



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

- 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

- 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



Clinician 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



Overall Conclusion

◎ 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

