

Executive Summary

VISION

The new Behavioral Health Teaching Facility (BHTF) located on the University of Washington Medical Center Northwest Campus will be a one-of-a-kind fully integrated welcoming and healing environment for individuals struggling with serious physical and behavioral health problems. The building will support a full continuum of clinical services ranging from effective medication management and psychotherapies to state-of-the art neuromodulation treatments, medical and surgical care for individuals with medical and behavioral health disorders. The building will also become the home for an interdisciplinary training and workforce development program that is focused on preparing and supporting the next generation of behavioral health providers for Washington State.

The design vision for the new building is to create a non-institutional setting that promotes well-being, healing, and learning for patients, staff, visitors and trainees in a welcoming and safe environment. The 6-story building will offer campus and visitor amenities with an active ground floor level featuring campus food service for patients, staff and visitors, conference rooms and state-of-the art neuromodulation services. Above, two floors of med/surg beds will be designed to treat patients with acute or chronic medical problems such as patients with mental health or substance use disorders who are hospitalized for their medical needs and need a safe environment for hospital inpatient medical/surgical care. The top 3 floors of the new facility will feature highly flexible behavioral health inpatient units with standardized configurations designed to respond to a variety of client needs ranging from highly structured programs to programs that promote independent functioning and transition to the community. Open-concept social and dining spaces on these units will create a residential atmosphere promoting serenity and comfort. Smaller semi-private adjacent spaces will provide opportunities for patient choice and areas of respite and quiet. The new building will also feature dedicated on-unit outdoor patient terraces to allow access to fresh air and nature as well as a larger shared

outdoor therapy/recreation space to support physical activity and exercise. Every opportunity will be explored to maximize access to daylight and views while assuring patient privacy, dignity, and safety.

The mission of this new facility, its commitment to both healing and training, and its respectful integration into the community as a resource for mental health advocacy, will be reflected in the look and feel of this new building. Attention to scale, articulation, openness, and warmth will reinforce the vision of a new benchmark for behavioral health. The design will also prioritize the needs of delivering safe, quality patient care in a cost-effective and efficient manner recognizing that this new building is an expansion of the existing hospital and needs to operate as such.

BASE SCOPE

In alignment with the expectations set out in House Bill 1593, and the associated capital appropriation, this facility will become a center for behavioral health and integration. Serving the dual purposes of treating patients with behavioral health needs and training an integrated behavioral health workforce, the 191,000 gross square foot facility will include 150 inpatient beds with associated support, a Neuromodulation suite serving both inpatient and outpatient needs, consultation rooms to provide state-wide telepsychiatry consultation, a complement of offices and workrooms to support graduate medical education, multi-use conference space to accommodate community and provider education, and food services including a kitchen, servery and dining spaces for the UWMC Northwest campus.

The BHTF will be located on the current site of D Wing, which will be demolished in advance of building construction. This site is on the east side of the UWMC Northwest campus, adjacent to the existing Main Hospital A-Wing Building tower and across the campus loop road from the existing Medical Office Building. A new patient drop-off will allow vehicles to safely queue, while a separate exterior patient arrival area (sallyport) near the existing ED ambulance bay will support

arrival via ambulance or other transport to enter the building in a discreet and secure manner. A new pedestrian bridge at Level 2 will connect to the existing A-Wing to accommodate the movement of patients, staff, materials and food across the campus. The slope of the bridge will be a maximum 1:40 slope or a 2.5% slope. This will allow ease of transport of beds, patients, and service carts. A new public connection

for visitors is adjacent to this service connector. A new 4-bay loading dock on the northeast corner of the building will accommodate food and linen deliveries.

