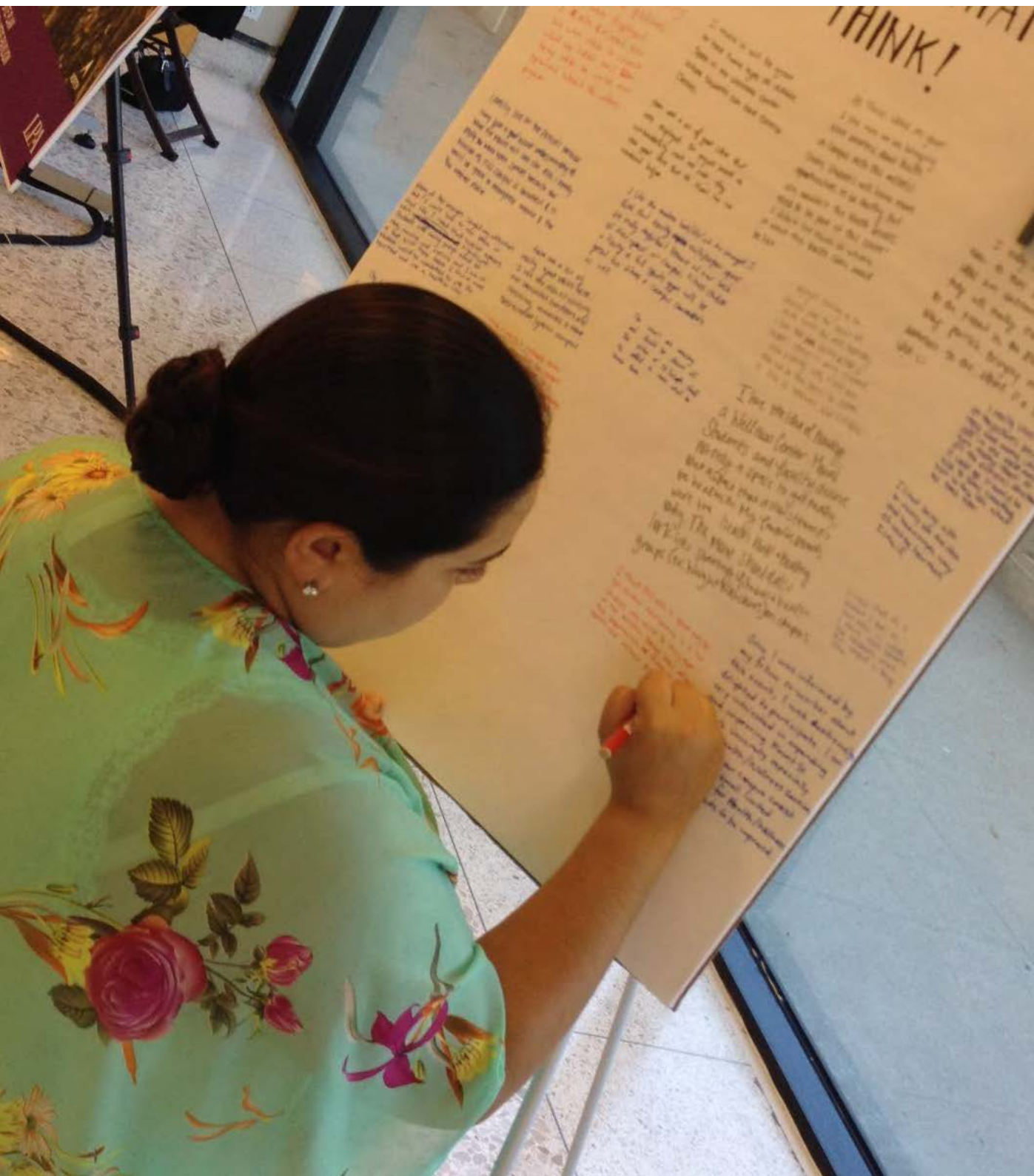


Mount Saint Mary's University  
CHALON CAMPUS WELLNESS PAVILION  
LPA



Mount Saint Mary's University  
CHALON CAMPUS WELLNESS PAVILION  
LPA

# community outreach / message boards



## TELL US WHAT YOU THINK!

I really like these new fitness ideas. I know a lot of students would really love it.

I enjoyed looking through images that could potentially become our new wellness center. These ideas are great & I really liked the earth friendly photos. I really look forward to seeing them brought to the Mount! H

I think the new wellness center should have community space but also preserve space in which an individual can study or exercise away from the noise of a busy day.

There are some amazing ideas! I like all of the images / student opportunity for feedback. I can't wait to come back and see the renovations!

I enjoyed looking at all the pictures that were displayed. I also enjoyed how we were able to choose what we liked and being able to write our opinions about the wellness program.

I like the idea of having a Wellness Center that is open to all students. It would be a great place to go to get help with your health. The Wellness Center would be a great place to go to get help with your health.

I really like all the pictures because they give a good visual understanding of what the Mount will look like. Also, I really enjoy the more open spaces because the location of this campus is beautiful & it would be great to incorporate nature & the new wellness place.

Many of the groups caught my attention and I would love to see them in real life. I liked that social spaces were ~~being~~ significant. Students like being able to study, exercise, and exercise and I am at that with these ideas. I think more students would be motivated to use the equipment and live a healthier life.

The future wellness pavilion should be centered around the differences that students have. Students should be allowed to enjoy amenities while allowing other students to do different activities. There is different ways to be "healthy" and each view/idea should be respected.

I think it's wonderful that we will have a wellness center because the one we have is small. It would be great to have a dance studio, a health trainer to help the students into getting healthier.

I think it will be great to have some type of outside space in the wellness center where students can have exercise classes.

There were a lot of great ideas that were displayed. The project based on sustainability stood out most. They were great ideas that the Mount has not included before.

I like the modern look/feel of the images. I think that having ~~space~~ multipurpose spaces are really important because of our lack of these spaces on campus. Fitness studios & having a full sports gym will be great for fitness & campus amenity as well.

There are a lot of really good ideas here. I like the idea of utilizing our beautiful outdoors and receiving resources a more sustainable/green campus.

I think a healthy wellness center is extremely important. Our current center is much too small. It is uninspiring and needs some updating. If we have a new center, I think it will help promote a healthy lifestyle and overall wellness.

The views are amazing and should be shown off. The sister of St. Joseph should be added in some what to have them.

I enjoyed all the ideas that are plan. The campus has alot of space that will be used to its advantage.

I love the idea of having a Wellness Center-Mount. Students and faculty deserve not only a space to get healthy, but a space that accommodates everyone's needs. My favorite would be the health hub/healthy body. The Mount should also look into starting fitness & health groups (ex. Hight Watchers) on campus.

I think this was a great way to get student involvement. It is a nice idea that would be using more of the resources. Having more options and opportunities for students to get health and wellness tips or help would be great! H

Once I was informed by my fellow co-worker about this event, I was extremely delighted to participate. I am very interested in expanding and improving Mount St. Mary's University especially in the Health/Wellness Section. I feel that our campus consist now a very small limited department for Health/Wellness and that needs to be improved.

I'm very excited about the new space and how it will look and how students can benefit from it. It's nice to have new inputs and to know how new everything looks/modern. It will be a great stress reduction for our student.

I really liked looking at the pictures because they had many ideas all in one place. It was really nice to see all the different directions it could go. It would be nice to have something that is something that we can use. What we need now.

I liked being able to visually see the idea and have a simple way of saying how much I like it.

# community outreach / driving themes

hub of activity

a model to share

## **fitness + sports**

marketing + branding

## **affecting habits + culture**

resource for all

high use

## **spiritual/ physical/ emotional**

on time

accessible during construction

## **quiet spaces to meditate and relax**

teaching + learning opportunities

holistic approach

## **more space, more programs**

beautiful + functional

visually inviting + inclusive

## **outdoor spaces**

both group + individual spaces

delighted to participate

outside fitness space

## **stress relieving activities**

sustainable + green campus

promote awareness

## **finding time for myself**

opportunities

## **introduce nature/open spaces**

more places to do stuff

maximize views

a valuable resource for students

## **a place for health + fitness**

inspire

diversity + respect

## **better/healthier food**

motivation to exercise



**programming**

# program / quantitative



	Qty	ASF	Subtotal	Notes
<b>FITNESS</b>				
<b>Gymnasium</b>	1	9,200	9,200	50'x84' basketball court with 2 volleyball cross courts and 3 badminton courts; fold out spectator seating (approx. 175 seats)
Gym Storage	1	300	300	Not identified in program
			<b>Subtotal</b>	<b>9,500</b>
<b>Studios</b>				
Dance	1	2,500	2,500	For use with yoga, ballet, jazz, zumba, country line, folklorico, hip-hop, belly dancing, international dance 30 participants plus one instructor Sound system and large screen for video-instruction Mirrors on three walls, barres on two walls
Studio Storage	1	300	300	Not identified in program; recommend shared
Cycling	1	1,500	1,500	30 stationery bikes plus instructor bike Mirrors on two walls Sound system and large video screen for virtual rides
			<b>Subtotal</b>	<b>4,300</b>
<b>Exercise Room</b>	1	2,500	2,500	Treadmills; 10 stations Elliptical; 8 stations Recumbent bikes; 3 stations Upright bikes; 5 stations Cross-trainer machines; 2 stations
Life-Fitness strength training system				Upper body; 9 machines Lower body; 8 machines Torso; 3 machines Free weight area/bench press; 2-3 at any one time
Warm-up and cool-down area				Stretching; 6-8 at any one time
			<b>Subtotal</b>	<b>2,500</b>
<b>Classroom</b>				
Classroom- A	1	1,575	1,575	1 tech pod; seating for 45; tables and chairs, not desks; instructor desk and station; chair, podium etc.
Classroom- B	1	525	525	Same as 'A', for 15 seats
			<b>Subtotal</b>	<b>2,100</b>
<b>OFFICES</b>				
Fitness	1	150	150	Director; desk, chair, file cabinet, small table with four chairs
	1	120	120	Associate Director; desk, chair, file cabinets, 2 additional chairs
Coach	3	100	300	2 desks, 2 cabinets and 2 chairs in each, or one enclosed office with 6 cubicles; for 6 coaches
Lifeguard Office & Staff	1	200	200	Not identified in program; (2) desks/stations with staff equipment & storage
			<b>Subtotal</b>	<b>770</b>

