Dr Evangelia Chrysikou: Personalisation and choice in psychiatric spaces

In Europe psychiatric wards tend to be highly institutionalised settings, often lacking essential psychosocially-supportive elements which promote health, wellbeing and social interaction of patients and staff. This happens in the name of increased safety and anti-ligature standards or as a result of neglect and stigma often resulting from reduced opportunities of patients to actively participate in the decision making of their lives, the conditions of hospitalisation and the quality of their environments. Research on healthcare environments shows a profound impact of the built environment on therapeutic outcomes. While many recommendations derived from these studies, such as views to nature or single bedrooms, are difficult to implement in existing facilities, everyday objects potentially pose a powerful yet easily implementable resource for increasing therapeutic effects of the built environment. In this presentation we are going to briefly describe the hierarchies of psychiatric care affordances, as they derive from the SCP model --S stands for Safety and security, C for competence and P for personalisation and choice-- that is a model especially developed for interpreting and evaluating psychiatric environments in relation to these principles. Then we are going to explore further the idea of personalisation and choice, its relationship with the psychosocial model of psychiatric rehabilitation and bring some implemented, practical examples of how this has been implemented in psychiatric settings across Europe and beyond. The aspects of co-design will be highlighted, as a key element of achieving personalisation and valorisation. This will help the audience come, who can be either from healthcare, policy or management backgrounds on the same page with members of the audience who come from a built environment background with concepts of institutionalisation vs ecopsychosocial concepts in relation to the built environment of the psychiatric wards.