

University Health, Counseling and Testing Center  
University of Oregon



Addition and Renovation Feasibility Study

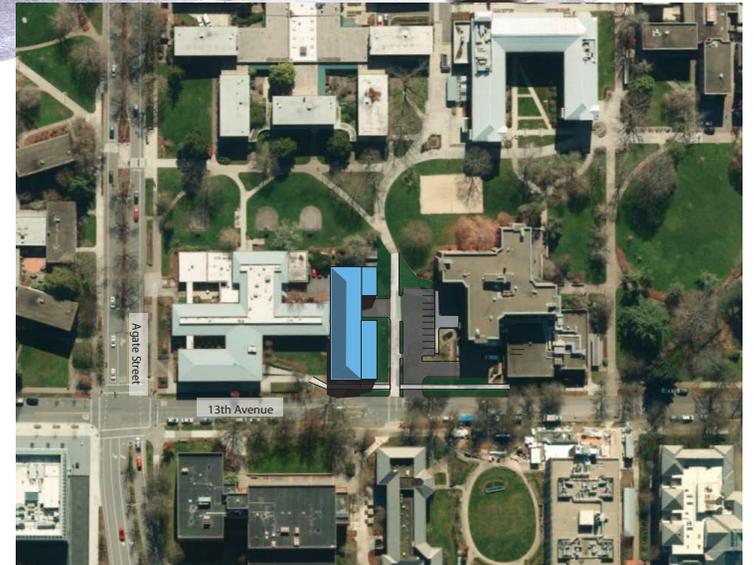
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March 2016



Photo simulation by Rowell Brokaw Architects

Conceptual drawings of a possible addition to the University Health, Counseling and Testing Center.



## **Introduction**

This study is authored by the Campus Planning Office. It explores options for additions and renovations to the existing University Health, Counseling and Testing Center and suggests a feasible project to meet the needs of the units located within the building. The study will be used to inform decisions about funding for a project.

### **Mission of the Health Center**

The University Health Center's mission is to provide exceptional culturally competent health services that enhance personal success and optimize health and wellness for a diverse campus community

### **Mission of the Counseling and Testing Center**

The University Counseling and Testing Center contributes to the University's mission through the development of the whole person. Our department seeks to integrate psychological and intellectual growth to facilitate student success in the classroom and beyond.

### **The study was guided by the following individuals:**

Mike Eyster, Senior Associate VP/Executive Director, Health Center  
Shelly Kerr, Director, Counseling and Testing Center  
Michael Griffel, Director, University Housing  
Gregg Lobisser, Assistant VP Capital Projects, Division of Student Life  
Christine Thompson, Manager, Campus Planning  
Chris Ramey, University Architect, author.



## Statement of need:

### 1. ACCOMMODATE GROWTH

There is a tremendous need to expand the University Counseling and Testing Center and the University Health Center. Current demand for services far exceeds capacity. There is an acute shortage of clinical space. There has been significant growth in the student body and a greater proportion of students are utilizing the outstanding and critical services provided through the University Counseling and Testing Center and the University Health Center. Additionally, there are deferred maintenance and facility problems that need to be addressed and a need for building operational improvements.

The severity and acuity of student mental health issues has increased nationally – and at the University of Oregon. Counseling Center staff must have the capacity to provide urgent, and sometimes immediate, assessment and intervention to students at risk for suicide or violence, who are exhibiting signs of psychosis and mania, and who are struggling with debilitating depression, anxiety, and substance use. The cases being seen at the University Health Center are increasingly complex medical and mental health issues. The time it takes to treat these students also places a limit on the number of available appointment slots.



Additional clinic space is needed immediately.