<b>SUPPORT</b>				
Men's Locker Room	1	500	500	20 lockers
Men's Showers	1	200	200	
Women's Locker Room	1	500	500	20 lockers
Women's Showers	1	200	200	
Team Locker Room	1	500	500	20 lockers
Training Room	1	300	300	Confirm functions
Laundry Room	1	150	150	2 industrial washers and dryers
Pool Chemical Storage	2	80	160	Dedicated; 2 separate rooms
Pool Storage	1	300	300	Not identified in program
Pool Equipment Room	1	900	900	Not identified in program; conditioned
Lobby/ Main Entry	1	1,000	1,000	Not identified in program; adjacent to help desk
Help Desk/Equipment Checkout	1	150	150	Not identified in program; assistance, supervision, access control, equip- staffing?
Equipment Checkout Storage	1	150	150	Not identified in program; equip check-out, towels, retail, etc.
Social & Lounge Space	1	1,000	1,000	Not identified in program; adjacent to main entry and distributed throughout?
Health Hub	1	500	500	Centrally located to bridge "Mind + Body" spaces? Multi-purpose functions and resources; what staffing and support need to be adjacent for support?
			<b>Subtotal</b>	<b>6,510</b>

<b>HEALTH CLINIC</b>				
Reception	1	300	300	
Office- Director	2	120	240	
Office- Nursing	4	100	400	
Office	2	80	160	one for triage, one for consults & education
Meeting Room	1	250	250	
Exam Rooms	4	100	400	
Quiet Room	2	100	200	Student recovery or waiting
Workroom/Storage & Support	1	100	100	Not in identified in program
			<b>Subtotal</b>	<b>1,950</b>

<b>COUNSELING/PSYCH SERVICES</b>				
Reception	1	300	300	Dedicated/private with 5 waiting room chairs, 1 admin desk 1 filing cabinet, 4 wall supply cabinets, equipment countertop; private entrance/exit
Office- Director	1	120	120	Desk, chair, bookcase, 2 filing cabinets, 2 large counseling chairs
Office- Counselors	4	80	320	Desk, chair, bookcase, 1 filing cabinet, 2 large counseling chairs
Office- Post-Docs	1	80	80	Desk, chair, bookcase, 1 filing cabinet, 2 large counseling chairs
Training/Meeting Room	1	250	250	Counseling groups; 10 seats, closets for storage
Relaxation Room	1	150	150	For students dealing with/recovering from crisis
Workroom/Storage & Support	1	100	100	Not identified in program
			<b>Subtotal</b>	<b>1,320</b>

<b>FACILITIES &amp; MAINTENANCE</b>				
Spaces TBD	1	3,500	3,500	
			<b>Subtotal</b>	<b>3,500</b>

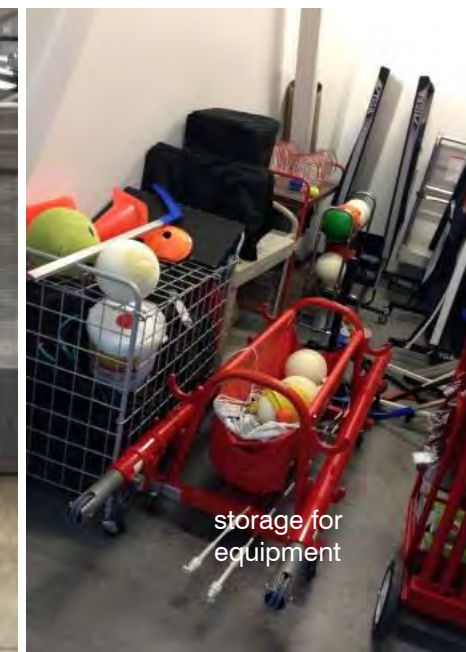
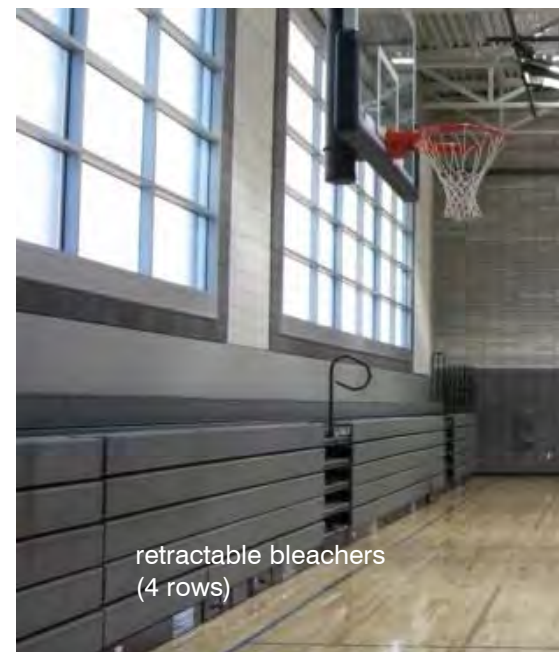
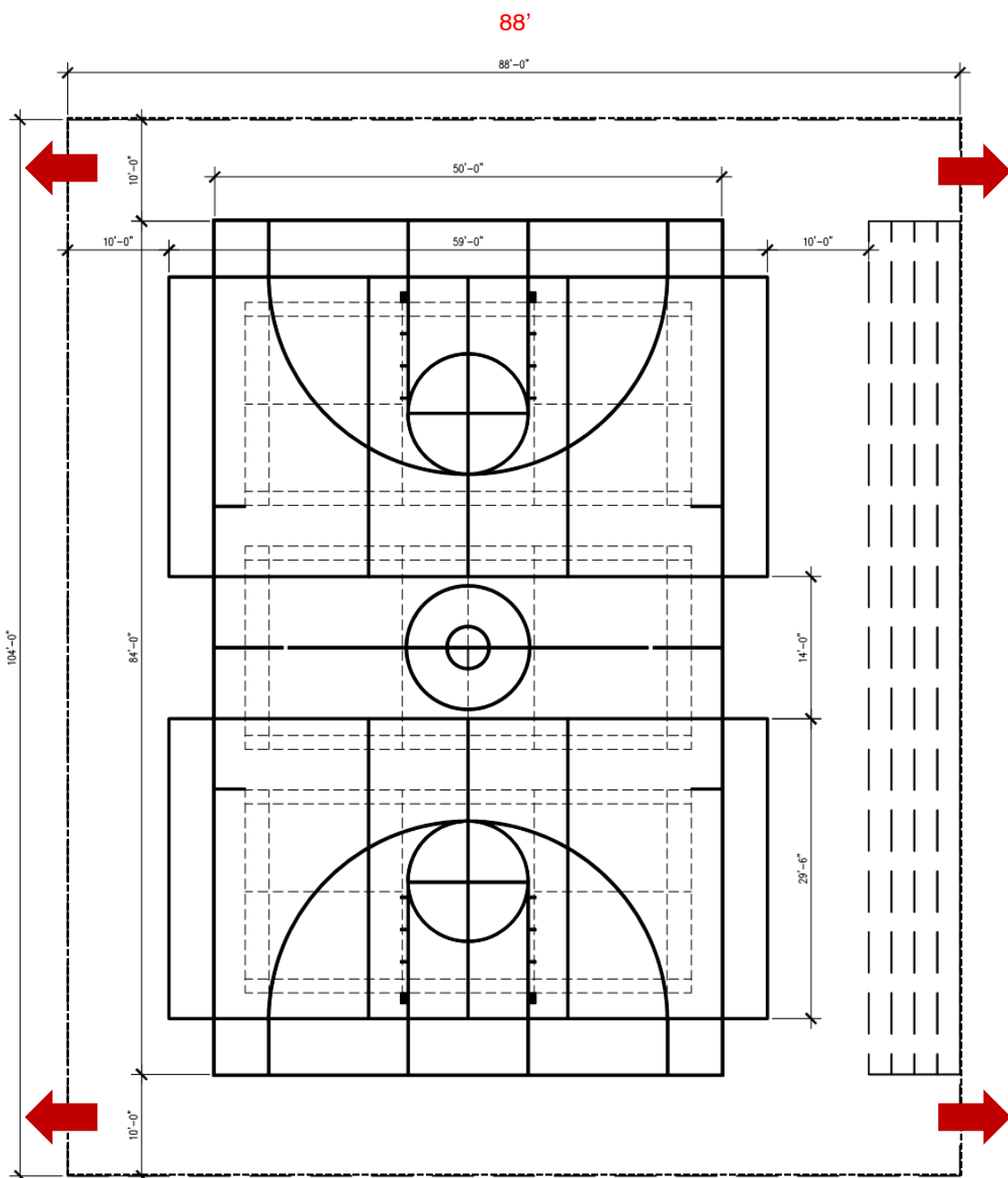
<b>AQUATICS</b>				
Outdoor Pool & Deck				

