



# Meditation Room

North County Mental Health  
Presenter: Marissa Brun

# Surveys

- Clinic staff and clients
- - 23 Client surveys
- -15 Clinician surveys
- Questions:
- How likely to use the room if made available
- Times and days to use it
- Items in room
- Benefit to staff/clients
- Comfort sharing with staff/clients,  
Willingness to give a trial run
- How does the county address your spiritual  
needs and where do you go to re-center



# Results of Client Surveys

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- Majority say they would use the spirituality room for at least an hour a week
- Most commonly selected times:
- Wednesday, Tuesday, and Friday were highest rated days
- At least half say the room would be beneficial, and at least half say they would not mind sharing it with clinicians

# Client Results Continued

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- More than half say they are willing to give it a trial run
- More than half say they feel their spiritual needs are met at the clinic
- Where do they re-center?
  - - community room, 3<sup>rd</sup> floor conference room, and mindfulness groups



# Clinician Survey Results

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- Majority stated they would use a meditation room if made available
- Most popular day was Tuesday with Wednesday as a close second place
- Group Room B was suggested placement
- Majority of staff found that the room would be beneficial for themselves and clients
- Majority felt comfortable sharing room with clients

# Clinician Results Continued

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- All staff are willing to give meditation room a trail run!
- Majority of staff feel their spiritual needs are not being met at the clinic
- Many stated there was no place they can go in the clinic to re-center themselves, the few exceptions to this were their own offices, bathroom, and playroom

# Most Popular Items

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- Candles (flameless)
- Flowers
- Collection of guided meditations/exercises
- Books about meditation/spirituality
- Spiritual quotes/sayings
- Paintings/artwork
- Music/sounds- mantras/chanting, environmental sounds
- Spirituality cards/affirmation cards
- Blankets/cloths/textiles
- Pillows
- Essential oils



# Overall Conclusion

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◎ IT'S A GO!!



# How Much Will This Cost?

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- ◉ Space: Free
- ◉ Materials: Estimated ~ \$348
- ◉ Marketing: Free
- ◉ Benefit: Priceless



# What now?

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- ◉ Obtain funding
- ◉ Obtain materials
- ◉ Create flyers
- ◉ Make a comfortable space
- ◉ Decorate
- ◉ Enjoy



Thank You

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Namaste