The new BHTF will include the following functions:

LEVEL 1

- Main entry plaza and Lobby
- Conference rooms
- Campus kitchen, servery, indoor and outdoor dining
- Inpatient and Outpatient Neuromodulation
- Facilities management and building support spaces
- Loading dock
- Exterior sallyport

LEVEL 2

- 25 Medical / Surgical beds capable of caring for patients with behavioral health and medical / surgical needs
- Shelled space for Observation unit
- Provider offices
- Connection to A-Wing

LEVEL 3

- 25 Medical / Surgical beds capable of caring for patients with behavioral health and medical / surgical needs
- Outdoor patient therapy and activity spaces
- Tele-psychiatric consultation rooms
- Postgraduate Medical Education offices

LEVEL 4

- 36 Behavioral Health beds, split into two 18-bed units
- Each unit has 4 double patient rooms to accommodate Geropsychiatric patient population

- Patient activity and support spaces
- Shared clinical and staff support spaces

LEVEL 5

- 34 behavioral health beds, split into two 17-bed units
- Each unit has 2 double patient rooms to serve patient population
- Patient activity and support spaces
- Shared clinical and staff support spaces

LEVEL 6

- 30 Behavioral health beds, split into two 15-bed units
- Patient activity and support spaces
- Shared clinical and staff support spaces

The building will also include a mechanical penthouse. At 103' tall, this facility will fit within the Major Institution Master Plan 105' height restrictions. The typical 14'-6" floor to floor height, allows the building to be under the high-rise limit of 75' as measured 72.5' from Level 1 to the floor height of Level 6.

SITE IMPROVEMENTS

The site of the new BHTF will connect the new and existing campus with accessible walking paths, planted streetscapes, clear wayfinding, welcoming arrival experiences, additional parking, outdoor dining and meandering gardens. From the new patient drop-off, the landscape will connect to the lobby and dining terrace. The landscape will extend vertically to the Behavioral Health roof terraces, where patients, doctors, clinicians, and staff can find respite outdoors. The landscape seeks to destigmatize behavioral health disorders while offering healing spaces for all who visit the facility. This “connective tissue” will be durable, provide seasonal interest, offer ecological value and be reasonable to maintain. Beyond our immediate site, improvements will include:

- Street improvement on 120th
- ADA access pathway to right of way at the campus entrance on 115th
- Reconfiguration of Parking Lots C/D to add approximately 40 parking stalls
- Improvements to the campus eastern landscape buffer and overall campus landscape with 2:1 tree replacement to those removed

GENERAL PERFORMANCE

The University of Washington is a leader in sustainability and committed to implementing best practices in environmentally responsible construction for new buildings and major capital renovations. Systems will support these goals while also providing the hospital flexibility and redundancy:

- Targeting minimum LEED Gold v4 (BD+C: Healthcare)
- Four elevators, two passenger elevators and two service elevators
- Two new Seattle City Light services providing flexibility and redundancy of normal power
- Two backup diesel generators with sound-attenuating enclosures located exterior to the building, sized for Essential Power needs of BHTF: life safety, patient care, security systems, telecommunications and a majority of the mechanical equipment
- A Nurse Call system will be provided throughout all patient care areas.
- Telecommunications Equipment Room (previously known as MDF) will be provided for BHTF with Telecommunication Distribution Rooms (TDRs previously known as IDFs) on each floor. BHTF will not include space for the Modular Data Center (campus MDF)

- Anti-ligature as required, per the UWMC risk assessment, for all behavior health and med-surg units.

BUDGET

The Project Benchmark of \$1,175/SF puts the overall target budget at \$224,500,000. The base target value budget is 2.5% over budget and anticipates finishing in budget with the strategic release of \$3.5M in Project contingency and \$1.5M in Owner contingency around the start of construction in 2021 to meet the base scope. Should either the project or owner contingency not be available, and to ensure budgetary success, the base scope, project value adds, and any program at risk will be continually monitored and adjusted for project optimization (see Program Validation Alternatives Analysis in Appendix). Additional contingency release, if available, would be slated for 2022 with a goal to add additional value add scope described below. Through collaborative innovation, budget refinement and strategic risk management, the team is confident the project will complete within budget. We anticipate trending slightly over budget for the next several months, with the goal of getting to budget as design concludes.

SCHEDULE

Substantial completion is slated for August 31st, 2023. The schedule includes 35 days of contingency to address risks outlined in the Schedule Risk Register. The team is committed to mitigating schedule risks and improving upon the substantial completion date. This latest anticipated owner occupancy is the end of December 2023.

