ABSTRACT

Title of Document: DESIGN PRINCIPLES FOR TRANSITIONAL HOUSING

Suzanne Braman, Master of Architecture, 2007

Directed By: Professor of the Practice, Gary A. Bowden, School of Architecture

The Washington, DC Office of Victim Services has determined a need for transitional housing and support services for battered woman and their children for the first two years after they leave their residence. It is my assertion that for a family in transition a secure environment can be placed within proximity to their original place of residence. Residing in the neighborhood will empower the individual through the strength of her existing connections to the community while building a new support network.

My thesis seeks to discover how architecture can empower abused women to independence, building self esteem and stronger family units. Design principles were derived from research of the both the impact of domestic violence on women and historic examples of affordable housing. The design solution focused on three primary design principles: Security, Community and Individuality, a design integrating a two year program of support services within a courtyard building.
DESIGN PRINCIPLES FOR TRANSITIONAL HOUSING

By

Suzanne M. Braman

Thesis submitted to the Faculty of the Graduate School of the University of Maryland, College Park, in partial fulfillment of the requirements for the degree of
Master of Architecture
2007

Advisory Committee:
Professor Ralph Bennett, Chair
Assistant Professor B.D. Wortham, Ph.D
Visiting Associate Professor Ronit Eisenbach
Forward

Reporting on housing for battered women in the United States, the United Nations Rapporteur on Affordable Housing, Miloon Kothari, stated “the privatization of many community and social services and the rising land and home prices all make the decision to leave an intolerable situation more difficult. Gaps between law and reality exist because of gender bias, unfair laws, administrations, local governments and customs. And when legal remedies are available, they are often unaffordable. Sadly, these people are not wanted. We’re seeing the development of apartheid cities across the world, and I’ve certainly seen them in this country.”¹

The UN Committee on Economic, Social and Cultural Rights (the CESCR Committee) has defined a “human right to an adequate housing” as a right not fulfilled by merely a place to live, but a right to live someplace in “security, peace and dignity.”²

¹ Gerfen, Katie, The Diplomat Architecture, April 2006, Vol. 95 issue 4
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Introduction

There has been determined by the Washington, DC Office of Victim Services a need for transitional housing and support services for battered woman and their children for the first two years after they leave their residence. Currently, support services are supplied by a community provider that the woman identifies with; however there are not the facilities to house these family units for an extended time. It is my assertion that during this time of transition, a secure environment can be placed within proximity to the original place of residence, allowing continued support of the community for the parent and the children. Housing is required that is specific to each provider community, which are often defined by ethnic identity, disability or faith group. Therefore, the housing needs vary in quantity, unit size, neighborhood and housing type. However, there are commonalities for these families in transition, including security for the community and the family unit, safe open space, and access to public transportation and amenities. It is the intent of this thesis to ascertain the design principles that are common to this user group, and then to apply these principles to three housing types common to the Washington, DC metro area: the town house, and apartment building and mixed use building type.
History of Transitional Housing for Women

Transitional supportive housing programs for battered women were first constructed in England in the 1970’s, emerging throughout developed nations in the past three decades. Two notable housing developments from the first decade include London’s Fiona House, designed by Sylvester Bone (1972) and Huvertusvereniging or “Mothers Home”, designed by Aldo van Eyck, 1980.³

(IMAGE DELETED)

Image 01 Huvertusverenignig or “Mothers Home
Designed by Aldo Van Eyck in 1980

By the mid 1990’s shelters began to provide supportive services, including counseling for women and children, and vocational training and job placement for the women. It is now estimated that between 4 and 8.7 million women are victimized by their partner annually. The violence does not have boundaries, it occurs to a greater or lesser degree in all regions, countries, societies and cultures; affecting women irrespective of income, class or ethnicity.⁴ While both men and women can be perpetrators of domestic violence, nearly 98% of reported cases are abuse of women by their male partners. Finding safe and affordable housing is one of the greatest obstacles that women who leave abusive partners face, as perpetrators of domestic violence often control the finances within the home, exacerbating the victimization of the women before and after her leaving.⁵ For this reason, government and nonprofits

⁴ Paglione, Giulia “Domestic Violence and Housing Rights: A Reinterpretation of the Right to Housing” Human Rights Quarterly 28 (Johns Hopkins Press, 2006) p. 120
have been historically responsible for building and maintaining shelters, with limited transitional or “second stage” housing. Current studies document the dearth of transitional housing for battered women, there are many shelter programs with support services, but only a small percentage have extended stay housing.6

Patterns from Public Housing

There are parallels to government and non-profit public housing precedent that have informed the design and construction of transitional housing programs for battered women. The building and site design of public housing for families in the United States has had three general stages over its 60 year history.

