

# BORA

Portland Community College

## Opportunity Center

OAC Meeting  
August 17, 2020

# AGENDA

Agenda 00:05

Trauma Informed Design 00:30

Design Update 00:30

Interior Concepts  
Floor Plan Updates + Walk-through Video

Project Update 00:20

Next Steps 00:05

# PROJECT GUIDING PRINCIPLES

The new Metro Center embodies Portland Community College’s mission to strengthening the futures for their students and communities by:

## INCLUSIVE DESIGN PROCESS

The staff, clients, students, partners, community, are engaged throughout the design process, guided by the principles of Critical Race Theory and Design Justice. Developed to expand representation at the table and elevate under-represented voices, the transformative process reflects larger narratives of place rather than individual stories. This inclusive approach strives to create a sense of agency in the design process, creating stronger ownership and building connections in the greater community.

## COMMUNITY PLACE

Metro Center – the building and its site - enlivens its neighborhood, supporting Cully and Concordia’s diverse array of residents and businesses. The project creates a humane, sustainable, safe urban place reflective and welcoming to its surrounding communities. Metro Center serves as a beacon for PCC and its partners and adds to the physical and social fabric of NE Portland.

## DESIGN FOR WELLBEING

The building is designed for wellbeing and belonging, with ample daylight and connections to nature and the outdoors. Designed using Trauma-Informed design principles, visitors and staff feel safe, grounded, and at ease. Avoiding the pitfalls of a sterile institutional image, it offers a unique sense of place, with a variety of spaces and a cohesive harmonious experience throughout. Metro Center is a nurturing space, supporting personal and professional growth.

## DESIGN FOR EQUITY AND JUSTICE

As an inclusive institution, Metro Center is filled with positive and supportive space. Metro Center strives to be a welcoming environment where all can feel valued, creative and inspired. The building recognizes and addresses past inequities and celebrates the diversity of its users, staff, and community – inclusive to families and children, and to people of all ages, gender identities, races, ethnicities, and abilities. Spaces are porous, accessible and easy to navigate, offering intuitive spatial organization and layering of spaces to give choices and variety from privacy to communal gatherings. Metro Center will be a visible symbol of investment in the community without being a vehicle for displacement – it offers a sense of belonging and empowerment.

## HIGHLY SUSTAINABLE

Aspiring to exceed its mandated LEED Silver certification, Metro Center’s sustainable performance is achieved by making the best and most sustainable choices balancing economic, social, and environmental targets for site and building. The building is an example and teaching tool for sustainable building design, demonstrating the effective use of mass timber in construction and strategies for carbon reduction. Metro Center is designed to be resilient, and to support effective long-term maintenance.

# PROJECT GUIDING PRINCIPLES

The new Metro Center embodies Portland Community College’s mission to strengthening the futures for their students and communities by:

## RESPONSIVE AND ADAPTABLE DESIGN

Metro Center will be delivered on time and on budget, with flexible and adaptable spaces to serve the College well into the future. The building design will optimize PCC’s investment for the long term – supporting physical change over time to accommodate a broad range of workspace and teaching uses. Metro Center will reflect stewardship of its public investment.

## TEAMWORK & COLLABORATION

The design team is inclusive of the architect, owner, general contractor, consultants and trade partners, who work together in a transparent way to bring value to the project and the community. The team will collaborate closely with the neighboring housing project. PCC’s framework for decision-making will guide the team.

00:30

# Trauma Informed Design

# What is Trauma?

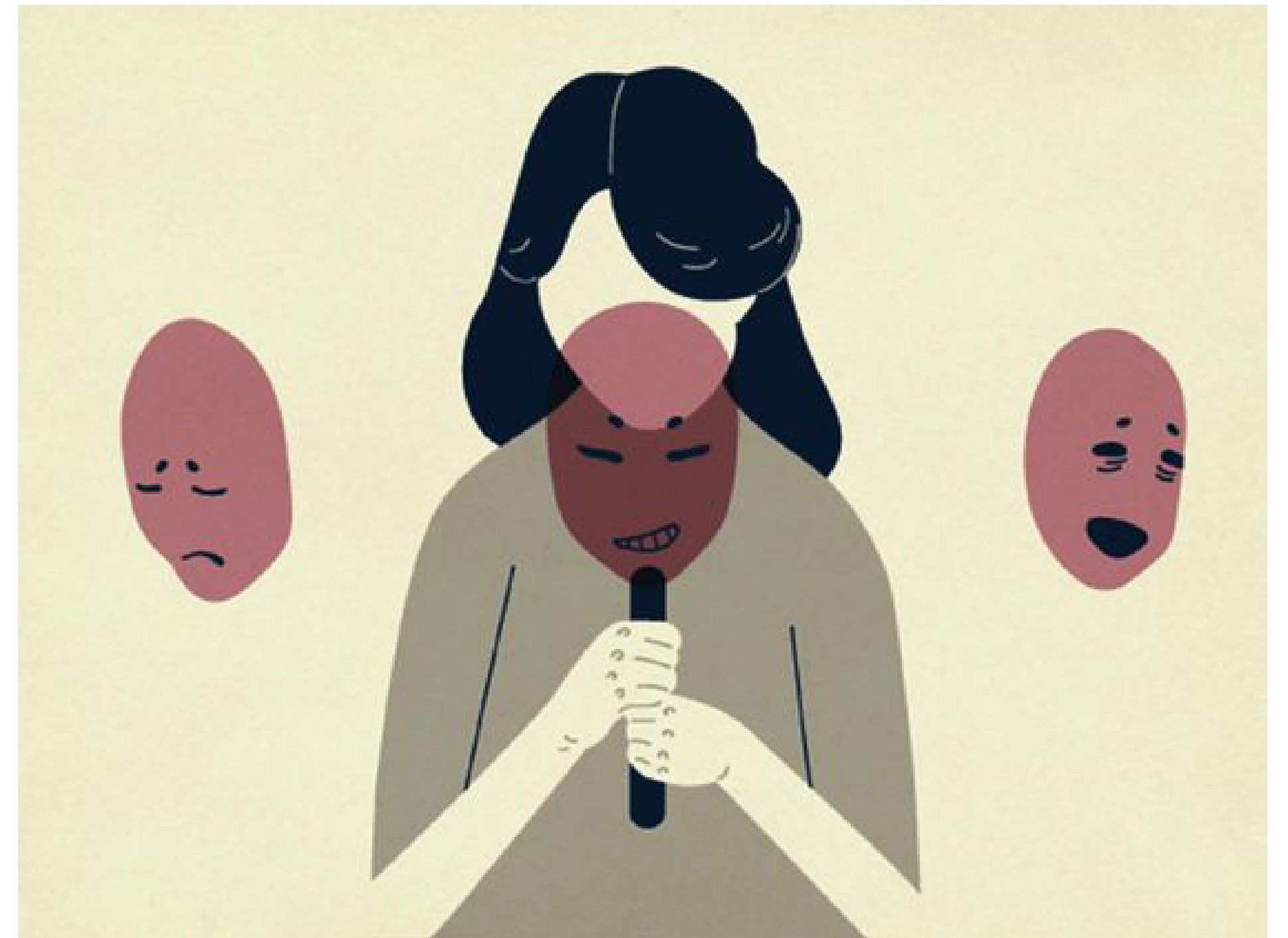


Image credit: James Thew / Adobe Stock

# What is Trauma?

Trauma occurs as a result of experiences that causes an overwhelming amount of stress, impacting our mental and physical wellbeing.