<b>PARKING</b>				
Parking Structure				

32,450 total asf  
 13,907 70% efficiency  
**46,357 total gsf**

# program / qualitative

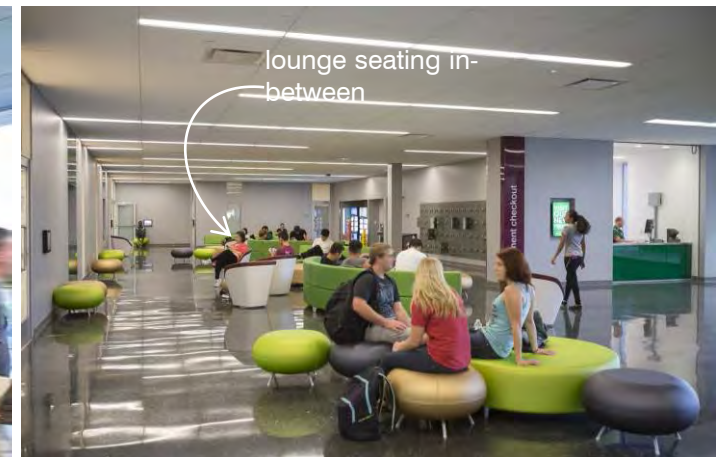
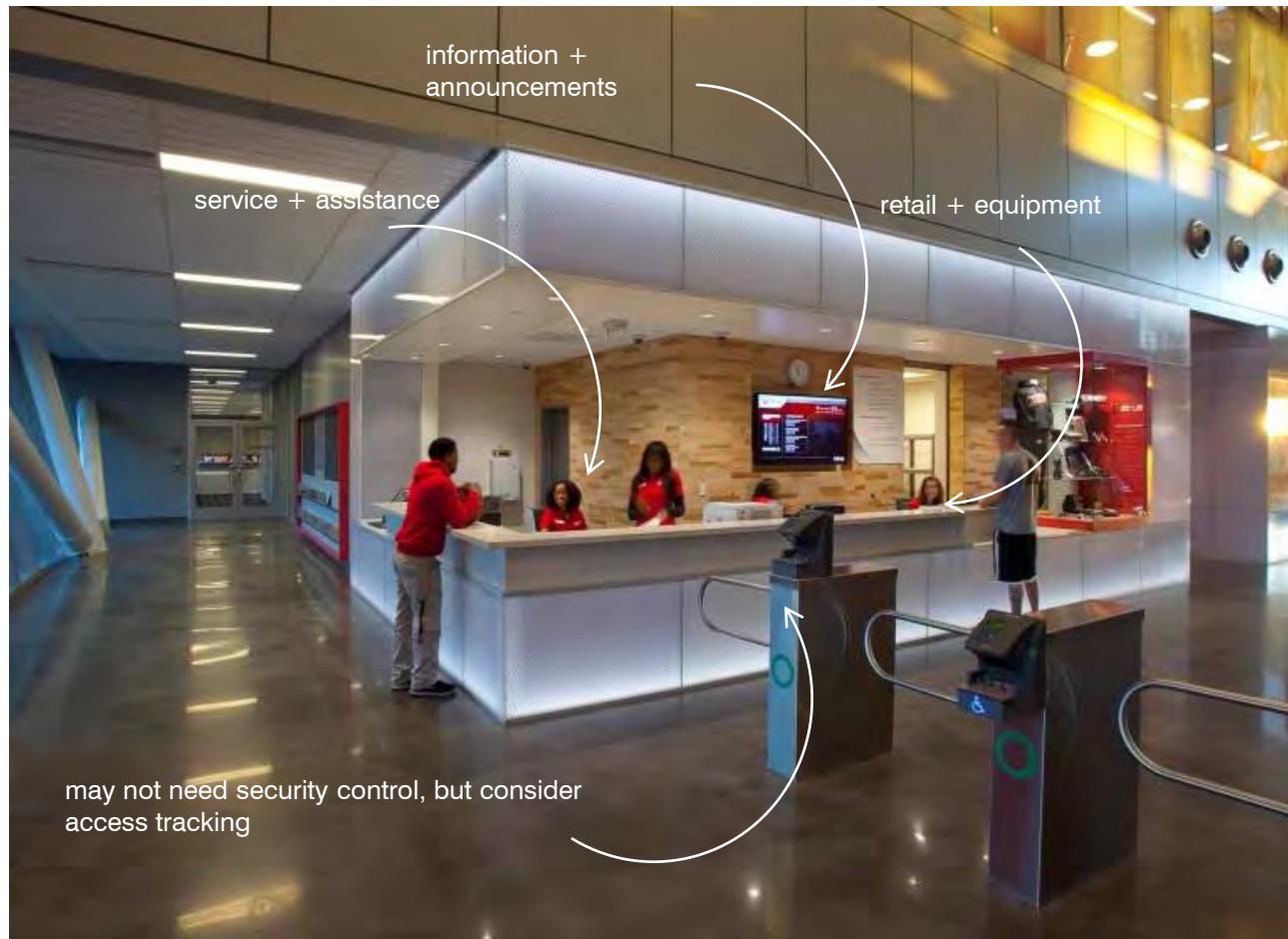
	Qty	ASF	Subtotal	Notes
<b>FITNESS</b>				
Gymnasium	1	9,200	9,200	50'x84' basketball court with 2 volleyball cross courts and 3 badminton courts; fold out spectator seating (approx. 175 seats)
Gym Storage	1	300	300	Not identified in program
<b>Subtotal</b>			<b>9,500</b>	



# program / qualitative



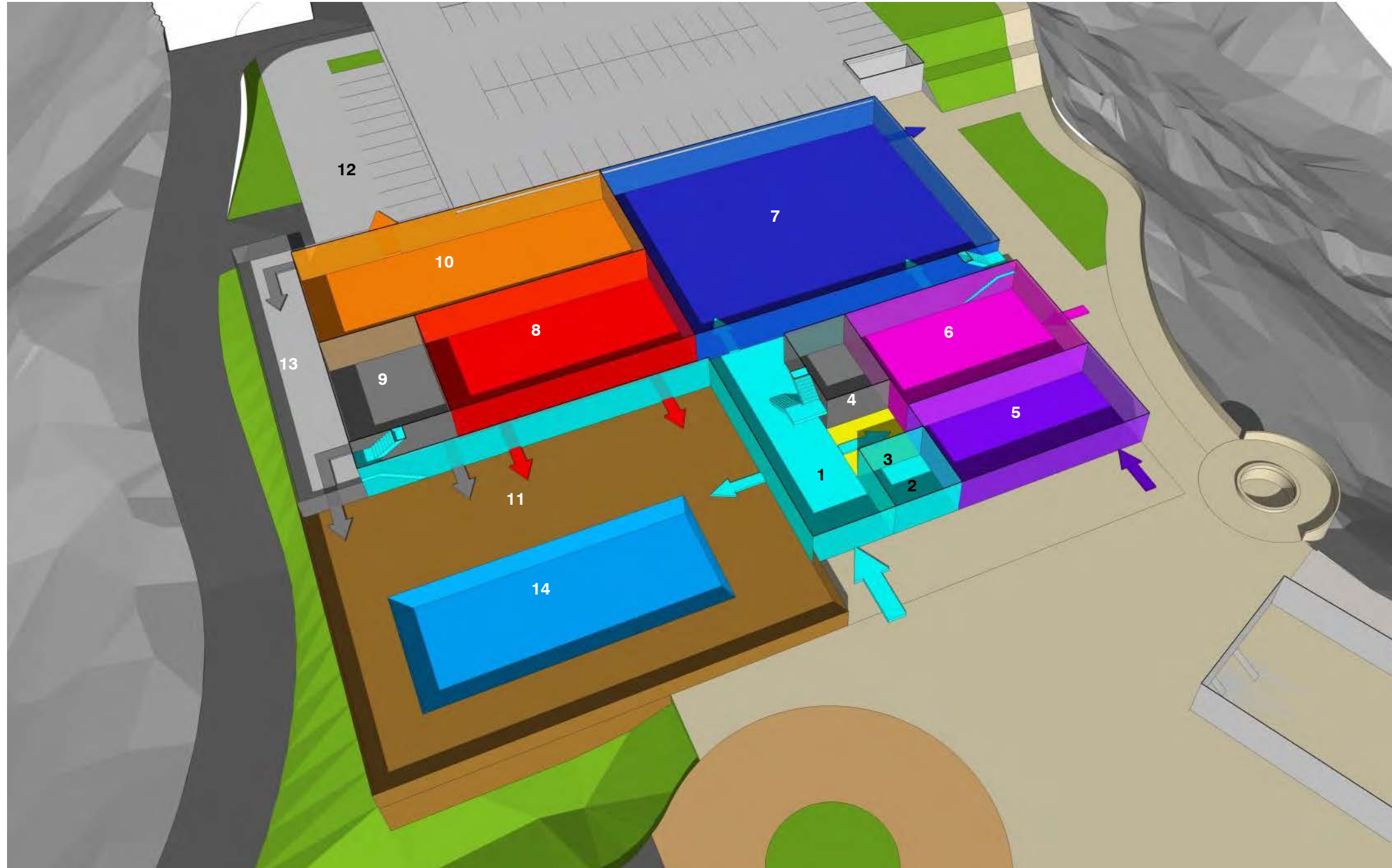
Lobby/ Main Entry	1	1,000	1,000	Not identified in program; adjacent to help desk
Help Desk/Equipment Checkout	1	150	150	Not identified in program; assistance, supervision, access control, equip- staffing?
Equipment Checkout Storage	1	150	150	Not identified in program; equip check-out, towels, retail, etc.
Social & Lounge Space	1	1,000	1,000	Not identified in program; adjacent to main entry and distributed throughout?
Health Hub	1	500	500	Centrally located to bridge "Mind + Body" spaces? Multi-purpose functions and resources; what staffing and support need to be adjacent for support?