VALUE ADD SCOPE

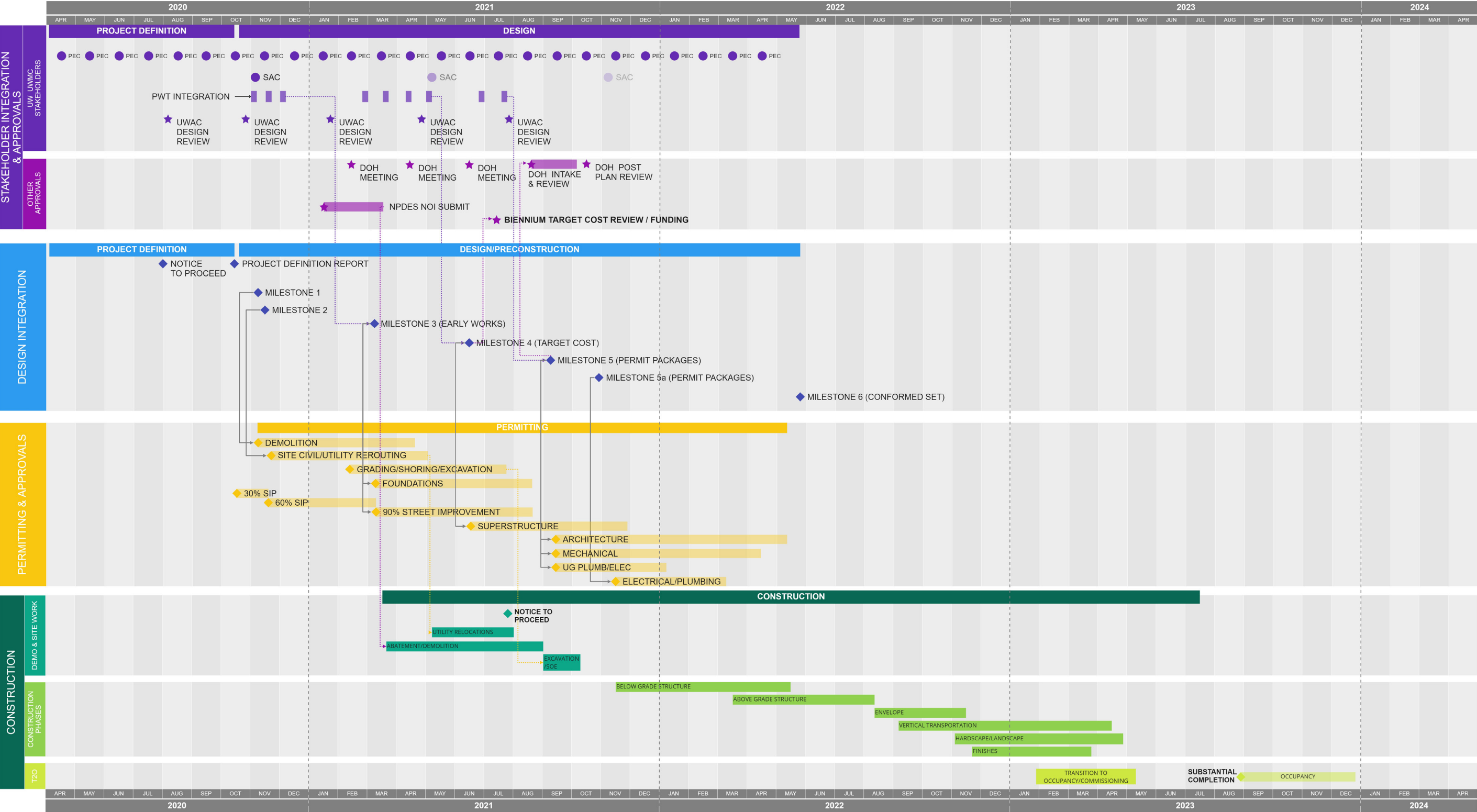
While the project has identified a strategic contingency release strategy to drive to project budget, scope below of around \$2.3 million has been identified as the priority valuable scope to be added as the budget allows.