Types: Acute, Chronic, and Complex





# What causes Trauma?

# Emotional, sexual, physical abuse

# Violence

# Neglect

# Discrimination

# Poverty

## Other adverse experiences

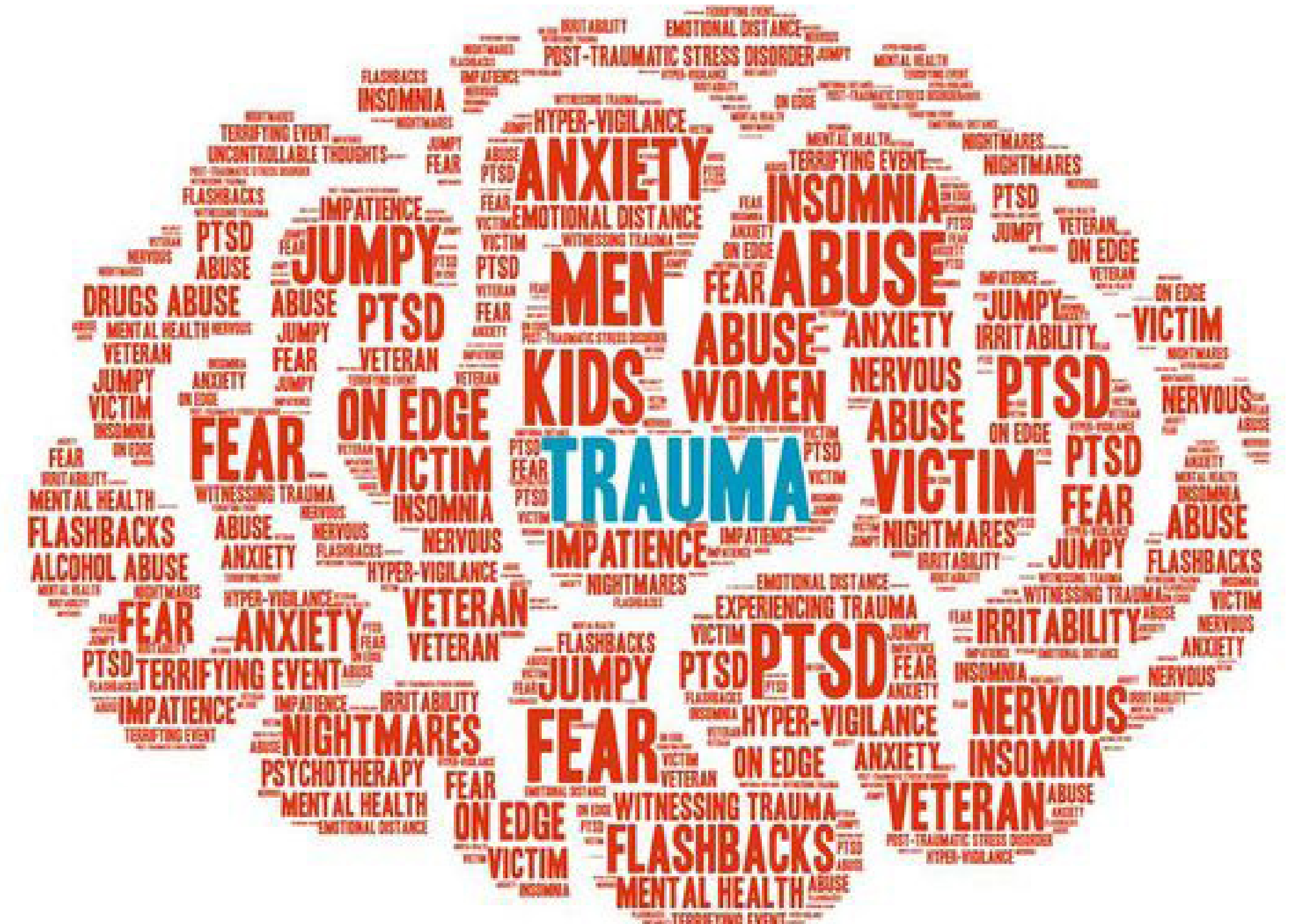
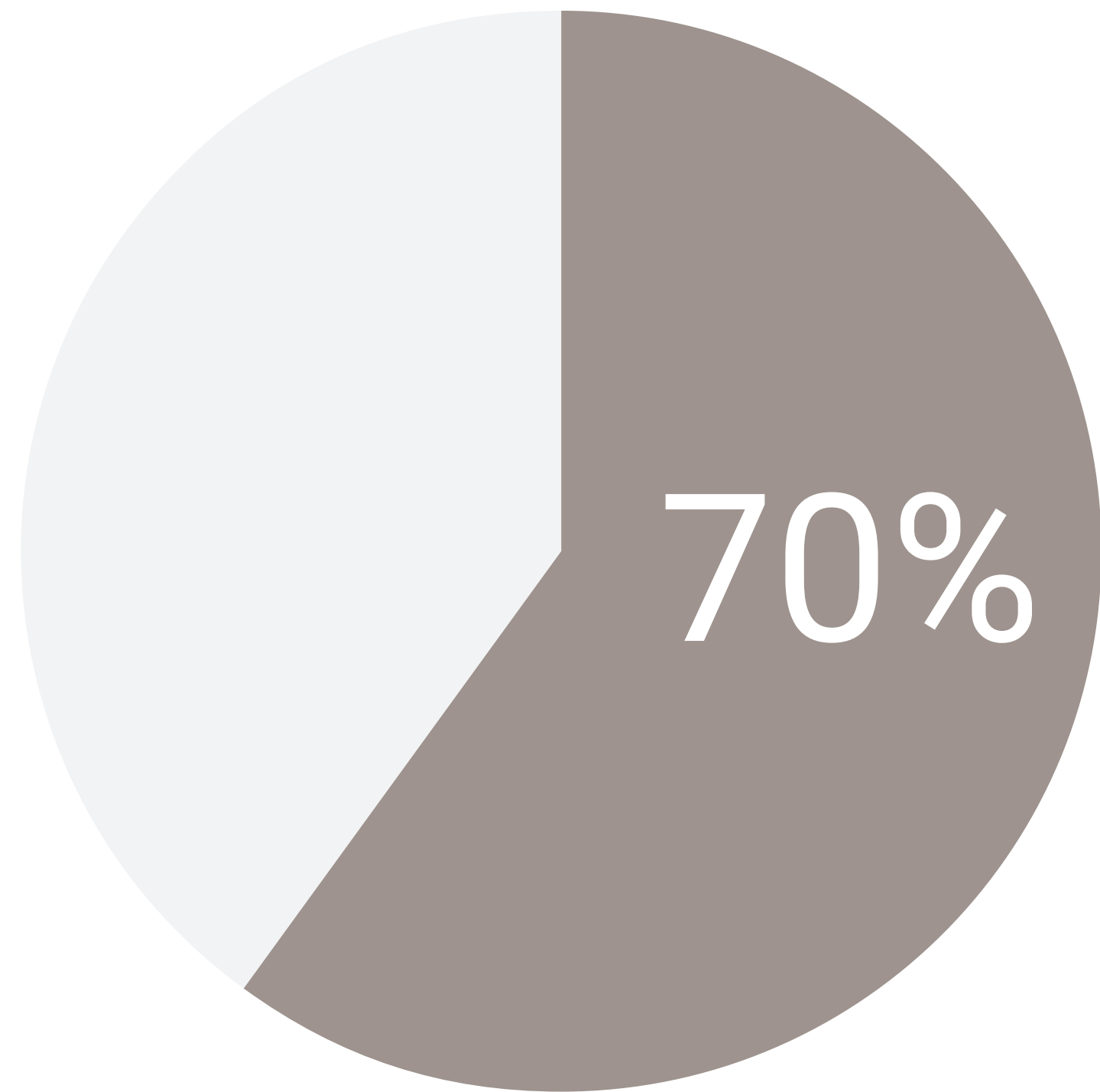