**design**

# design / 3D program on site

- 1 lobby / circulation
- 2 front desk / information
- 3 equipment checkout
- 4 hub / social space
- 5 counseling
- 6 health clinic
- 7 gym
- 8 lockers / support
- 9 pool support
- 10 facilities and maintenance
- 11 pool deck
- 12 service yard
- 13 service access
- 14 pool

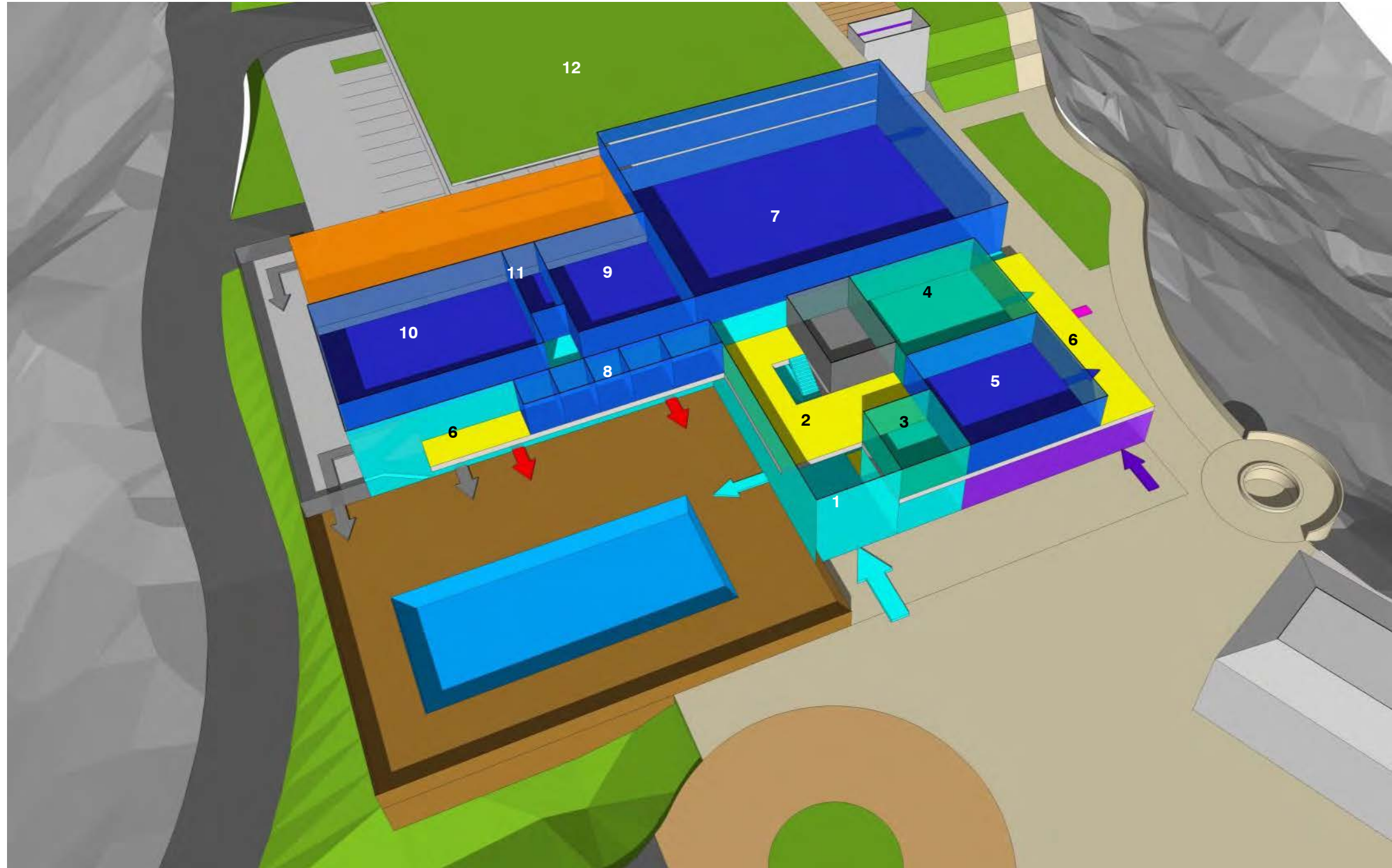


**Level 1**

# design / 3D adjacencies on site



- 1 lobby / circulation
- 2 social space
- 3 small classroom
- 4 large classroom
- 5 exercise area
- 6 view deck / social space
- 7 gym (open to below)
- 8 offices
- 9 small studio
- 10 large studio
- 11 storage
- 12 parking structure field

