Meditation Room

North County Mental Health
Presenter: Marissa Brun
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

- 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
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, 3rd floor conference room, and mindfulness groups
Clinic Survey Results

- 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

- 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

- 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
IT’S A GO!!
How Much Will This Cost?

- **Space:** Free
- **Materials:** Estimated ~ $348
- **Marketing:** Free
- **Benefit:** Priceless
What now?

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

Namaste