Image credit: Trauma word cloud. Russell Wangersky

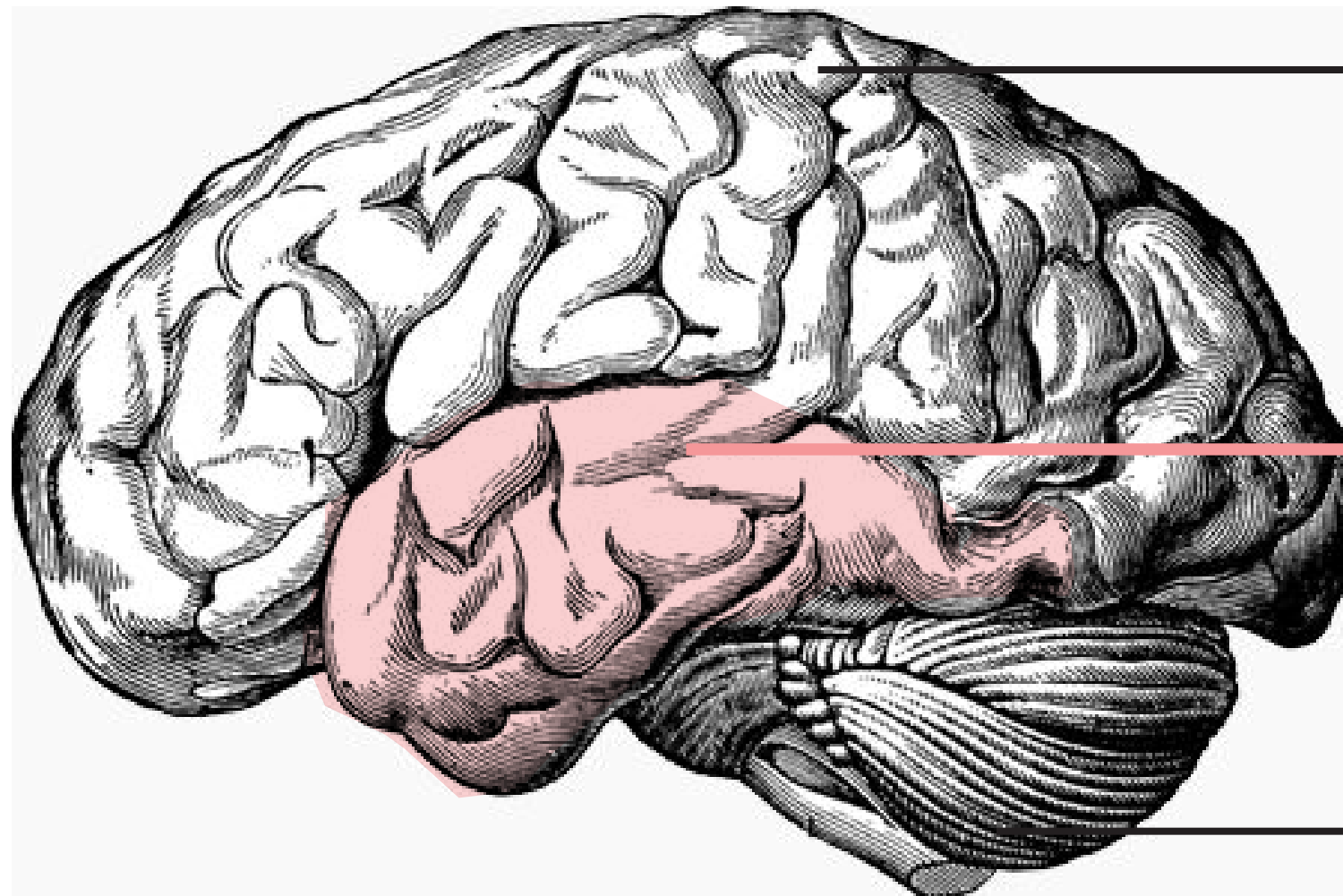


## How common is Trauma?



**223.4 million adults** in the US have experienced some type of traumatic event

**Emotional, behavioral + physical health impacts:** depression, anxiety disorders, substances abuse, suicide, chronic diseases



Neo Cortex

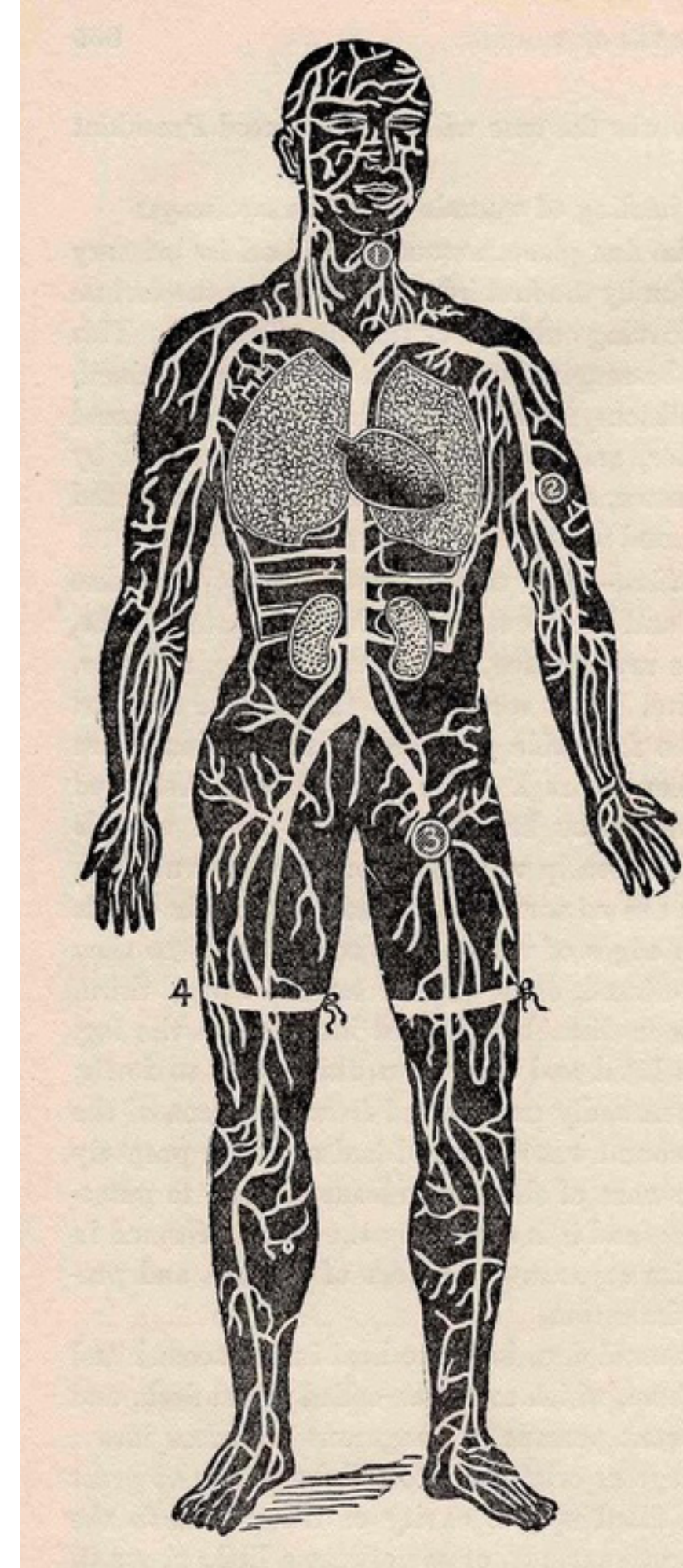
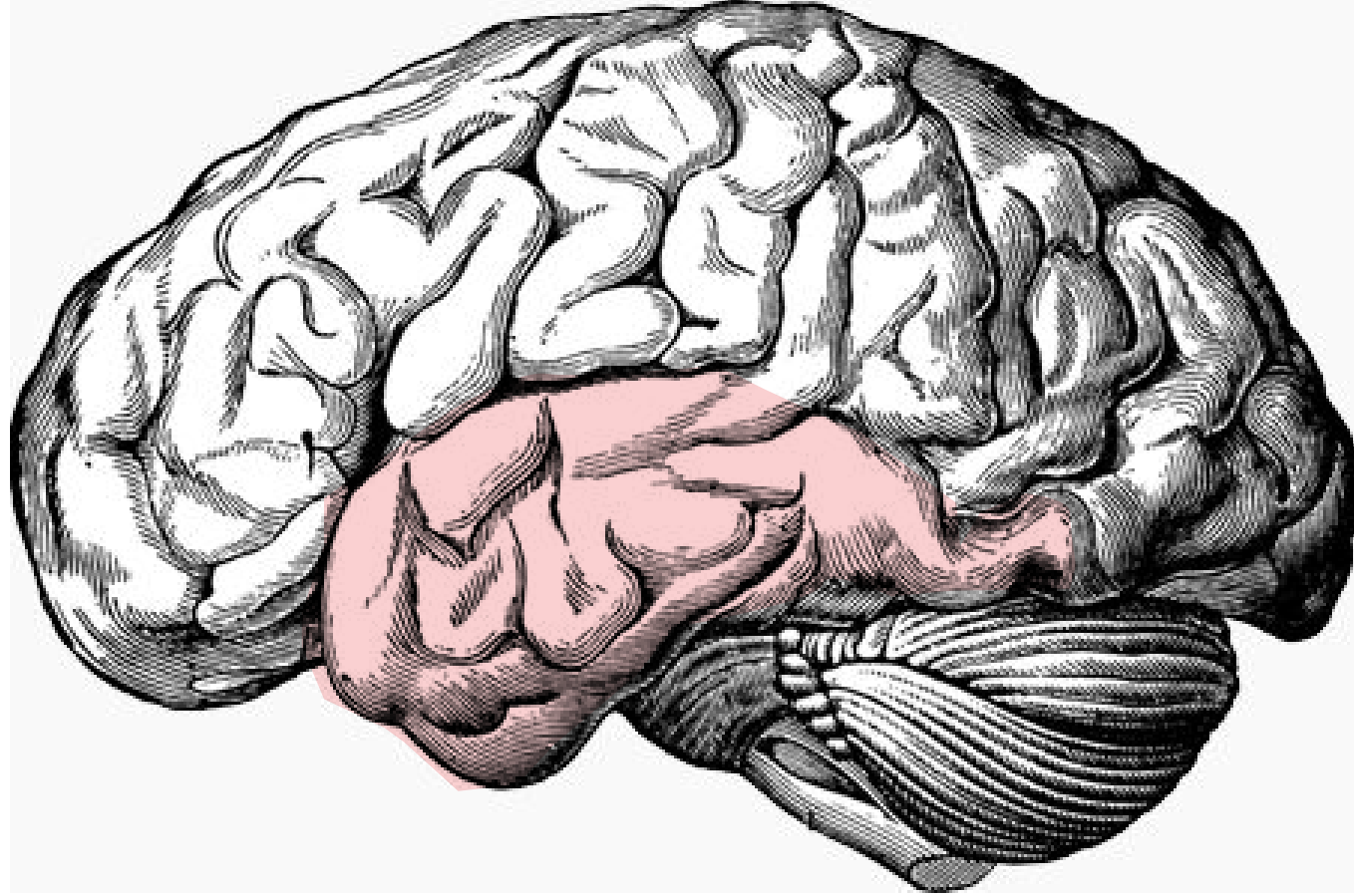
Process conscious thought (logic, imagination, control, planning)