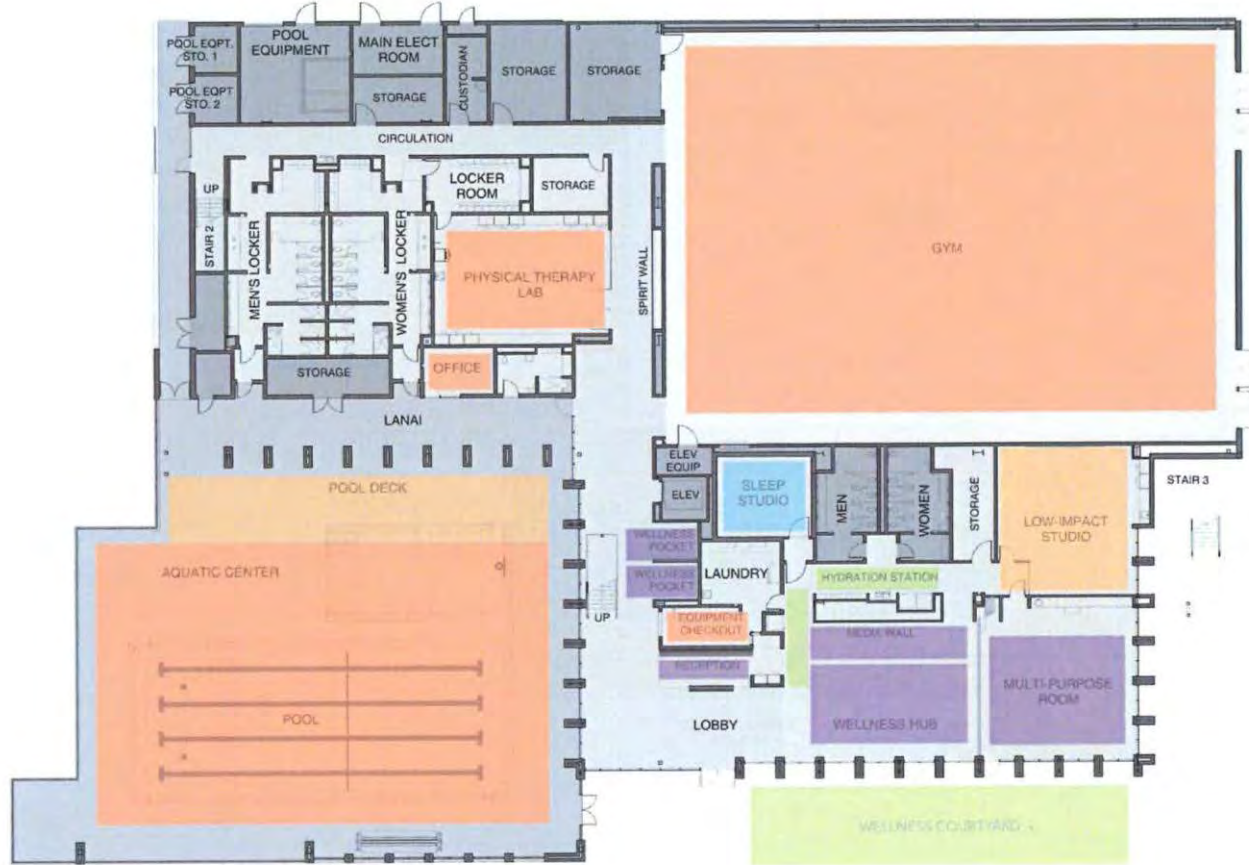


Level 2

design / conceptual site plan







## THE PAVILION'S CONNECTION TO THE 4 PRIMARY WELLNESS COMPONENTS:

**MOVE MORE:** Gym, physical therapy lab, aerobic studio, cycling studio, fitness studio, aquatic center

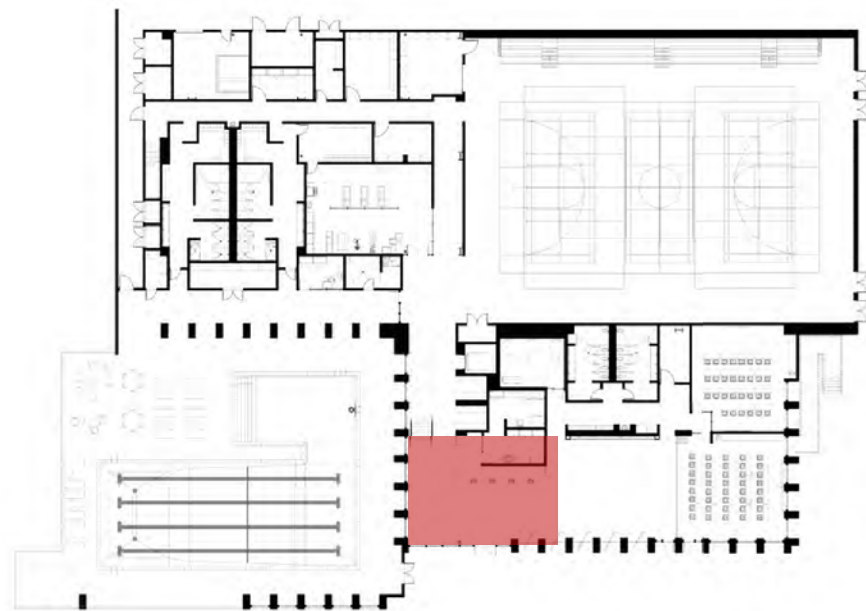
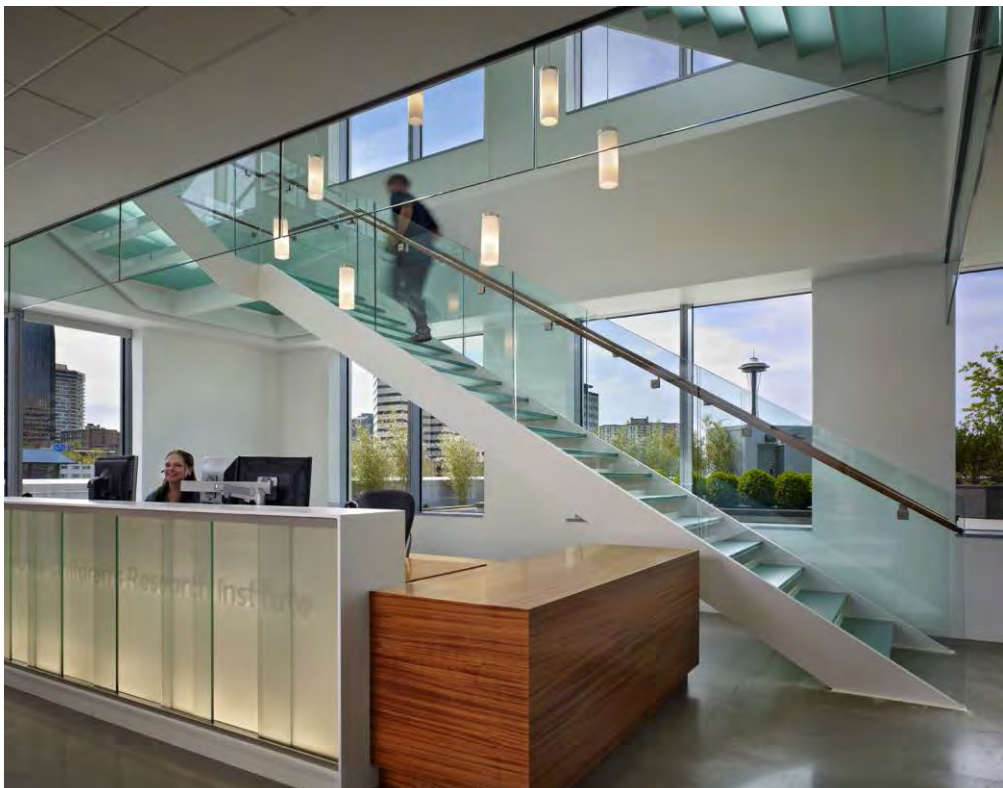
**EAT GREEN:** Hydration centers, vending, wellness courtyard, food cart

**SLEEP WELL:** Sleep studio

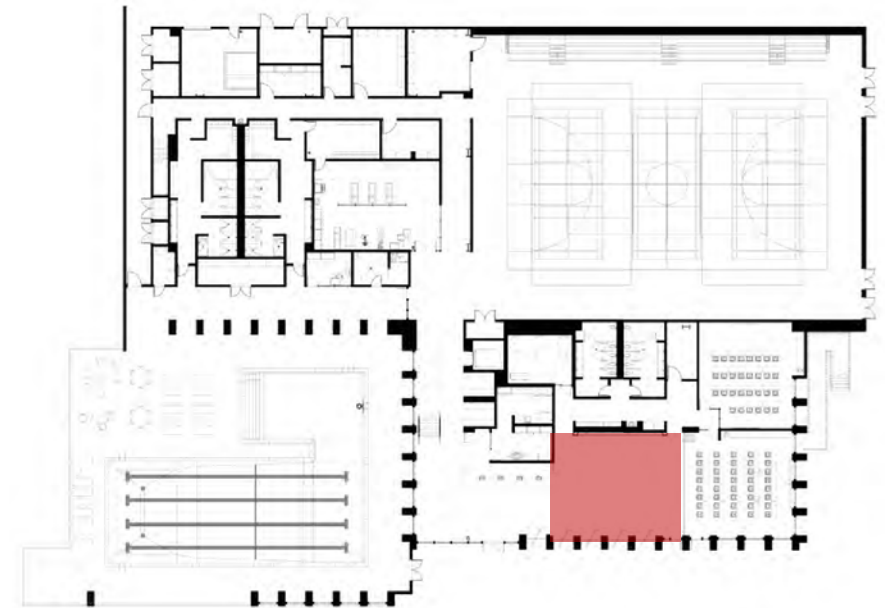
**DE-STRESS:** Low-impact studio, multipurpose room (workshops), outdoor studio (yoga, etc.), social lounges (promote social cohesion), and see MOVE MORE areas (as physical activity reduces stress).

**All Areas:** multi-purpose room, wellness hub, media wall, wellness pockets, offices (support the peer wellness advocates' work with their clients).

