

Finding Comfort In Colors

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Assessment

Opportunity:

- Implementation of environmental color changes to boost mood and improve mental health in children and adolescent patients on the Child and Adolescent Services (CAS) psychiatric unit at Blessing Hospital (BH)

Driving Forces:

- Need for children and adolescents to have an environment that boosts mood and improves mental health
- CAS staff and management
- Current wall colors are ineffective at boosting mood and improving mental health

Restraining Forces:

- Schedule conflicts with key stakeholders
- Placement for CAS patients while the change is implemented
- COVID-19 / BRCN moving to virtual format

Literature Review

- Various colors may impact the mental health of children and results show that children express increased interest in blue, red, purple, and orange ²
- Green tones are known to evoke harmony, are soothing to the eye, and resemble nature ^{2,3}
- Blue tones signify cleanliness, calmness, security, and responsibility ^{2,3}
- Purple colors calm the central nervous system, aid in problem solving skills, and foster creativity ^{2,3}
- "Color, as one of the most important elements in our physical environment, has a great impact on our psychological and physiological responses." ¹

Planning

Short Term Goal:

- Obtain approval for environmental color changes from key stakeholders

Long Term Goal:

- Create an improved therapeutic environment for CAS patients

Evaluation Plan:

- Survey CAS staff

Hardwiring:

- Educate staff on how colors can affect mood
- Key stakeholders to continue the project throughout all psychiatric units

Implementation

Implementation Steps:

- Reviewed literature
- Designed color board
- Presented idea to key stakeholders
- Collaborated with CAS staff and management
- Planned time frame for completion of the project

Strategies For Resistance:

- Educated staff on color research that relates to enhanced mental health

Evaluation

Evaluation Of Change:

- Create a survey that allows for feedback from staff

Strategies To Stabilize Change:

- Implement additional environmental color changes to other psychiatric units



Figure 1.

Summary

What We Learned:

- The change process takes time
- Communication is vital in order to implement change
- Key stakeholders are essential in the decision-making process

What We Would Do Differently:

- Start the change project earlier
- Meet with management sooner

References

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Figure list

Figure 1. Hussain, P. (Photographer). (2020). *360 mental health*. [Online image]. Retrieved April 3, 2020 from <https://www.colors magazine.net/uncategorized/360-mental-health/>

Acknowledgments

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