The 1930’s and early 1940’s constructed semi-enclosed courts with walk-up buildings. From post World War II until the 1960’s, row houses edging large open spaces and widely spaced elevator buildings were the norm. What followed is period of private yards and semi-enclosed courts for row houses and low rise buildings up until the 1990’s. The shifts in these stages coincide with the shifts in the values of the government; which during this time period focused on the evolving principles of modernism, including universalism, standardization and stability.7 More recent developments in public housing have emerged, including an emphasis on particularity and difference, and connection within the community, ideals which reveal the importance of site, community integration and access to critical facilities.8 These are

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8 Wasserman, Judith pg 105
important principles for residents of public housing, but these are crucial for women and children in public housing.

Specific to women, historically, public housing has done “little to 1) provide services for female headed households 2) develop services to promote long term sufficiency 3) create adequate spatial legitimacy to support women’s informal networks and 4) provide necessary therapeutic help in recognition of the effects of abuse.”9 In an effort to address women’s needs in public housing during the radical feminist movement of the 1970’s female designers and planners organized around the recognition of “space as power”, stating, “The appropriation and use of space are political acts. The kinds of spaces we have, don’t have, or are denied access to can empower us or render us powerless. Spaces can enhance or restrict, nurture or impoverish. We must demand the right to architectural settings which will support the essential needs of all women.”10

Historically the experiences of women in public housing have been wholly neglected, as female headed households were rarely viewed to be permanent family types; despite the fact that through history more women and children have been affected by public housing than men. In the mid 1980’s a national spotlight on public housing, coinciding with a mature feminist movement, generated studies on the effects of public housing on women and their children. These studies review a broad range of issues affecting battered women in the transitional housing environments, often

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9 Wasserman, Judith pg 105
interviewing the women and their providers. These studies informed the following Design Issues and Opportunities.

Public housing is the epitome of the built form as representation of the dominant societal model of power and control. Unfortunately in the U.S., our public housing has shown through history, the extremes of solutions. One extreme, the conservative, perpetuates reactionary social constructs; and another, the activist, promotes the utopian ideal of a building that will change society. Both extremes have proven to be impractical and unsuccessful solutions and both result in an alienation of the resident.

While past models have been inclusive of the government, developer and builder in the process of building a public project, the current model integrates the user into the solution, in addition to considering the broader consumer of the public housing market, the neighbors and the greater community. This planning model requires meeting at all phases of planning with many parties, listening, educating and negotiating. The result will be an environment that will meet more of the needs of the resident, in addition to meeting the needs of the community affected by the new building.
Design Issues and Opportunities

It is the intent of this thesis to respond to women’s needs specifically. The architecture will: provide secure environments that foster dynamic family activities for many ages, provide for proximity to services to promote long term self sufficiency, educating and enabling female headed households, create adequate spatial legitimacy to support women’s informal network and provide space for therapeutic support in recognition of the effects of abuse. The following design issues have been identified as paramount to the success in supporting families in transition.

Proximity

Figure 02 Diagram depicting the immediate neighborhood, and varying kinds of social support which enable “social embeddedness”. 

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**Proximity Issue:** Security for the mother and children promoted secrecy of housing location, and remote location for the housing. Following the first national survey in 1981, it was determined that secrecy of the location of a battered women’s shelter was of paramount importance for a woman’s security, and that the shelters location be outside of the neighborhood; a wisdom which was unquestioned for twenty years.

![Diagram depicting the immediate neighborhood and existing community infrastructure which are known to the family](image)

**Proximity Opportunity:** Keep the transitional housing in the neighborhood. Recently, program directors have begun to publicize the location of battered woman’s shelters for a number of reasons stemming from a desire to raise public awareness of the
issue. Women will know where to go for assistance, the community at large will be more aware of the extent of the problem of domestic violence, in addition, the message will be clearer that the women do not need to hide, as they have done nothing wrong. Increased public awareness of domestic violence has the added benefits of increased fund raising and greater cooperation with the community service infrastructure, like police and hospitals.  