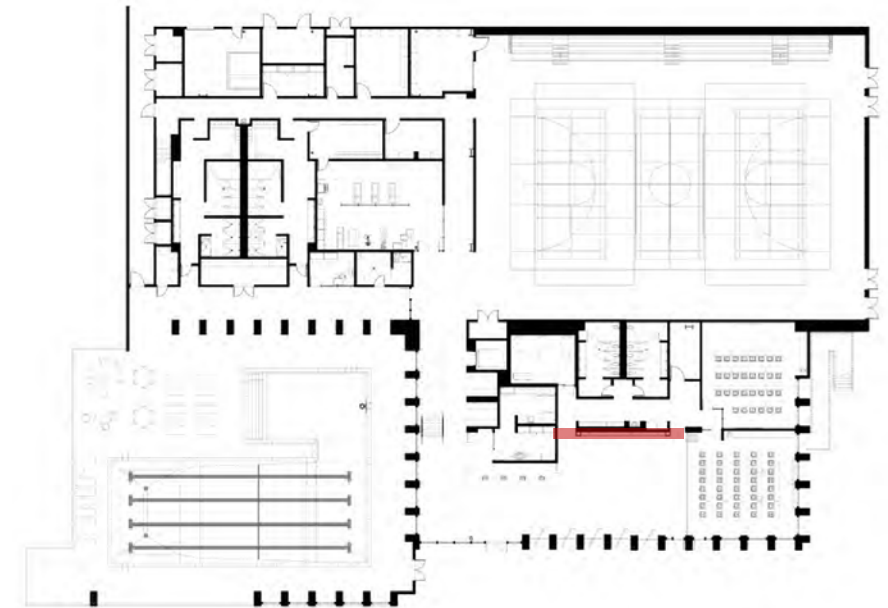
design / interior spaces



lobby & reception

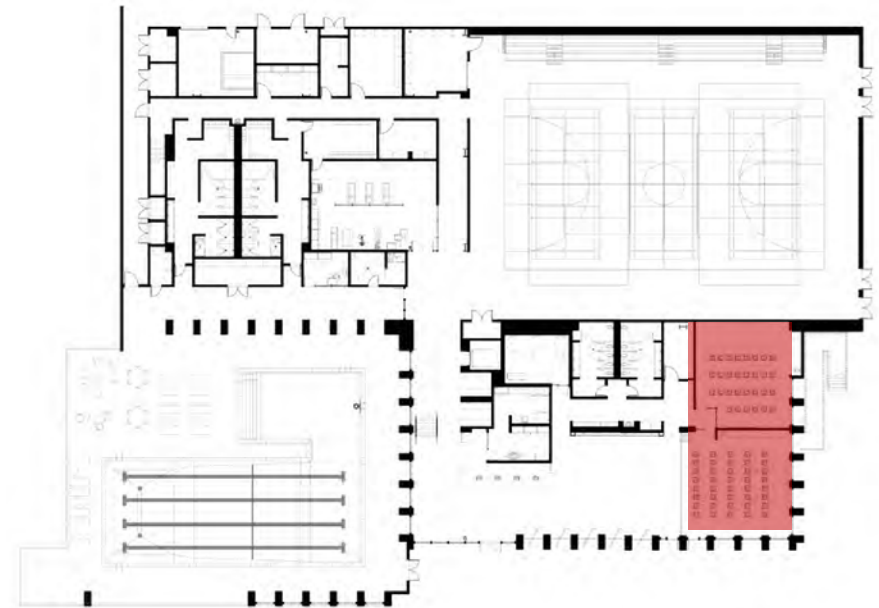


wellness hub

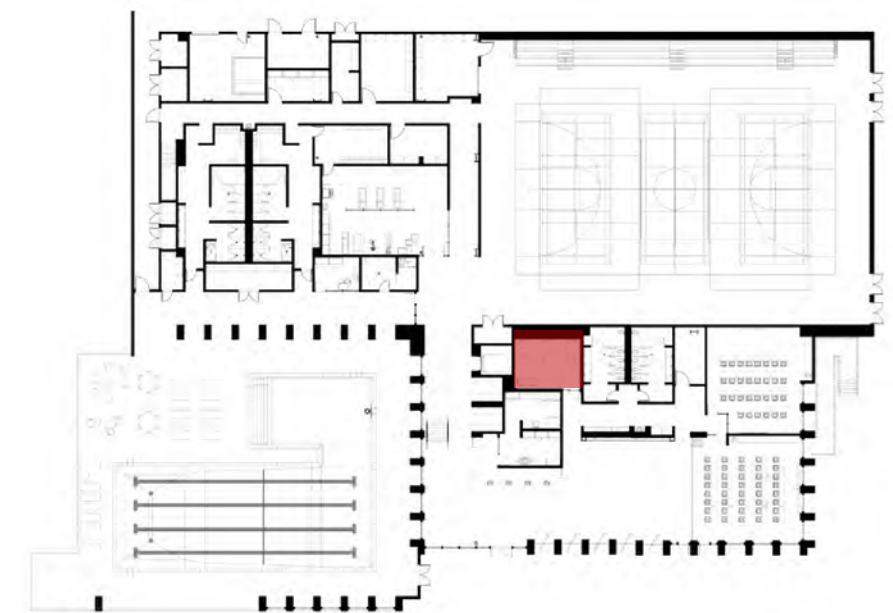


media wall

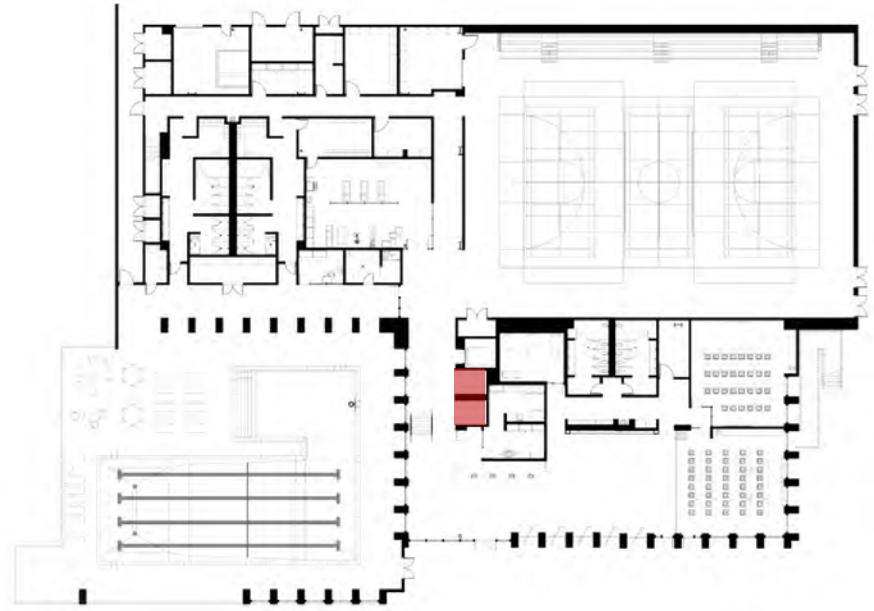
design / interior spaces



multi purpose rooms

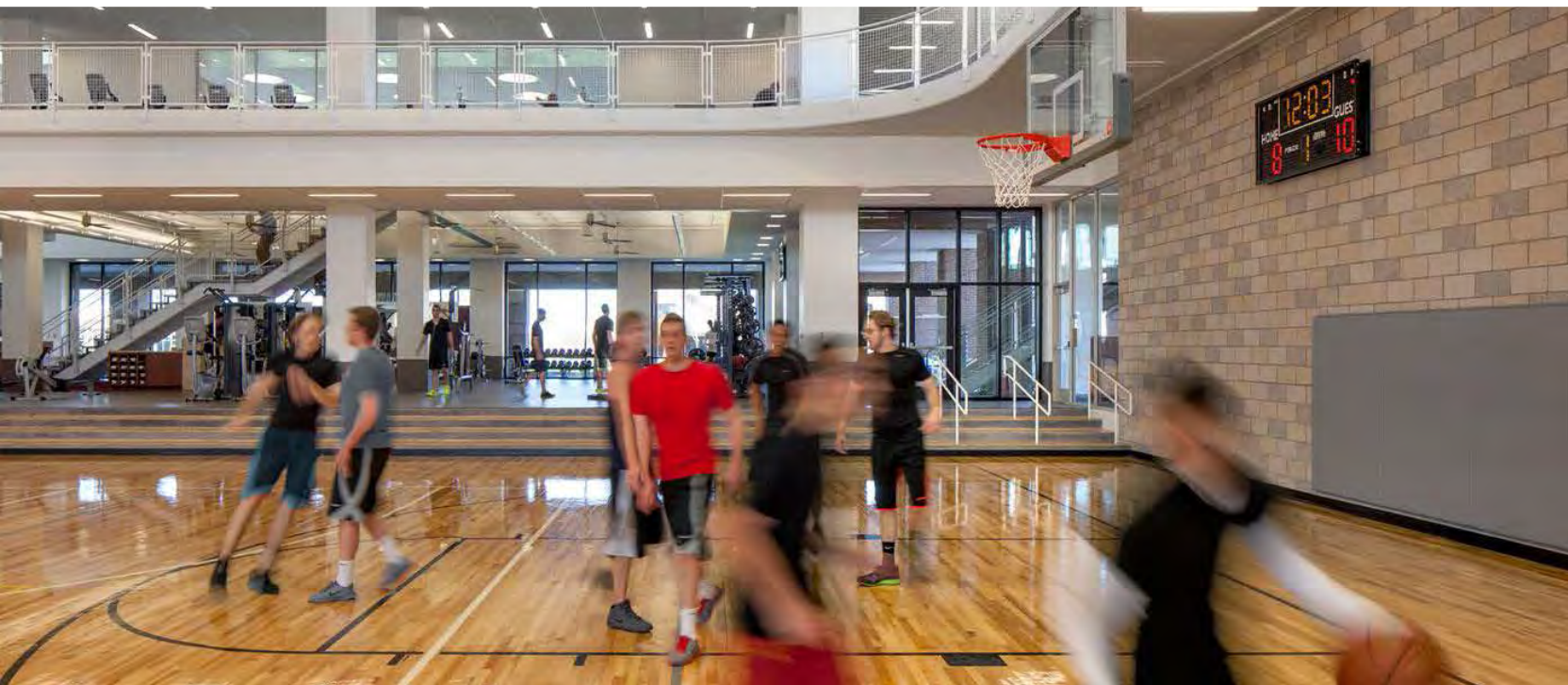
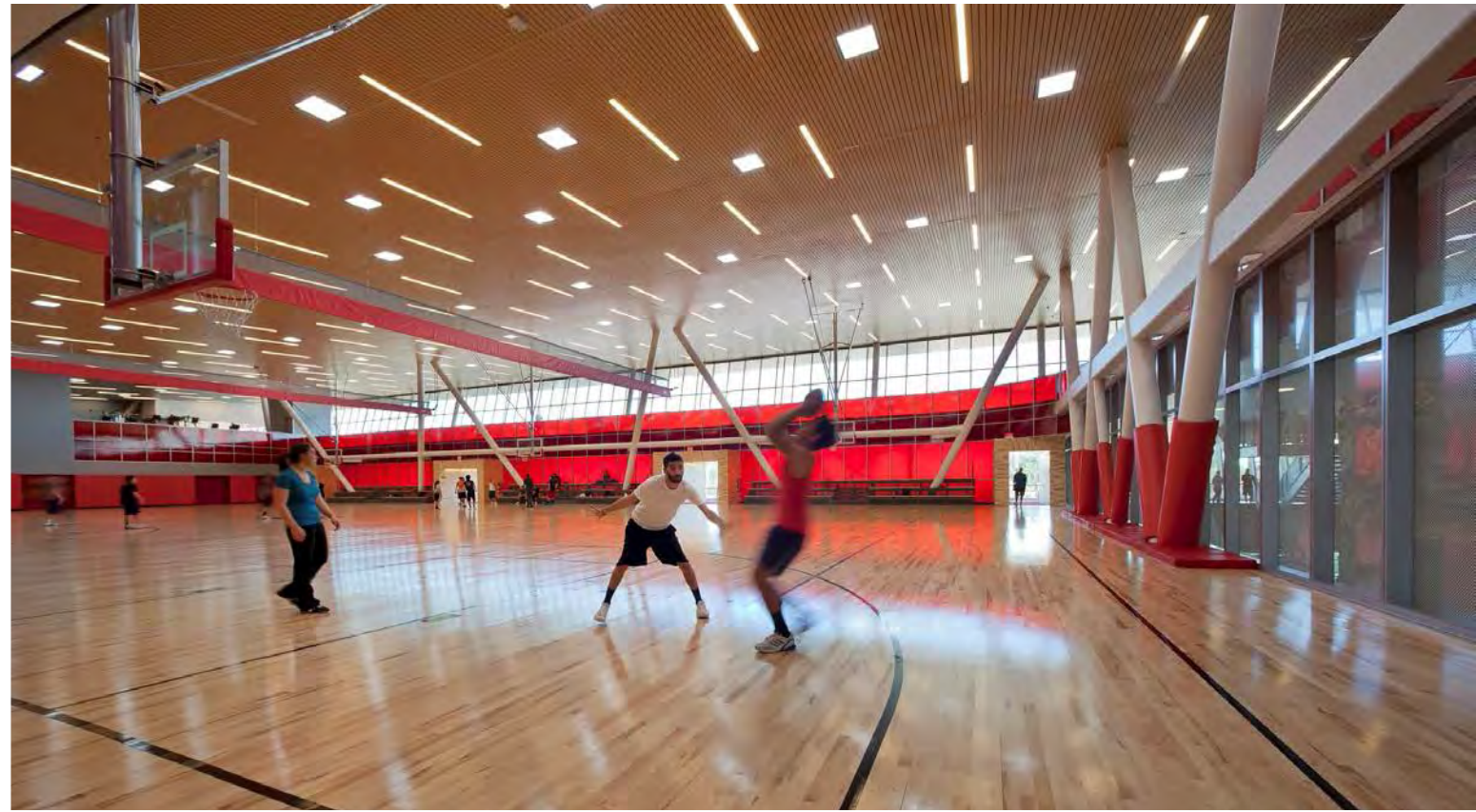
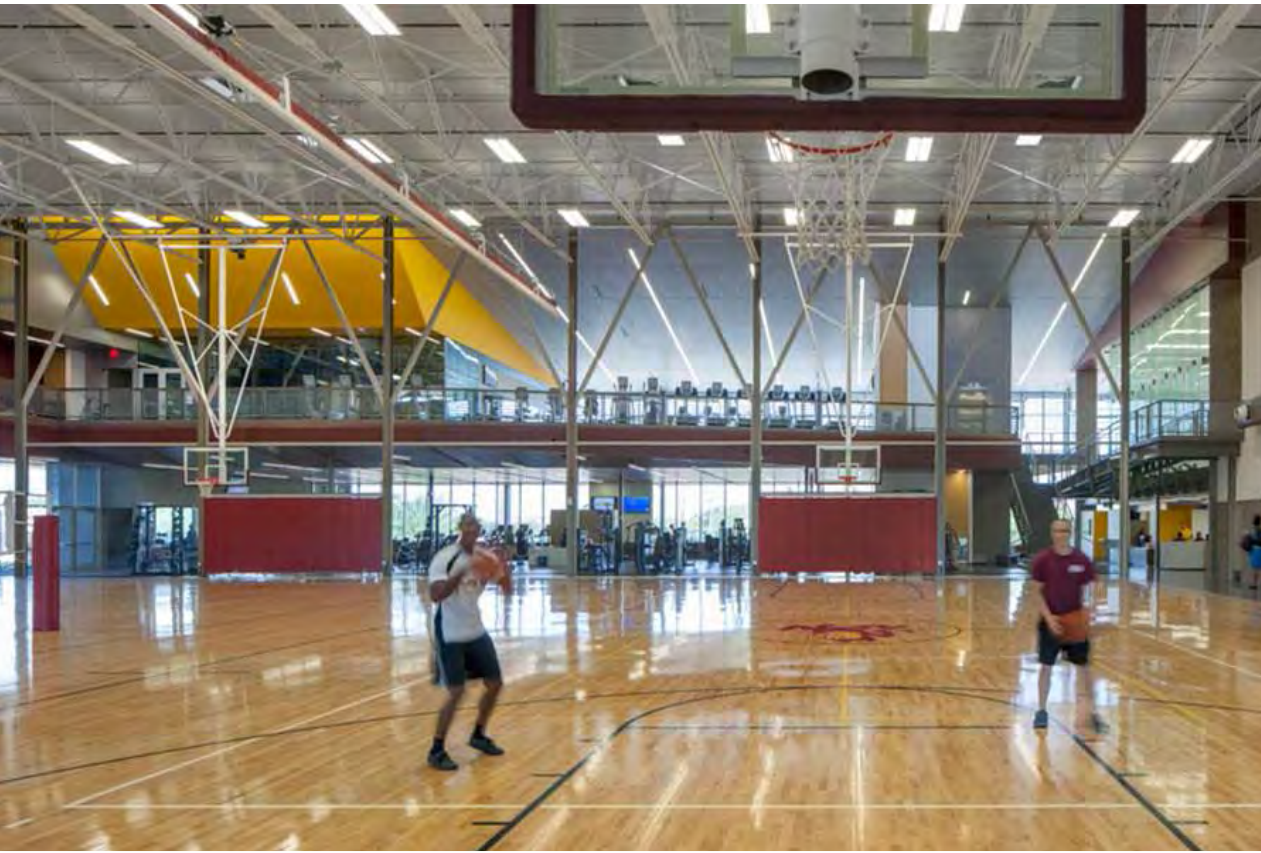