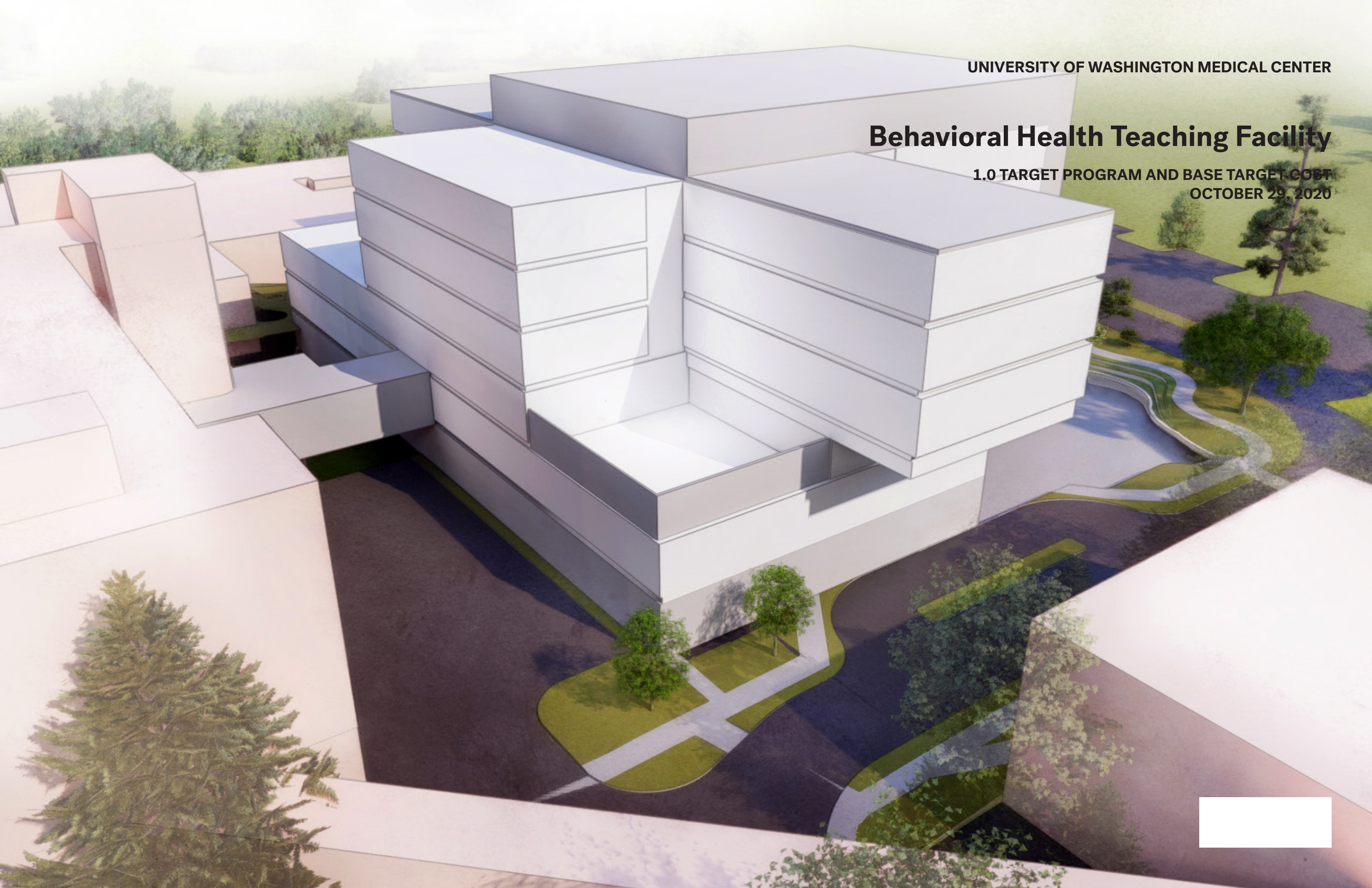
- Design and build out of the Observation Units
- Modifications to the existing MOB skybridge and loop road to accommodate WB-40 and WB-50 semi-trucks for deliveries to the BHTF loading dock.
- Reconfiguration of Parking Lot B to increase parking by 14 stalls and bring ADA parking stalls into compliance
- Adding an exterior lift at the existing loading dock



MILESTONE SCHEDULE

The Full Project Schedule and Design Deliverable Matrix can be found in Sections 4.3 and 4.4.





UNIVERSITY OF WASHINGTON MEDICAL CENTER

Behavioral Health Teaching Facility

1.0 TARGET PROGRAM AND BASE TARGET COST
OCTOBER 29, 2020



1.0 Target Program and Base Target Cost Contents

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Project History

Washington State suffers from a lack of available care for individuals with behavioral health, and lacks the number of adequately trained staff required to care for these patients.