These “essential” services are also important to the resident; proximity to the community service network gives the women greater control regarding access to educational programs, drug treatment programs, shopping and recreation.

In addition, by keeping the housing within the community, a family will maintain the women’s existing social support network. “Social embeddedness” refers to the individuals connection with significant others in a social network, which may include school, church and neighborhood groups. For example, a child will have a social network at his school, which would be severely disrupted should he be relocated. There are both perceived and enacted supports that one receives from the social network, all of which contribute to a persons trust in network member’s ability to provide help in times of need.  

A new social network is created from the transitional housing unit community, and for this reason transitional housing units are ideally

located in proximity to each other, allowing for shared open space and support services.

There is an additional benefit related to the women being relocated within their community. Past housing examples, where the women are relocated outside their neighborhood have resulted in a disparity in the women’s sense of security, a division that broke down along racial lines.\(^1^4\) With housing being proposed to be built within the same community, it is anticipated that any insecurities that may result from ethnic, religious or other cultural differences would not be any greater than in the women’s existing experience in her neighborhood. This is true especially for the immigrant population.

While it is now reported that immigrant women are not subjected to domestic violence more frequently than native populations; when abused, immigrant women’s experiences are exacerbated by their immigrant status. Isolation, language difficulties and reduced employability limit the options for women living with an abuser, making it easier for men to control the women’s lives both emotionally and physically.\(^1^5\) Since the laws that regulate housing rights, such as legal security and standards of adequacy are derived from an androcentric foundation, women’s rights are further compromised.\(^1^6\) Lastly, the legality of a women’s immigrant status is often tied to their spouses. In the United States immigration law often requires that a couple

\(^1^5\) Menjivar, Salcido “Immigrant Women and Domestic Violence: Common Experiences in Different Countries” Gender & Society (Sociologists for Women in Society, 2002) p. 904
\(^1^6\) Paglione, Giulia “Domestic Violence and Housing Rights: A Reinterpretation of the Right to Housing” Human Rights Quarterly 28 (Johns Hopkins Press, 2006) p. 120
remain together for a number of years before the union can be legally recognized, causing another hurdle for immigrant woman living in a violent home.¹⁷

![Diagram](image)

Figure 04 Diagram representing Degrees of Security required for Individual, Family and Community

**Security**

**Security Issue:**

Women and their children will be close to their batterer, creating an increased security risk. Once the family is separated from the abuser, the security within the home and new community will be a primary concern. Residents have requested a security system and bulletproof glass in every unit for individual house security in addition to secure playgrounds for the community.¹⁸ Also, mothers desire a meeting place for the father to visit the children that is not close to the housing mitigating potential conflicts close to home.

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¹⁷ Menjivar, Salcido “Immigrant Women and Domestic Violence: Common Experiences in Different Countries” Gender & Society (Sociologists for Women in Society, 2002)
Security Opportunity:

Allow for women to have responsibility for their own safety within layers of security in the community and the building. Control of the environment for a resident and her children is essential to the success of a transition to a new life. Control was lacking in the home of the abusive partner, therefore control entirely provided by the support provider, or the system, will also prove to be not conducive to empowering the women to individual ownership of her future. The goal of the program is to empower women to self confidence and responsibility. This should be the manifesto of a security plan. Women must be able to choose their limits related to security, must be allowed to make errors in judgment, only then can one experience responsibility and self empowerment. However, the means for this chosen security must allow that all community residents feel the housing provides for security, peace and dignity.