Limbic System Amygdala and Hippocampus

Instinctual: emotional and sensory, implicit and spatial memory, fear and pleasure

Reptilian brain

Instinctual: Controls basic and vital functions (breathing, heart rate, body temperature)







Firm ➤ Determined

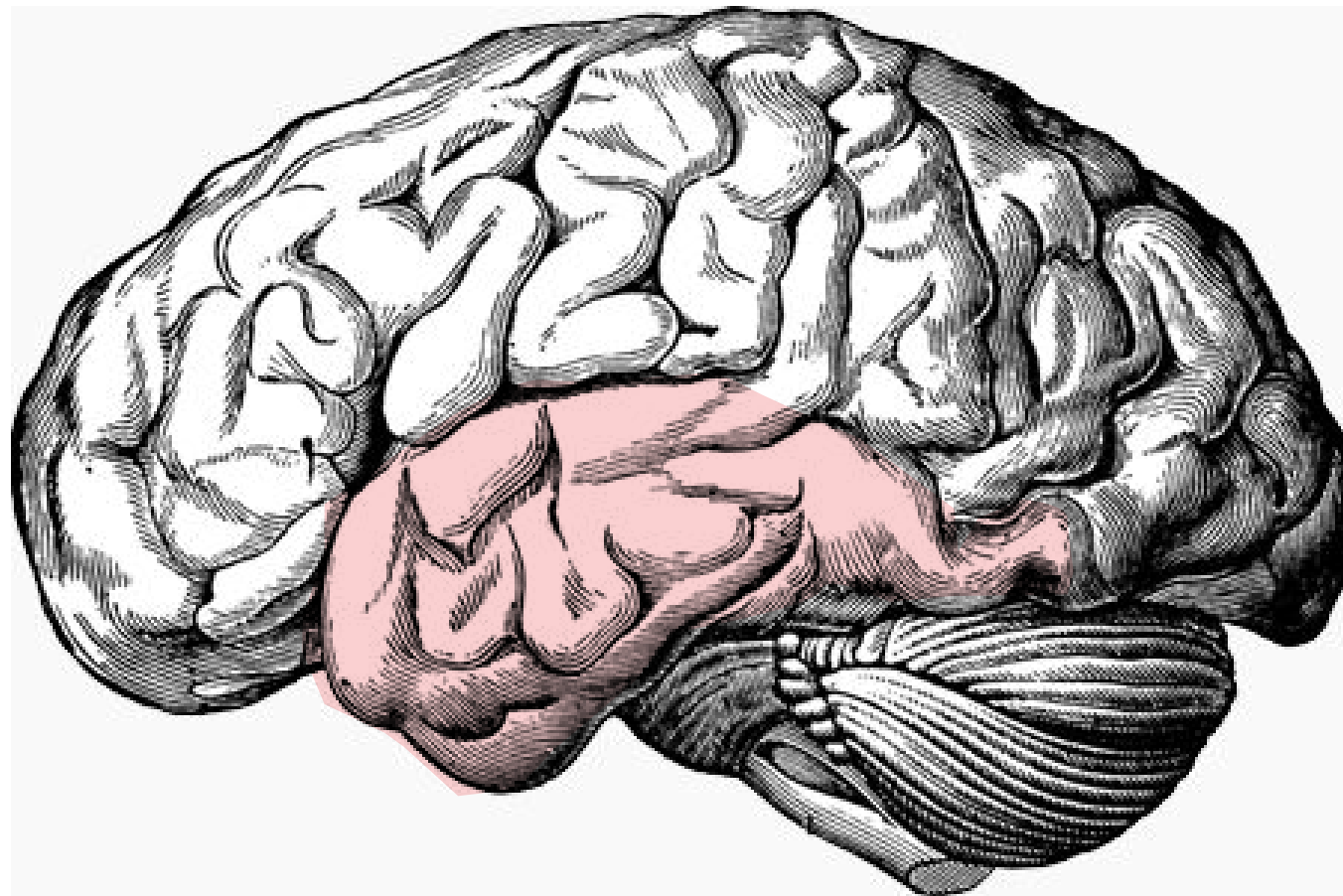


Warmth ➤ Empathetic



Heavy ➤ Importance

Danger!