To address this problem, the Washington State legislature partnered with the University of Washington School of Medicine (UWSOM) to pass House Bill 1593, establishing a Behavioral Health Teaching Facility (BHTF) to improve behavioral health services and training to better serve the state’s needs. Siting and design for the new facility accounts for local community needs and resources in close coordination with existing local, regional, and state resources. Due to the critical need for additional behavioral health services, thoughtful expediency to open the facility is required.

The state has allocated \$33.25 million to initiate the design and building of the new teaching facility during the current legislative biennium. It has also earmarked a total of \$224.5 million for the completion of the project over the next four years.

This new facility will focus on inpatient and outpatient care for individuals with behavioral health needs and will be the training site of the next generation of health and behavioral healthcare providers, fundamentally changing the way behavioral health is offered in Washington State.

PROJECT SUMMARY

UW Medicine offers medical services across three hospital campuses around Seattle: Harborview Medical Center, University of Washington Medical Center (UWMC) - Montlake Campus, and University of Washington Medical Center - Northwest (UWMC - Northwest).

UWMC - Northwest is the best fit for this project’s purpose and community need. Formerly known as the Northwest Hospital & Medical Center, UWMC - Northwest currently contains 281 patient beds and more than 2000 employees.

The campus currently houses existing behavioral health services, and multiple sites were available on the campus for this facility.

The Predesign team considered many alternative site options within the campus, and determined that the new BHTF is to be located on Site 8, which is the current location of the D-Wing Building on the east side of the UWMC - Northwest Campus. The D-Wing Site was selected due in part to its proximity to the Main Hospital A-Wing Building tower and Emergency Department. The D-Wing Building is centrally located on the campus and borders the Emergency Department (ED) Entrance on the west and is surrounded by the Campus Loop Road on the south and east sides.

The estimated size for the facility is 190,685 SF. Based on the requirements outlined in House Bill 1593, this facility shall include state-of-the-art evidence-based and effective clinical care, high-quality education, patient safety, leadership, innovative programs, and a sense of community. This building will also house the main kitchen and dining room for UWMC - Northwest, supporting the entire campus and forming the symbolic heart of the campus.

Ultimately, this project team is committed to designing a facility to support the University of Washington in providing community-based service to treat a range of behavioral health acuity in a caring and treatment-based facility, while working to train the next generation of care providers for the region.