Figure 05 Diagram representing Success of Program based on Length of Stay in Transitional Housing

On demand housing for extended time
**Issue:** Housing is required on demand as an immediate solution to an immediate problem\(^\text{19}\). The housing should be available in a variety of types/sizes as each family will vary in number and need. Ideally the range may include apartments through to single family homes.\(^\text{20}\)

**Opportunity:** Allow for families to live in the housing for up to two years. Housing is required for one year minimum, as the average length of time it takes a homeless family to secure housing is 6-10 months. Studies have shown that a two year program is most effective.\(^\text{21}\)

Figure 06 Diagram representing Services in proximity to support transitional housing

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**In-house Support Services**

**Support Services Issue:** Support services are required for a successful transition to self-reliance. These include: counseling and support groups, housing and employment assistance, safety planning, and workshops for education, employment, budget, parenting, and nutrition. On-site daycare would help save time and peace of mind. In addition, advocacy on legal matters is a paramount concern. Many programs require that there is a civil protection order in place at the time of intake, or at a minimum, a family law matter related to domestic violence in litigation. There are practical matters as well, including transportation vouchers, telephones, referrals and advocacy.\(^{22}\)

**Support Services Opportunity:** Provide these services within the building or in proximity to the housing. These functions should be in support of the residents and consistent with their needs, no programs should contradict the goal of security and empowerment. Where public access is be granted to these services, security thresholds will need to be in place to protect the residents.\(^{23}\)

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Figure 07 Diagram representing Dimensional Requirements for field, court and playground spaces to overlap.

Outdoor Space

Outdoor Space Issue: Children coming from a battered home will require secure playgrounds, where play can be apart of daily activity that is both protected and close to the community. Children require outdoor space in excess of the building code requirement for 15% of the total building area.

Outdoor Space Opportunity: A square footage derived from the field size is a better determinant for outdoor area than building code, a soccer pitch or baseball diamond will allow for a participation in outdoor activities by a greater range of age groups. In addition, during the morning hours, the flexible area can be a play area for the toddler and stroller crowd, and their mothers.
TREE OF LIFE: Transitional Housing Development in Boston

Project Impetus

In 1986, Mayor Raymond Flynn of Boston estimated that 200 female heads-of-households and their children lived in emergency shelters, hotels or motels in Boston, and women and children represented 90% of Boston’s homeless population. To address the issue, the mayor asked the city’s planning and urban renewal agency to respond to the needs. A city owned site was selected in the desirable South End, close to downtown and historically known for its racial and economic diversity.

The project required a collaborative planning process that involved the neighborhood and Boston’s non-profit and social services community. While the primary reason for this comprehensive collaboration was political, the result was guidance for the mayor related to sizing, clustering and finer details, all which contributed to the guidelines for development of the parcel, and the request for proposal for development teams. Key issues negotiated with the neighborhood were related to maintaining the architectural character of the South End, in addition to making allowances for permanent ‘market rate’ housing on the site.

The following design goals were ascertained through the mayor’s process, comprising a request for proposal. Two of the submittals are shown.

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Design Goals per the Request for Proposal

Density

Up to 60 family were originally estimated for the parcel, however the final design allowed for 36 transitional families to be accommodated; enabling optimal density for social services and provide for permanent housing located on the site.

Clusters

Planning for clusters of 9-10 apartments was requested to allow the optimal community of peer support. Planning for residents privacy while encouraging a support network, each group include a community space, handicapped accessible apartment and fenced in backyards, in addition to mixing age, ethnic and life-experience of the residents.

Social Services and Childcare

Childcare facilities needed to allow for the expected population of the Tree of Life facility, and possibly provide for children from neighborhood families.

Parking

Few families are anticipated to have vehicles, but the requirement for .7 per apartment, or 7 per cluster of ten apartments was made.
Congregate Housing Solution

The plan for the congregate, or co-housing unit, is shown below. Although the city requested independent units, the proposal challenged the principle, and asserted that congregate housing would promote community, providing a more beneficial group experience during this time of healing.

Figure 08 Tree of Life Schematic Site Plan with Congregate Housing, typical unit shown above, unit has three families living in one building, sharing living spaces.
Townhouse Solution

The final plan maintained independent housing, in townhouse form per the traditional South End type, with a shared open space in the center of the plan. Day care and market rate housing complete the adjacent block, and parking is below the housing and open area.

Figure 09 Tree of Life Final Site Plan depicting individual townhouses with shared courtyard, daycare is on adjacent block.
Precedent 2

Transitional Housing Development in Oakland, California: Hinsmen Hin-nu Terrace Project

The housing block is located on a main boulevard in a deteriorating neighborhood, making a priority of the project the economic development and support for the community. For this ethnically diverse neighborhood, housing is needed for low and very low income families and the elderly. This project was not directed to single parent families.