Survival Mode

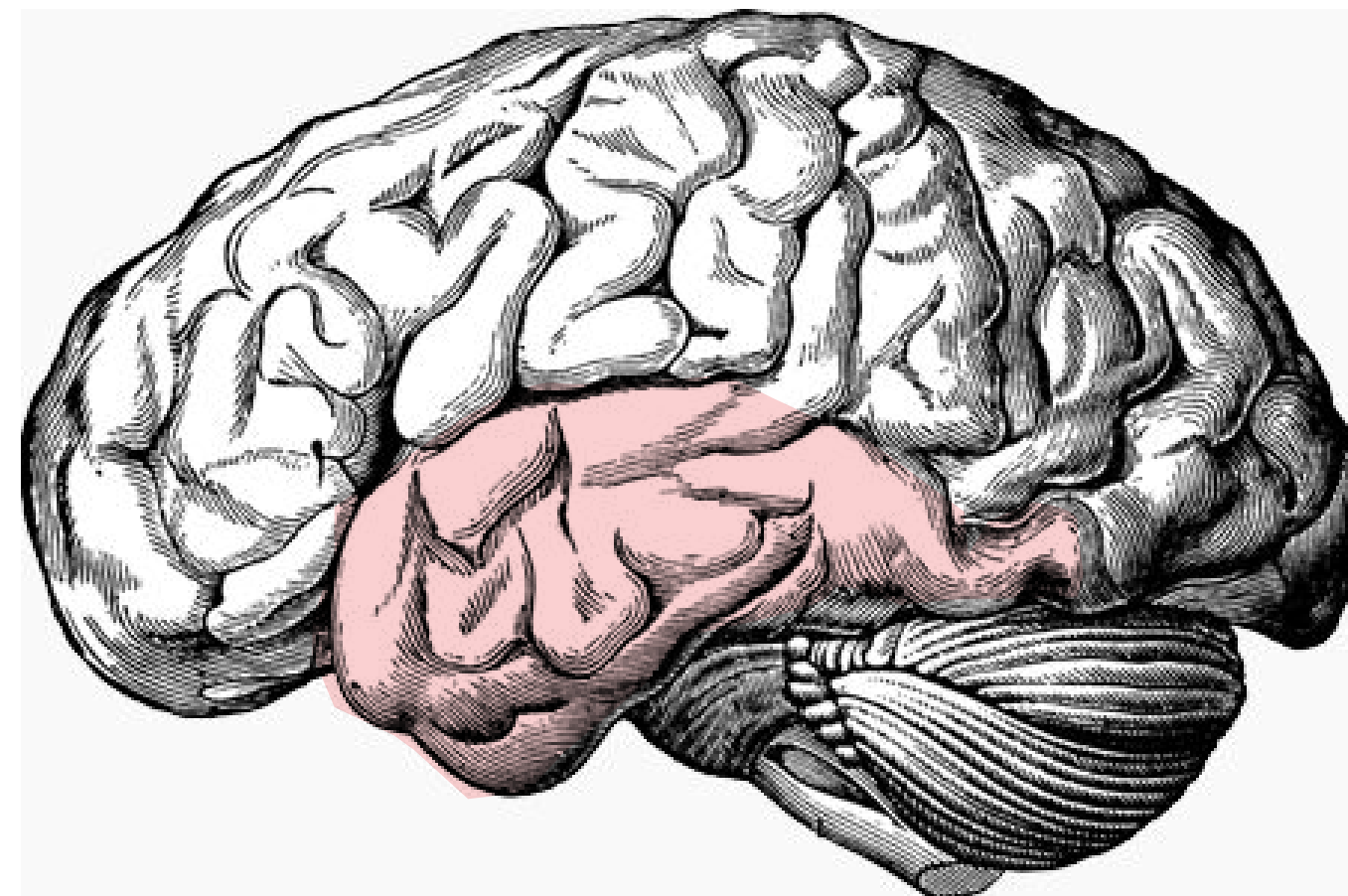
**FIGHT,**

**FLIGHT,**

**+**

**FREEZE**

Repeated High Stress / Trauma



Adrenaline  
+  
Cortisol

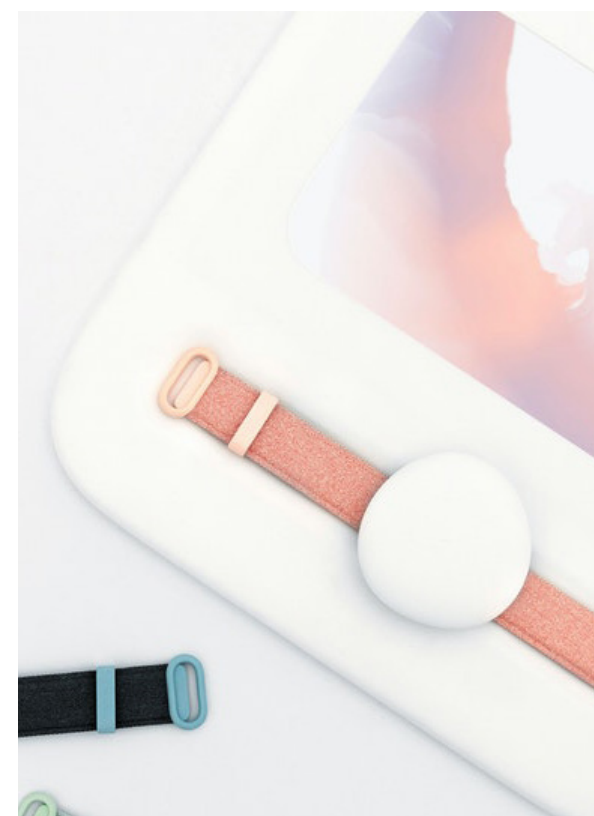
Survival Mode

**FIGHT,  
FLIGHT,**

**+  
FREEZE**

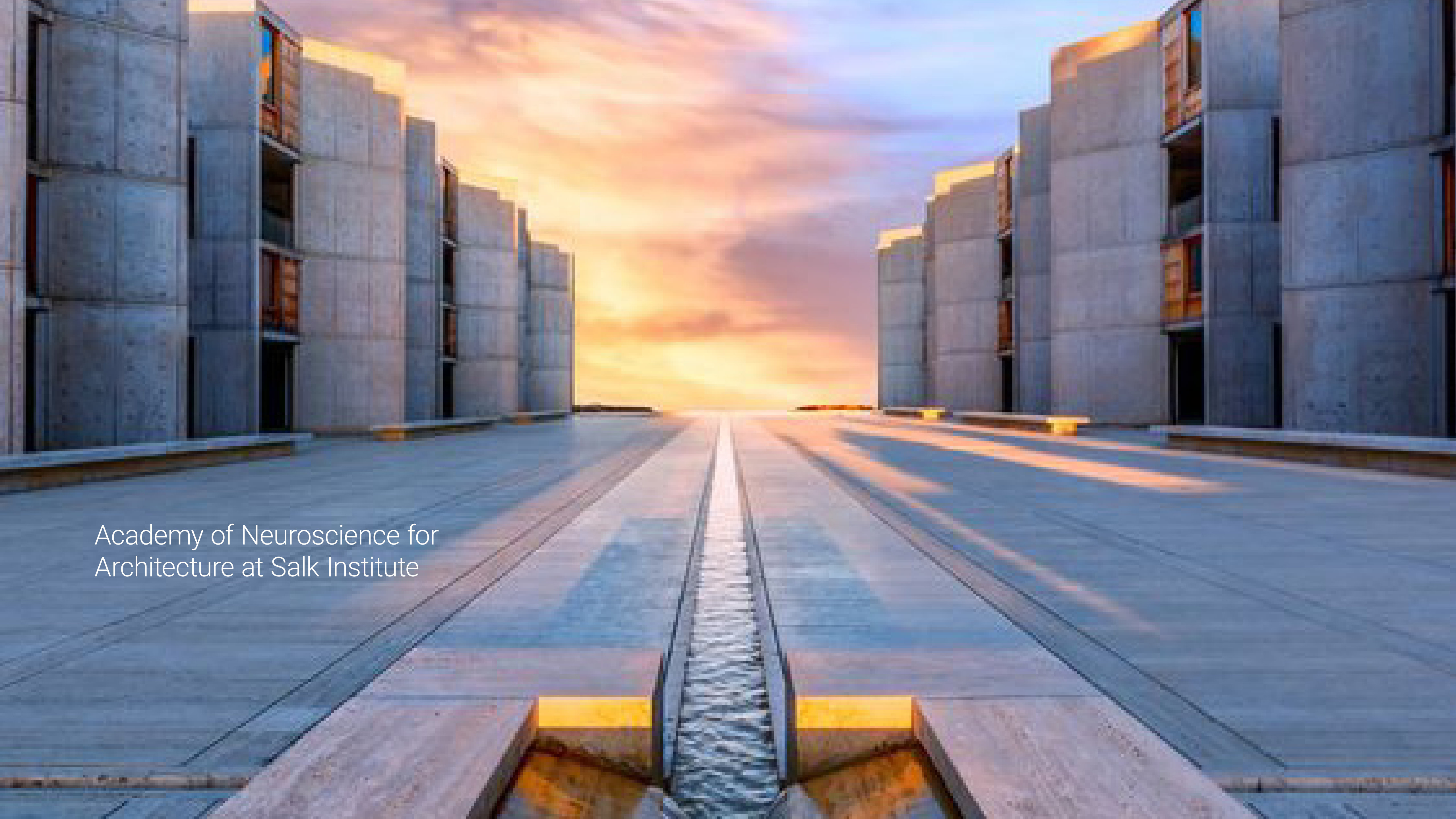
Memory Triggers: Color, Smell, Sound, Sensation