design / interior spaces



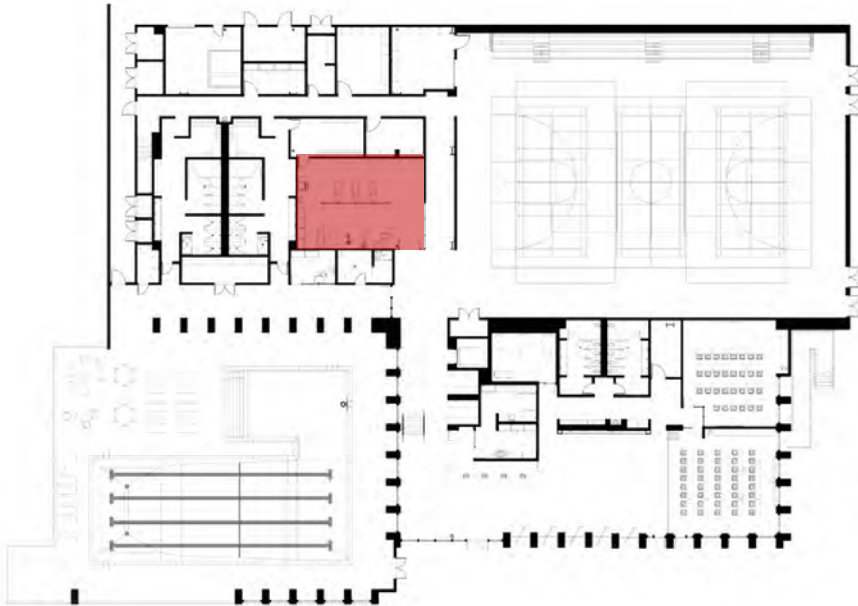
wellness pockets

# design / interior spaces

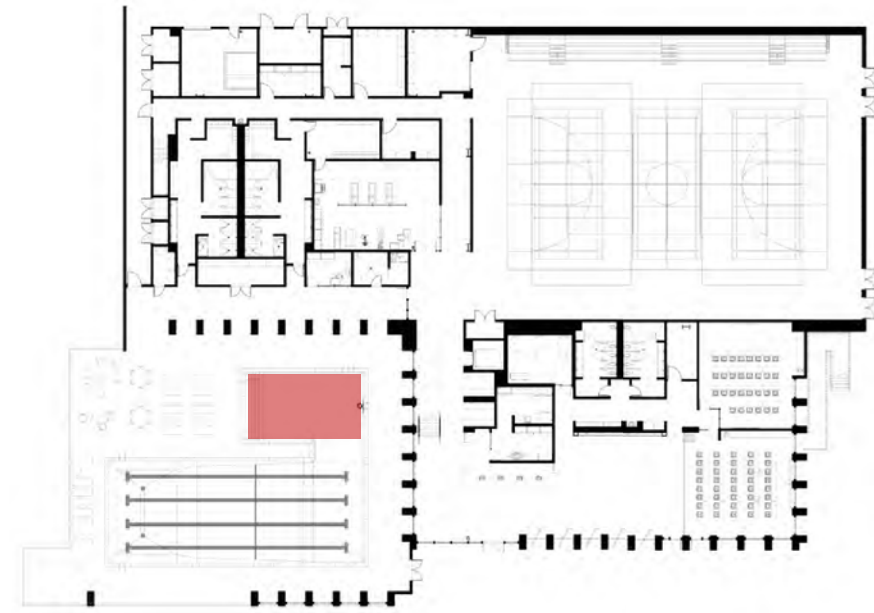
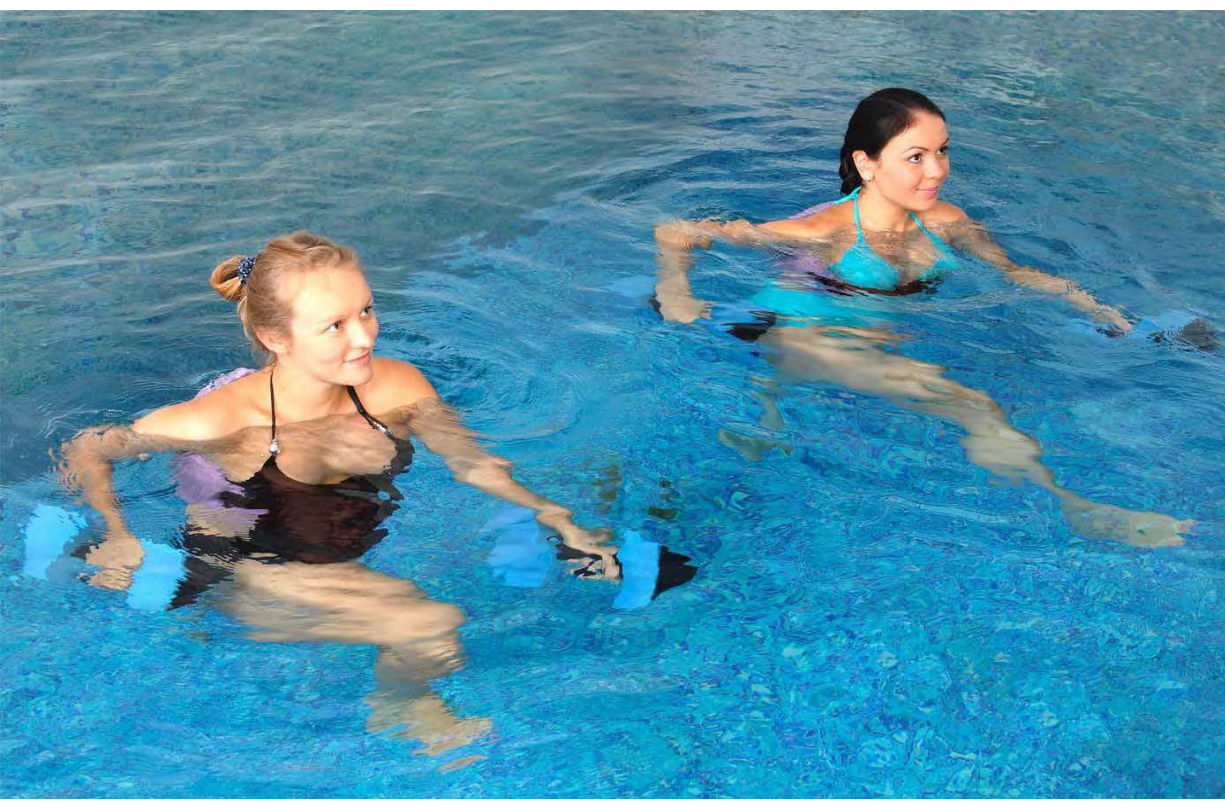