Design Issues and Goals

Figure 10 Hisman Hin-nu Terrace: Section through Market Hall, with parking behind the shops and courtyard above. Housing is above the market hall.

Scale and Density Create a new pattern of two and three story buildings with retail below and residential above, setting a standard for future developments in the neighborhood.

Outdoor areas Provide safe, enclosed outdoor space for children to play and neighbors to mingle, provide resilient surfaces softened with lush foliage.
Figure 11 Hisman Hin-nu Terrace: Axonometric of Plaza and Upper Levels
Identity

Using exterior murals, frieze panels and decorative tiles define the development’s multi-ethnic mix. In addition, the distinctive interpretation of mission revival style, with red tiled roofs, trellised balconies and warm colored stucco recalls the historical townhouses from the area, few of which remain intact.

Figure 12 Hisman Hin-nu Plaza Level Pedestrian and Vehicular Security Access
Security

Security was a major concern for all parties involved. The end result uses the building as wall, enclosing courtyards and providing security checkpoints, as diagrammed. In addition, “porches and windows on the street provided a degree of community surveillance, impacting the security and pride of the building”.²⁵

Support Services

A child care center and community center that serve the housing community and neighborhood. As these facilities are open to both the street and the secure interior court, there is a security point inside to control access.

Results

The end result is a building with ground floor retail and parking in the rear below a second level open courtyard that enables the residences to have private outdoor space. The existing street vendors are given market stall spaces on the street façade to maintain their existing marketplace. Daycare and a job training community center are accessible from the street and courtyard. Secure entrances lead to 92 apartments, ranging from one to four bedrooms, with individual courtyards adding layers of privacy within the architecture.

²⁵ Statement by Joshua Simon, project manager for the East Bay Asian Local Development Corporation.
A development built primarily for single parents, Willowbrook Green facility is located in a tough section of south central Los Angeles where 41 percent of the families are single parent households. The units frame a courtyard which has daycare to support the housing; elderly and two parent households will not be restricted from renting in the building. There are 48 rental units, one, two and three bedroom sizes.

**Design Issues and Goals**

**Proximity to transportation and commercial centers**

The location of the housing is best in proximity to commercial centers, where little or no transportation is required to daily/weekly essentials, like grocery shopping. When travel is required to these, a housing location that is close to many bus lines and/or the metro is essential for parents traveling to work and school.

**Onsite daycare and adequate outdoor space**

By framing a courtyard, the site plan allows for outside play area for the residents and a separate enclosed area for the daycare provider.

**Space and services for counseling and job training, including central community room and management offices**

Providing space for after school care and evening meetings that is in a central location (the courtyard) provides for more eyes on the open space, the access points and the
community room itself. In addition, the sense of community is enhanced by the proximity of these services to the families.

Various sized units from one room to three rooms

Provide one, two and three bedroom units within the layout of townhouses. In an effort to mix large and small, one person family units intermix the sizes. Provide for two restrooms in each unit, and two living (or dining) areas. The town homes have an efficient space plan that allows for flexibility in unit size, for one, two and three bedroom units while maintaining the same dimensions of the building envelope and plumbing partitions.
Figure 15 Willowbrook Green Plan

Figure 16 Willowbrook Green Section
Security for parents and their children. The entire facility is enclosed with passage points that provide security points for both pedestrian and vehicle into the courtyard. A separation of the daycare, guest and public parking from resident parking provides an additional layer of security. As shown in the section all units are through to the street, however there are no door openings directly unto the street, all access to the units is through the courtyard.

The controlled access points to the courtyard and careful consideration of the access and separation of parking facilities are strong security measures; however the units turn their back on the street. While openings to the street are not advisable in this tough neighborhood, the potential for a better neighborhood street life in the future would argue for the town homes having front stoops interspersed with larger windows. As designed, Willowbrook Green turns its back on the neighborhood.
Program

Representative of Washington, DC’s population, there are support organizations for women from hugely diverse communities; like immigrant populations, special need groups, and faith based communities. The organizations range in size from a small volunteer group to a midsized non-profit, with transitional housing needs ranging from units for one family to as many as twenty. To illustrate a comprehensive program, with a full complement of support programs, a thirty unit complex will be developed for the site.