Space for Being, Milan Design Week 2019. Google Design Studio, Reddymade, International Arts + Mind Lab at John Hopkins University, Muuto Furniture





Academy of Neuroscience for  
Architecture at Salk Institute





FREEDOM



ORIENTATION



ORDER









Intense Colors



Visual Complexity



High Contrast



Safe Environment



Biophilia / Connection to Nature

Daylight/Views  
Indoor Outdoor Connections  
Natural Materials  
Air Quality



Ease

Openness

Motion

Choices

Controllability

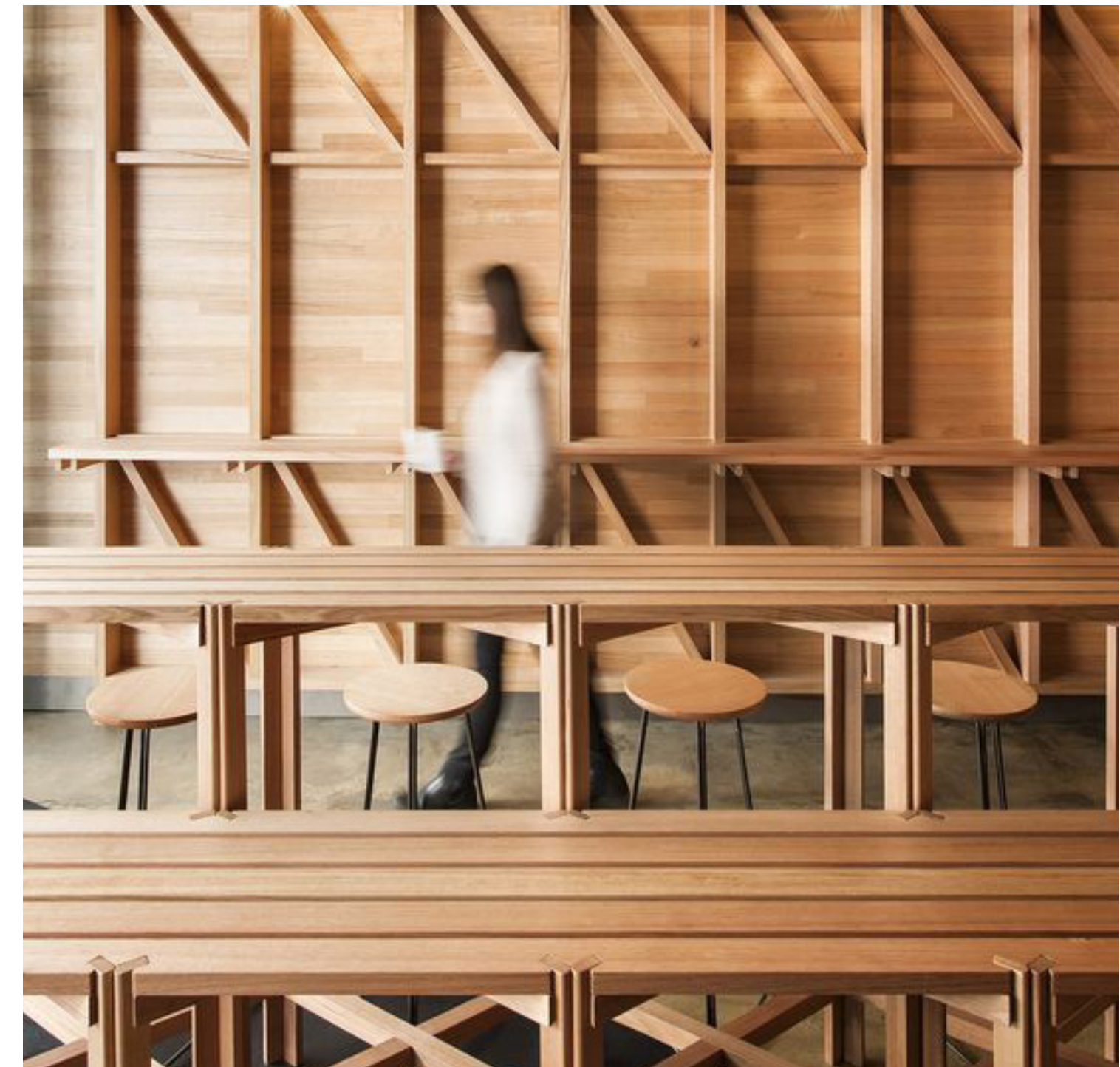




Familiarity

Intuitive  
Abundance  
Social  
Belonging





Order

Repetition  
Rhythm  
Symmetry  
Harmony



Soft Forms

Rounded  
Organic  
Contoured





Subtle Contrast

Color  
Pattern  
Acoustics  
Lighting



# TRAUMA INFORMED DESIGN



Ease



Familiarity



Order



Biophilia



Soft Forms



Subtle Contrast



00:30

# Design Update

# PCC OPPORTUNITY CENTER INTERIOR CONCEPTS



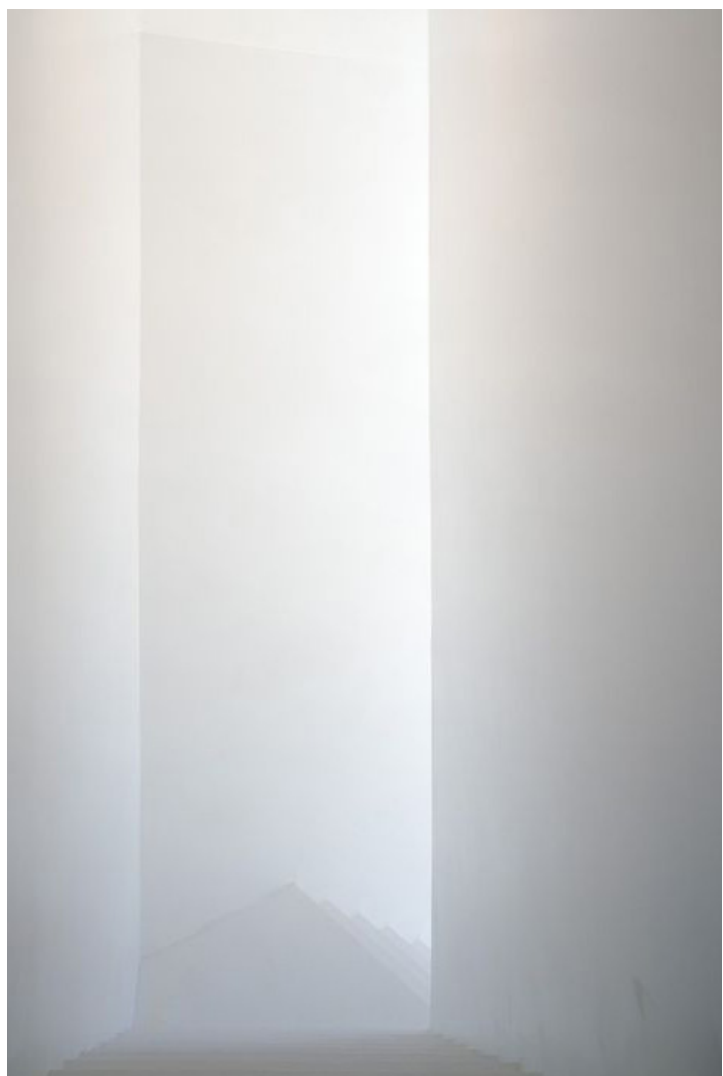
**WOOD**  
Feature Element  
Structure  
Biophilic