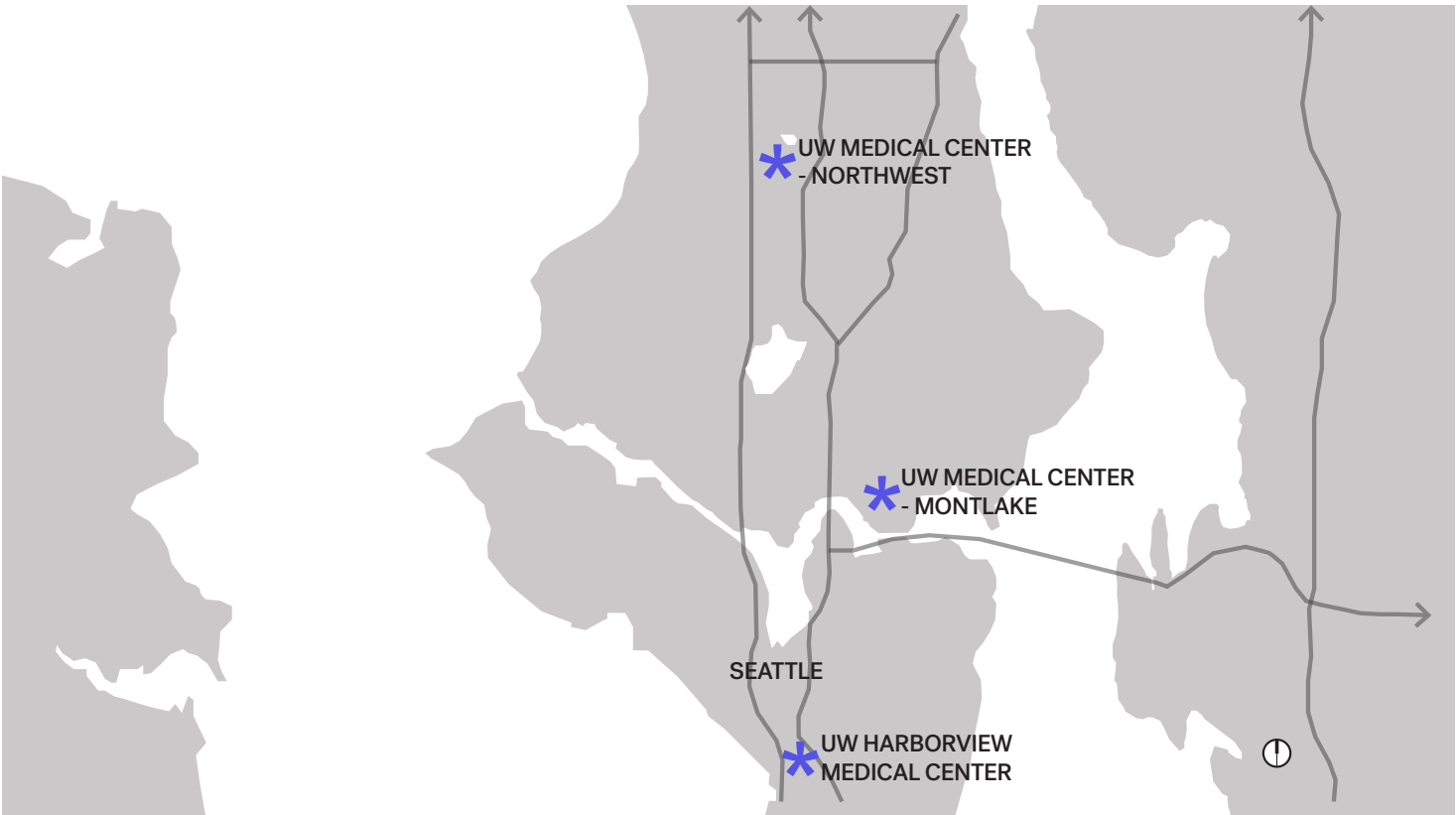


Figure 1: UW Medicine Campus Map



Figure 2: Aerial photo of UWMC - Northwest

Project Vision and Goals

GUIDING PRINCIPLES



Integrate

Innovative and comprehensive care, offered in a healing environment, to help patients with behavioral health recovery.



Heal

Alternative to existing long-term (90/180) civil commitment beds at Western State Hospital.



Educate

Training site for the next generation of health and behavioral health care providers for Washington State.



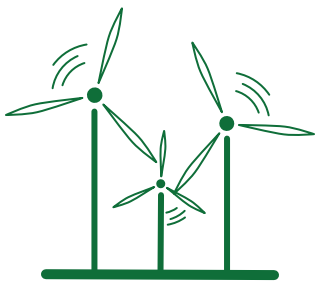
Innovate

Support the first of its kind 24/7, 365 day a year telehealth program.



Safeguard

Ensure a safe environment for patients, providers, staff, trainees and visitors.



Sustain

Project design to incorporate required infrastructure upgrades and connectivity for hospital's essential services.



Honor

Preserve and evolve campus vision, including how patients and visitors experience the campus.



Welcome

Provide a welcoming and healing environment that will raise public awareness about the importance of behavioral health and its impact to the health of all our families and our communities.



Integrate

Innovative and comprehensive care, offered in a healing environment, to help patients with behavioral health recovery.

The University of Washington Behavioral Health Teaching Facility (UW BHTF) will provide patient care like no other facility in the country with a truly interdisciplinary team. The program will fully integrate both physical and mental health in a flexible and adaptable care environment. Supportive of mental wellbeing, connections to the outdoors will provide patients a place of respite and offer an enhanced treatment experience and improved patient interactions. Natural beauty will elevate experiences for all, including the public, with the hope of raising awareness within the community.



Heal

Alternative to existing long-term (90/180-day) civil commitment beds at Western State Hospital.

UWMC will create a healing, welcoming and comfortable environment with visual connections to nature. The facility and staff shall treat all patients with respect, ensure patient privacy and encourage patient independence by emphasizing their recovery and successful reintegration into the community. Patient treatment programs will be developed through a collaborative and inclusive process. Flexible spaces will be provided for teaming, therapy, and treatment areas to allow adapt to change over time. With a focus on skill building and improved functioning, a continuum of care will be provided to help support a successful transition back to the community.