The support services program is a two year comprehensive plan that includes education, housing and employment assistance, drug and alcohol dependency support and day care. In addition to on site 24-hour security, full-time management of the building and the support program is required.

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<th>Total sf’age</th>
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<td>1</td>
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Site

The project is located in Adams Morgan, a neighborhood in Northwest, Washington, DC. As described in the introduction, the desire for transitional housing comes from a support provider. The most established organization is a provider of legal and support services, AYUDA, which meets the needs of the Latino community. AYUDA has a staff of family law and immigration attorneys assist their community with legal and social services, in addition to assisting victims of domestic violence. Their offices are located in Adams Morgan, the heart of the Latino community, and the most densely populated and developed neighborhood in Washington. In addition, the Marie H Reed Center is community built, with recreations fields and courts, and a learning center. This amenity is located directly on a main thoroughfare, 18th Street, with a police station two blocks west.
Figure 19 Adams Morgan Neighborhood, with site located at 18th and Florida Street, NW
North

Figure 20 Aerial view from south to 18th Street. Reed Center fields are north of the sites; the police station is in the adjacent block. North

30
Figure 21 North view of 18th Street from open lot at intersection of 18th Street and Florida, NW. The fields on the right are the Marie H Reed Center.

Figure 22 South view of 18th Street from open lot at intersection of 18th Street and Florida, NW. The six story apartment building is across the street, two story retail adjacent to the site.
Figure 23 View of site from 18th Street and California, NW.

Figure 24 Aerial view of site. North <
Conclusion

Principles

In conclusion the final design focused on three principles: Security, Community and Individuality.

Security

Proximity to the Community Infrastructure provides for

- fostering public awareness of the victims of domestic violence
- increasing cooperation with local police and hospitals
- increasing fundraising within the community

Community

Proximity to Existing Social Network and Building New Connections

- maintaining existing ties to friends and family
- keeping children in the same school system
- fostering social embeddedness

Individuality

- Proximity to Support Services:
  - Specific to Victims of Abuse:
    - Legal Advocacy
    - Counseling
    - Drug and Alcohol Dependency Treatment
o Specific to Female Heads of Households
  Education
  Job Training
  Housing/Employment Assistance
o Specific to Immigrants:
  Language Education
o Specific to Parents
  Budgeting
  Parenting
  Nutrition

Building Type
The building design is a courtyard building type, derived from the affordable housing precedent in an urban context, Michael Pyatok’s Hinsmen Hin-nu Terrace (see Precedent 2 above) and distilled from the suburban example, Ena Duboff’s Willowbrook Green (see Precedent 3 above).
Final Design

Figure 25 Aerial view of Courtyard Transitional Housing Building. North <

Figure 26 Aerial view of Courtyard Transitional Housing Building. North <
Figure 27 West Elevation of Courtyard Transitional Housing Building.

Figure 28 South Elevation of Courtyard Transitional Housing Building

Figure 29 North Elevation of Courtyard Transitional Housing Building.
Figure 30 Ground Floor Plan: no scale

Figure 31 Courtyard Plan: no scale

Figure 32 Third and Fourth Level Plan: no scale
Figure 33 East-West Section Perspective: no scale

Figure 34 North-South Section Perspective: no scale
Figure 37 Perspective of Entry Sequence and View to Walkway and Courtyard
Figure 38 Perspective View of Courtyard

Figure 39 Perspective View of Courtyard
Figure 40 Perspective View of Courtyard in Evening

Figure 41 Perspective View of Courtyard in Evening
Figure 42 Perspective View of Courtyard in Evening

Figure 43 Perspective View of Apartment
Figure 44 Perspective View of Courtyard from Apartment
Figure 47 Perspective of Courtyard at Night

Figure 46 Perspective View from Rooftop


Humphrey, Janice, PHd, RN and Kathryn Lee, PhD, RN, FAAN ”Sleep Disturbance in Battered Women Living in Transitional Housing” *Issues on Mental Health Nursing* volume 26, 2005 pp 771-780

Humphrey, Janice, PHd, RN and Kathryn Lee, PhD, RN, FAAN ”Sleep of Children of Abused Women in Transitional Housing” *Pediatric Nursing* August 2006 pp 311-316.