**PATTERN**  
Derived from Nature / History  
Tonal  
Subtle



**COLOR**  
Calm  
Natural  
PNW



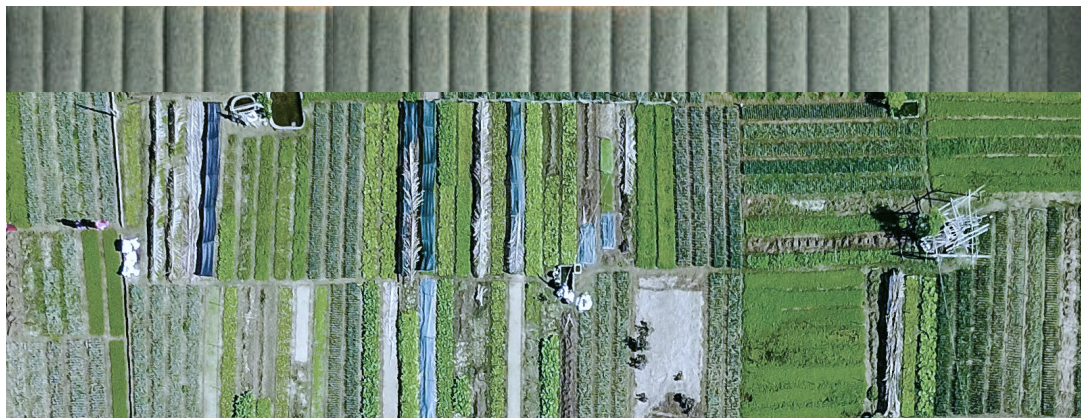
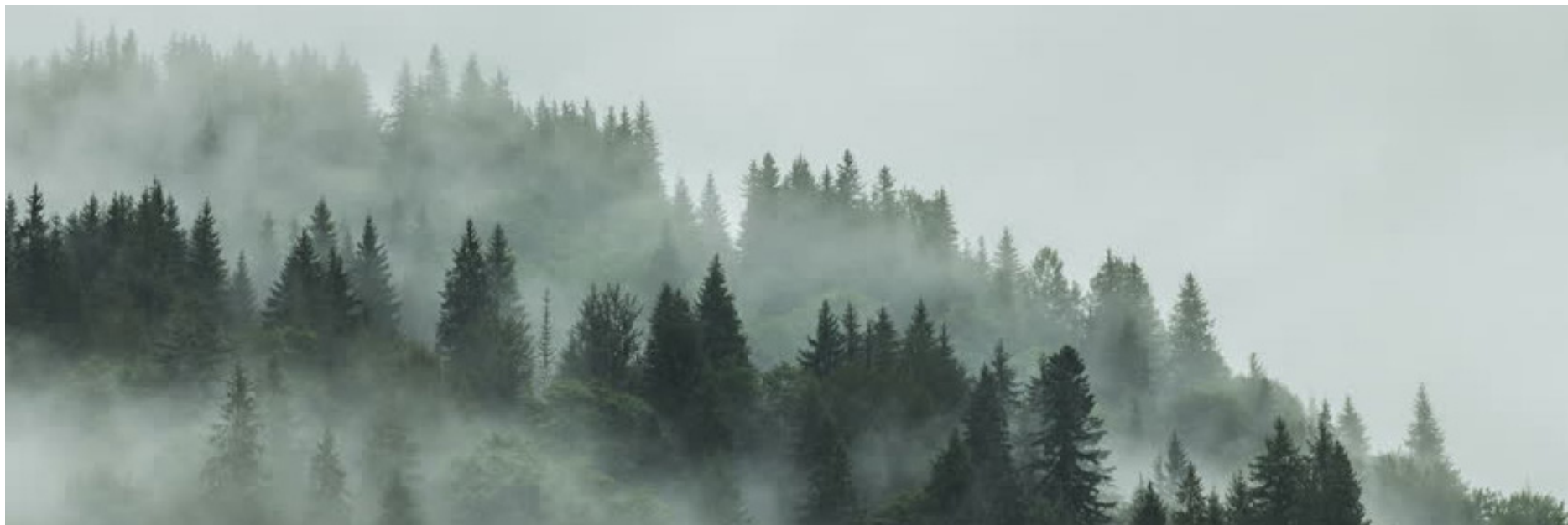
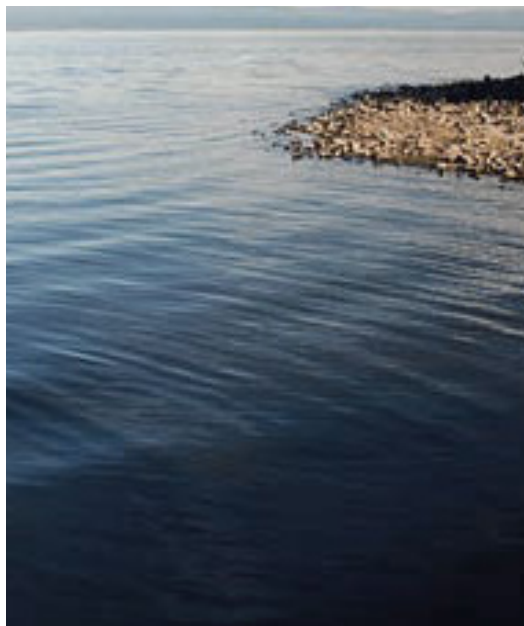
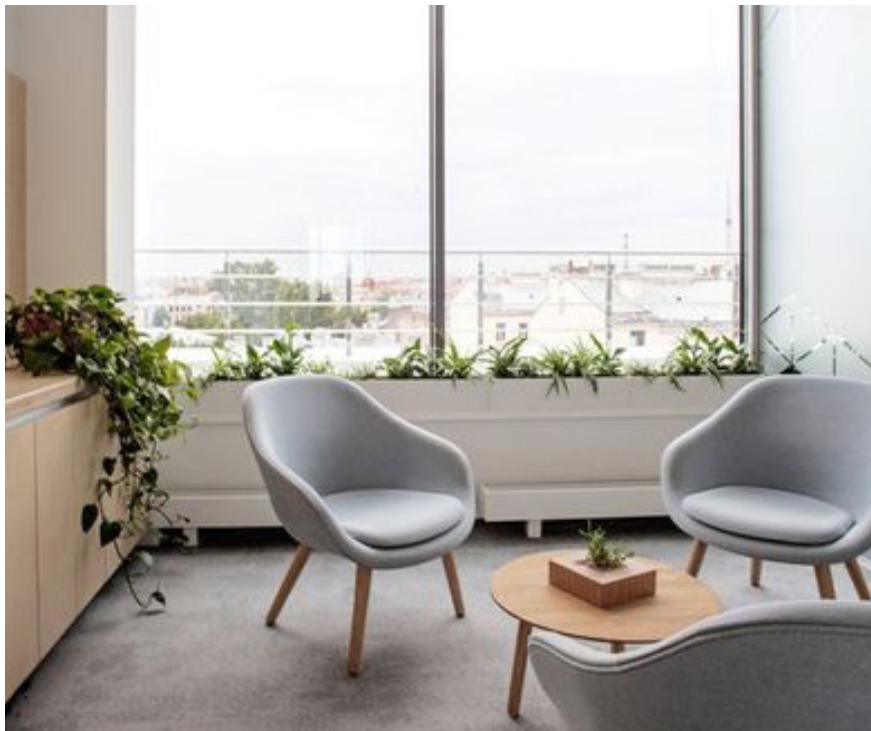
**LIGHTING**  
Soft  
Washing  
Indirect



