

## **Developing concepts for early mental health prevention and treatment using the built environment**

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Abstract:

After the brief initial input presentations outlining relevant aspects such as the eco-psychosocial approach as well as facts regarding the context of the case study Crete, a co-creative multidisciplinary workshop is being facilitated that aims at developing concepts for early mental health prevention and treatment focusing on innovations in the built environment.

Touchpoint inventory for urban public mental health offerings

The key methodology of the workshop follows principles from experience design (Risbon et al., 2018) and service design (Stickdom et al., 2018) using the touchpoint inventory. The overall workshop is divided into two main phases. In the first phase participants will be divided into two groups. One of them will outline a chronological journey for early mental health interventions for stereotypical mentally ill person (e.g. preventive information, low threshold support groups, and so on). The second group will collect places and elements of the built environment that surf as a basis for interaction (“channels”) by which services for mental healthcare and prevention can be submitted (e.g. Shops, public places, coffee shops, libraries etc.).

In the second phase, results of both groups will be collected using a spreadsheet. All participants are then asked to ideate concepts for “touchpoints” at the intersection of both groups of elements. These concepts can serve as a conceptual starting point for more comprehensive developments on design for early mental health interventions.

References

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