multipurpose gym





advanced training lab



wellness and therapy pool



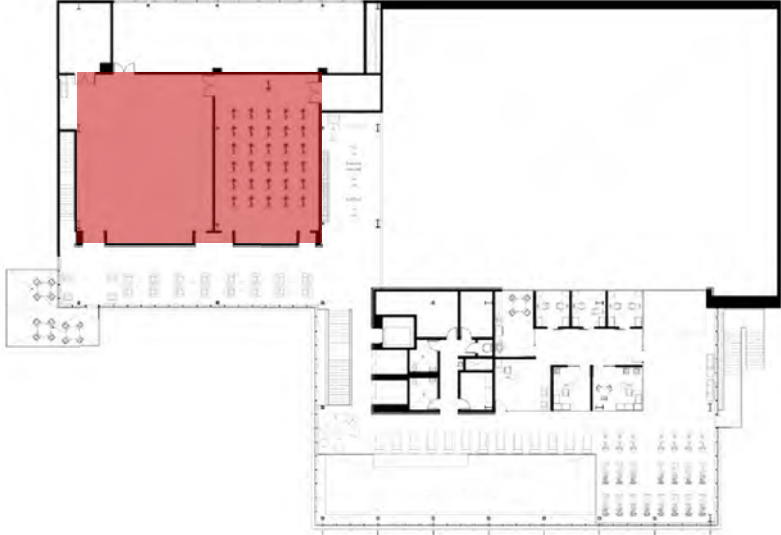
social spaces and lounge areas

design / interior spaces



cardio areas

design / interior spaces



**fundraising**



**fundraising**



**outside-in**

# tarbut v'torah / playground re-imagination



the school recently completed a renovation of their existing playground into an interactive learning environment. by extending the function of the classroom outdoors, the campus gained an additional 7,000 sq. ft. of programmable space inclusive of a new amphitheater, growing gardens and farm, outdoor art space, interactive creek and all new play structures selected to promote health and learning. the playground also incorporates teaching elements such as writable surfaces, an outdoor classroom and reading huts set in the landscape. with an inspiration from nature, the playground utilizes materials such as boulders to form seating areas, synthetic turf for the surfacing at the play equipment and planting native to the region. each of the outdoor learning and activity zones were incorporated into the site with the goals of promoting the use of the outdoors as a seamless extension of the learning spaces.











the oasis **wellness center** was created to contribute to student success and retention, while enhancing the student life experience at **csu northridge**. it serves to compliment the student recreation center in fulfilling the quality of fitness, health and wellness for the entire campus community. the design approach was simply bridging the relationship between mind and body. while the recreation center delivered fitness and student life experiences on a bold and large scale, the wellness center seeks to complement it from an intimate and contemplative perspective.

the previous under-utilized landscape has been transformed to support the programs and functions of the wellness center. shaded courtyards will make the outdoor "rooms" more usable, and the variety of small gathering spaces will support the services offered for health and wellness. this includes shaded lounge areas, sculpture garden, fireplace and amphitheater.











# the vine / campus courtyard



the courtyard is an example of effectively optimizing previously underutilized space.

formerly a passive outdoor space that was difficult to program, the newly envisioned vine incorporates social, collaborative and event opportunities. designed as an extension of the work environments within university research park, the vine combines landscape, outdoor meeting and social spaces, shade structures and amenities with the flexibility to accommodate large scale corporate events. many of the existing trees were retained and incorporated into the newly envisioned space. the design aesthetically contrasts with the simplicity of adjacent offices and the stimulating outdoor environment was invited indoors to adjacent tenants via large glass roll up doors..











# life sciences corporate park / campus connectivity



the bioscience firm specializes in the design, manufacturing and marketing of tissue heart valves and related repair products.

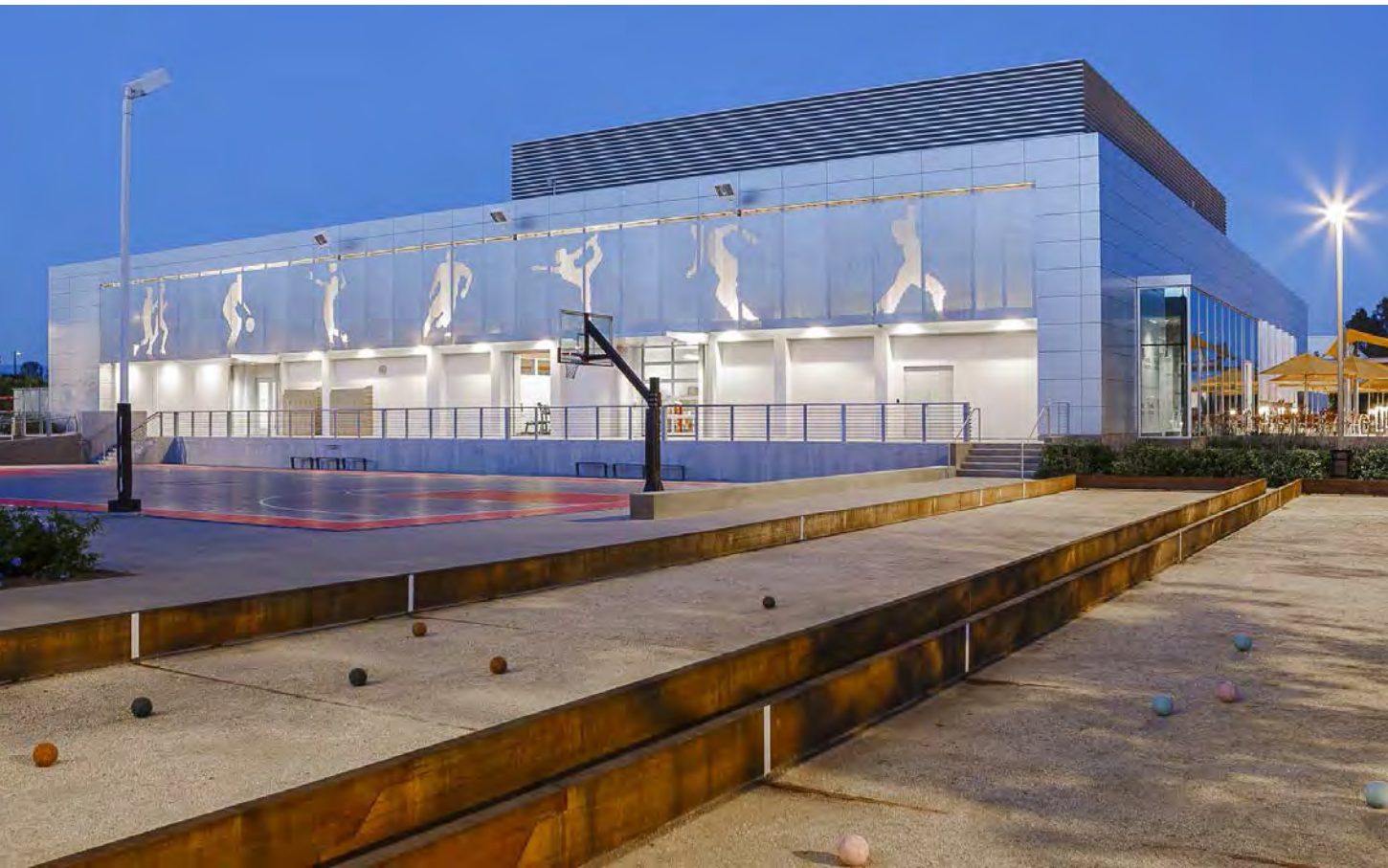
the project includes two 30,000 gallon tanks, one of the largest rainwater harvesting tanks in orange county and the first in the city of irvine. the tanks capture all of the stormwater on-site for reuse as landscape irrigation. in order to gain the greatest benefit for the rainwater harvesting system a thoughtful combination of native/drought tolerant materials has been used for the landscape palette with an efficient irrigation system complete with state of the art "smart" controllers. the LPA landscape design requires 50% less water than a typical "code" baseline design which extends the time that the rainwater harvesting system will be used. the site design also includes bio-retention planters that collect and naturally clean the water before it enters the storm drain system.

the campus enrichment is a three phase development where the first phase of the project added a 1200 car parking structure complete with a 4,000 sf living wall, a 556 kw pv system, 16 charging stations and two bioswales that are part of the overall sustainable site development. The garage forms the back drop for a future campus green, and will be covered with a living wall that extends the park setting, anchoring the shared out door campus area.













# west hollywood / city hall & community service building



in addition to providing approximately 200 parking spaces serving city hall, surrounding businesses and residences, the automated garage and community plaza project will also feature a 3,250 square foot community events center.

the plaza will provide an appropriate civic front door for city hall as well as a new public venue for community and civic events. the plaza will also serve as a sustainable demonstration garden which will feature california native landscape, water conservation technologies and sustainable materials and construction. the building itself will also incorporate many environmental features including a solar panel array, as well as a dramatic public art component by artist ned kahn.

additionally, the garage will provide much safer access and egress for visitors, service vehicles and emergency vehicles as well as motorcycle parking and bicycle parking. the design of the site and structure will strive to bridge the commercial aspects of santa monica boulevard and the residential aspects of the adjacent neighborhood through the use of increased open space and landscape as well as appropriate lighting and an organic palette of materials.













**thank you!**  
**q&a**