**FURNITURE**  
Flexible  
Informal  
Rounded



PCC OPPORTUNITY CENTER LOOK AND FEEL





# FIRST FLOOR PLAN



SECOND FLOOR PLAN





# INTERIOR VIEW OPEN OFFICE ENVIRONMENT









00:20

# Project Updates

# PROJECT UPDATE

## **Cost**

DCW report

Cost alignment meeting - Line by line review to finalize decisions

## **Construction**

Trade Partner RFP

## **CRT**

Reflect on how it is going

## **Outreach**

Opportunities

## NEXT STEPS

08/19 SD Cost Alignment Meeting

08/31 OAC: Site Design

### **Training**

08/27, 09/03 Design Justice Training

09/24 Architect's Newspaper The Future of Mass Timber

TBD CRT Training for Andersen

TBD DISC training

08/31 Program FF+E Information Gathering

THANK YOU

<b>Date</b> 08/17/2020	<b>By</b> Emily Hayden	
<b>Subject</b> OAC Meeting Design Development Meeting 2	<b>Project Name</b> PCC Opportunity Center	<b>Project Number</b> 19016
<b>Present</b> Rebecca Ocken John MacLean Krista Phillips Donna Bezio Gina Valencia Jeff Slinger Bryan Lee	Elizabeth Chen John Ludlam Jody Giffin Jeanie Lai Isaac Adams Amy Maras Sarah Oeftering	Emily Hayden Julie Livingston Caitlin Ranson
<b>Distribution</b> Those invited / present	Sam Stadler	Bora File

### Minutes

#### 1. INTRODUCTION

- A. Reviewed guiding principles – focusing on “design for wellness” today

#### 2. TRAUMA INFORMED DESIGN

- A. Jeanie gave a primer on Trauma Informed Design
- B. Trauma has emotional, behavioral, and physical health impacts
- C. Your physical environment can trigger survival/stress responses
- D. Brainstormed spaces that make us uncomfortable – elevators, busy restaurants, cramped spaces, parking garages, places where there is a clear power dynamic with authorities, places where you feel you are observed/in a “fishbowl”, cluttered or disorderly spaces, very noisy spaces with poor acoustics, spaces with poor wayfinding where you are easily lost, poor or too-bright lighting, institutional smells, pinch points where you can’t see what’s around the corner
- E. Many of those elements translate to a workspace – for instance, maze-like cubicle partitions with fluorescent lighting
- F. Current workspace trends can also be overstimulating – too much visual complexity, high contrast, intense colors and shapes, bright lighting/glare
- G. Principles informing the design – ease, familiarity, order, biophilia, soft forms, subtle contrast (see slideshow)

# BORA

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## 3. DESIGN UPDATE

- A. Amy M. reviewed interior design concepts – wood, pattern, color, lighting, furniture
- B. Balance between softness and maintenance – find furnishings that are both welcoming and durable
- C. Potentially incorporate plants – faux plants? Plant maintenance service?
  - 1. Concerns about dying plants or dusty fake plants
  - 2. Could be imagery or texture that evokes vegetation, rather than actual vegetation
- D. How does our conceptual palette reflect the fabric of the Cully neighborhood?
- E. Furniture layouts have been updated based on programming meetings with users
  - 1. Changes to Life Skills, Career Center and Computer Lab
- F. One elevator has been converted to storage
- G. Reviewed walk-through animation of entry, reception, career center, and community room
  - 1. Video will be posted in Sharepoint folder with meeting notes
- H. Discussed location of south entry vestibule – should we move it east?
  - 1. Bora to explore and share ideas

## 4. PROJECT UPDATE

- A. Cost
  - 1. Received reconciled DCW report
  - 2. Upcoming cost alignment meeting with Andersen to do a review of each item and finalize decisions (happening this week)
- B. Construction
  - 1. Trader Partner RFPs – mechanical, HVAC, plumbing, electrical, and fire protection went out last week
  - 2. Proposals are due in a few weeks
- C. CRT
  - 1. How is it going? Are we acknowledging CRT throughout the process? Any changes in action necessary?
  - 2. COVID has made it harder
  - 3. Would be good to talk to consultants and see how the CRT training has affected their process, and what they have done differently
  - 4. How do Trauma Informed Design and Critical Race Theory intersect?
    - a. Trauma informed design – we can all hold trauma within us
    - b. Critical race theory – some hold deeper trauma due to systemic injustice
    - c. Design justice – how do we respond?
- D. Outreach
  - 1. Opportunities – how do we continue to pursue outreach under the current circumstances?
  - 2. Living Cully – update from Gina
    - a. Potentially reengaging focus groups
    - b. Currently working on a proposal and working out budget – Living Cully will recruit
    - c. Hoping to have an update by the end of this week so we'll know how many focus groups there will be
  - 3. Newspaper went out – encouraging people to take the survey

## 5. NEXT STEPS

- A. Bora to explore options for front office – moving vestibule, incorporating rounded forms, etc.
- B. Bora to provide rendering of view from north entry
- C. Andersen/Bora to meet for cost alignment meeting on 8/19
- D. Gina to share updates from outreach efforts with Living Cully
- E. OAC with focus on site design on 8/31
- F. Design justice training on 8/27 and 9/03
- G. 8/31 Program FF&E Information Gathering
- H. 9/24 Architect's Newspaper The Future of Mass Timber



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- I. CRT Training for Andersen (date TBD)
  - J. DISC training (date TBD)

## 6. ZOOM CHAT RECORD

13:24:15 From Jody Giffin : tight cramped rooms  
13:24:30 From Julie Livingston : A room with no windows  
13:24:34 From Emily Hayden (she/her) : Elevators, parking garages, buses - no personal space, feel unsafe  
13:24:38 From Krista Phillips : parking garages  
13:25:05 From Amy Maras (she/her) : Grocery Store, Ikea, No natural daylight  
13:25:07 From Julie Livingston : ditto parking garages!  
13:25:07 From Amy Maras (she/her) : Noisy, Visually Chaotic, Confusing / Lost  
13:25:09 From Krista Phillips : low ceiling spaces  
13:25:10 From Jody Giffin : no windows  
13:25:19 From John MacLean - PCC : hospital/dental waiting rooms  
13:25:25 From Gina Valencia : walking into a fancy/busy restaurant to look for a table  
13:25:26 From cranson : poor lighting  
13:25:29 From Emily Hayden (she/her) : Yeah - no windows or can't see a door or other way out  
13:26:00 From Gina Valencia : job interviews  
13:26:13 From Elizabeth Chen : Somewhere where everyone is perceived as authority figure  
13:26:50 From Gina Valencia : bathrooms in the time of COVID  
13:27:13 From cranson : Feeling overly exposed - in a fishbowl  
13:28:27 From Gina Valencia : dirty bathrooms  
13:29:21 From John MacLean - PCC : Institutional smells  
13:31:46 From John Ludlam (he/him) : fluorescent ("blue", high-kelvin) lighting is the worst - warm lighting feels so much nicer.  
13:32:39 From John Ludlam (he/him) : temperature imbalance - too cold/warm  
13:56:04 From Emily Hayden (she/her) : This animation will also be posted in the Sharepoint folder along with the presentation and meeting notes!  
13:56:46 From Gina Valencia : It is really exiting to see it 3D  
13:58:59 From Julie Livingston : This is GREAT!  
14:01:58 From Elizabeth Chen : natural lighting!  
14:21:40 From Jody Giffin : great! I like to touch materials :)  
14:25:32 From Krista Phillips : Who emailed out the DCW cost alignment report? I don't recall seeing that in email and may have missed seeing it.  
14:27:16 From Jeanie Lai (she/her) : Krista- I'll forward it to you again - guess Becca sent it out but not sure.  
14:27:20 From rebecca ocken : I sent it to you and John and Linda last week. If anyone else would like a copy let me know.  
14:31:03 From Krista Phillips : Thank you!  
14:45:12 From Donna Bezio : Really great info! Thanks for video! I like the idea of moving the south vestibule and possibly moving the elevator by the stairs. Depending on how concrete is finished, I think that could be fine to see the concrete.

## END OF MEETING NOTES