Educate

Training site for the next generation of health and behavioral health care providers for Washington State.

“...educating a new generation of individuals who will invest their hearts, lives and careers into those who are hurting, helping them regain hope for their futures.” - WA State Representative Norma Smith.

The UW BHTF will attract qualified trainees from a wide variety of health professions, promote interdisciplinary learning and collaboration, and inspire these trainees to work across Washington State once their training is complete. The UW BHTF will provide rewarding jobs attracting excellent and dedicated psychiatrists and other mental healthcare providers. We will train and educate the next generation of behavioral health care providers with a focus on healing. The building will provide easy access to multiple collaboration areas with a variety of space types for integration and learning. Innovative technology with flexible and adaptable spaces for deployment will ensure the BHTF remains a best-in-class educational experience.



Innovate

Support the first of its kind 24/7, 365 day a year telehealth program.

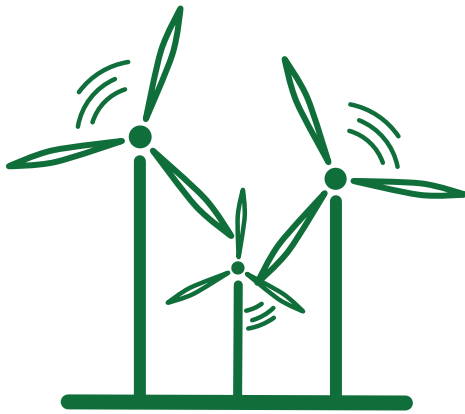
To provide support for psychiatric care, consultation and teaching across the region, telepsychiatry services will play a critical role in the UW BHTF program. Acoustically sensitive rooms will be provided for telepsychiatric care. In addition, conference rooms will be equipped with video conference capabilities to accommodate multi-disciplinary teams, as well as trainees learning how to provide telepsychiatry. This space will allow delivery of the first of its kind, 24/7, 365 days-a-year, telepsychiatry consultation program recently funded by the Washington State Legislature. This program will serve as an on-demand resource for primary care providers, community hospitals, emergency departments, and county / municipal correctional facilities throughout Washington State. When not in use for patient care, the technology-equipped rooms can also be used to deliver continuing medical education programming to providers around Washington State.



Safeguard

Ensure safe environment for patients, providers, staff, trainees and visitors.

UW BHTF will provide an optimal staff and patient safety experience which provides a high degree of visibility and proximity for staff. The facility will emphasize the importance of relationships and will foster a culture where people look out for one another. The care team will work together to create a sense of community for the team in a flexible environment that manages stress and retains care team staff. Areas of respite and workspaces which provide staff proximity and visibility to each other will be carefully considered in the design process. Families and visitors will have a stress-free arrival experience and an efficient visitation process which will provide quality time with loved ones within an array of safe and warm environments.



Sustain

Project design to incorporate required infrastructure upgrades & project design to incorporate connectivity for hospital’s essential services.

The project will provide the required infrastructure upgrades, including new kitchen and dining facility to serve the campus. Appropriate resiliency measures and connectivity to the hospital’s essential services will minimize operational redundancy and emphasize long-term efficient operations. Sustainability and life cycle assessments, including operational and maintenance costs will support key decisions. Flexible and adaptable spaces will be provided to ensure efficient adjustments can be made as operational needs and pedagogy evolves.



Preserve

Preservation of campus vision, including how patients and visitors experience the campus.

The building will reflect the mission and values of the campus masterplan with a regionally appropriate expression which compliments the existing campus. Massing and development will reflect the context and respect the surrounding neighborhood and existing exceptional trees. Families and visitors will have an easy, stress-free arrival experience with clear wayfinding and universally accessible pathways.



Destigmatize

Raise and destigmatize public awareness about the importance of behavioral health and its impact to the health of our families and our communities.

Public access and raised public awareness will be provided through workshops and wellness events, broadening impact and destigmatizing public perceptions while building critical relationships and partnerships in the community. Gathering and collaboration areas will be universally accessible, and a variety of space types and environments will be provided for interaction in a variety of platforms.