- Between the 1999 – 2000 academic year and the 2012 – 13 academic year the student body grew by 33%. The University Health Center medical staff grew by 18%.
- In the past five years, UO Fall enrollment has increased 3.4% and the number of attended University Counseling and Testing Center clinical appointments increased by 24.2%.
- The Counseling Center developed a program to provide confidential support to students who have experienced sexual assault/harassment. In just its first full year, 156 students received services at the Counseling Center as part of this program. One hundred and seventeen of these students had not received assistance from any other office when they attended their first appointment at the Counseling Center.
- Even with the utilization of a brief therapy model (1-10 sessions), the Counseling Center typically runs a wait list for services that ranges from 3-6 weeks beginning late fall term until the ends of spring term.
- 25-35% of the students who initiate contact with the University Counseling Center are referred to community therapists and agencies in order to manage waitlists; however, approximately 31% of the students referred outside of the university do not appear to actually get connected to a community provider.
- The Testing Center accommodated testing for students with disabilities has increased from 1,414 tests in 2009-10 to 2,976 tests administered in 2014-15.
- Many students may not receive the counseling services they need if they cannot be seen at the University Counseling and Testing Center. Most students are inadequately insured to meet their mental health needs, with high deductibles and copays/coinsurance, they are likely to forego addressing mental health issues due to cost. It is imperative that we provide affordable and timely services to students on campus.

### Statement of need, continued:

- Two years ago, the University asked Graduate Teaching Fellows (GTFs) to begin using the University Health Center for their medical needs. This has significantly increased the use of the health center by graduate students. For the fall of 2015 it appears that there were around 1,000 appointments at the health center filled by graduate students. (There are solid numbers on graduate student use of the health center prior to 2015, though it is believed that there has been a significant increase.)
- During Fall 2015, the University Health Center referred over 330 students to Eugene Urgent Care because they needed care relatively quickly and there were not appointment slots available when they called.
- Over 960 students were advised to implement “home care” when they called for a University Health Center appointment. If there had been appointment slots available many of these students would have been scheduled for medical appointments. Assuming 50% (480) would have had appointments combined with the over 330 sent to Eugene Urgent Care, the University Health Center missed seeing over around 810 students during Fall term of 2015 if there were the capacity. Similar situations are likely for Winter and Spring Terms. This translates to approximately 2,200 students during the 2015-2106 not being able have appointments at the University Health Center.
- As University enrollment grows, the number of students needing to be seen for medical appointments will increase, and without expanded physical capacity, turning more students away.



### 2. DEFERRED MAINTENANCE

There are some significant deferred maintenance/facility issues that must be addressed including windows that allow in rain and snow and, the poor HVAC system.

### 3. SEPARATE SCHEDULES FOR HEALTH CENTER AND COUNSELING/TESTING

The building needs to be modified to allow the University Health Center to be secured when it is closed and the University Counseling and Testing Center is operating. This is problematic and makes the facility subject to vandalism and/or theft. The Counseling Center needs to be open at times the Health Center is closed in order to provide therapy groups and other programs at times that are convenient for students.

### Summary of findings

The study suggests a 20,000 gross square foot (gsf) addition and 15,000 gsf of renovations are feasible for a cost ranging from \$14m to \$20m.

As conceived about 15,000 additional gsf would be allocated to the Health Center and about 5,000 additional gsf to the Counseling and Testing Center. This proposed allocation mirrors the proportion of space they occupy in the current building.

Presuming the current ratio of assigned space, each will be gaining about 40% more space.

## Current Conditions

### Building History

The current building was built in 1965 and extensively remodeled and added on to in 2007. Built originally as the Student Health Center the building contained an outpatient clinic on the main floor with two large areas to accommodate ten physicians, a nurse treatment area, laboratory, x-ray department, and pharmacy. The second floor was a 40-bed infirmary, isolation wing, and kitchen facility. The lower level housed a physical therapy department, sports medicine clinic, and staff library. The inpatient unit was closed in 1981 and the University Counseling Center moved into the building in 1982. In 2007 the Testing Center was established.

### Current Space Assignments

Space is currently assigned in the building as follows:

University Health Center: 19,809 asf (assignable square feet)

Counseling and Testing: 6,675 asf

Total asf: 26,484

Circulation: 14,455 sf

Restrooms: 575 sf

Baby room: 134 sf

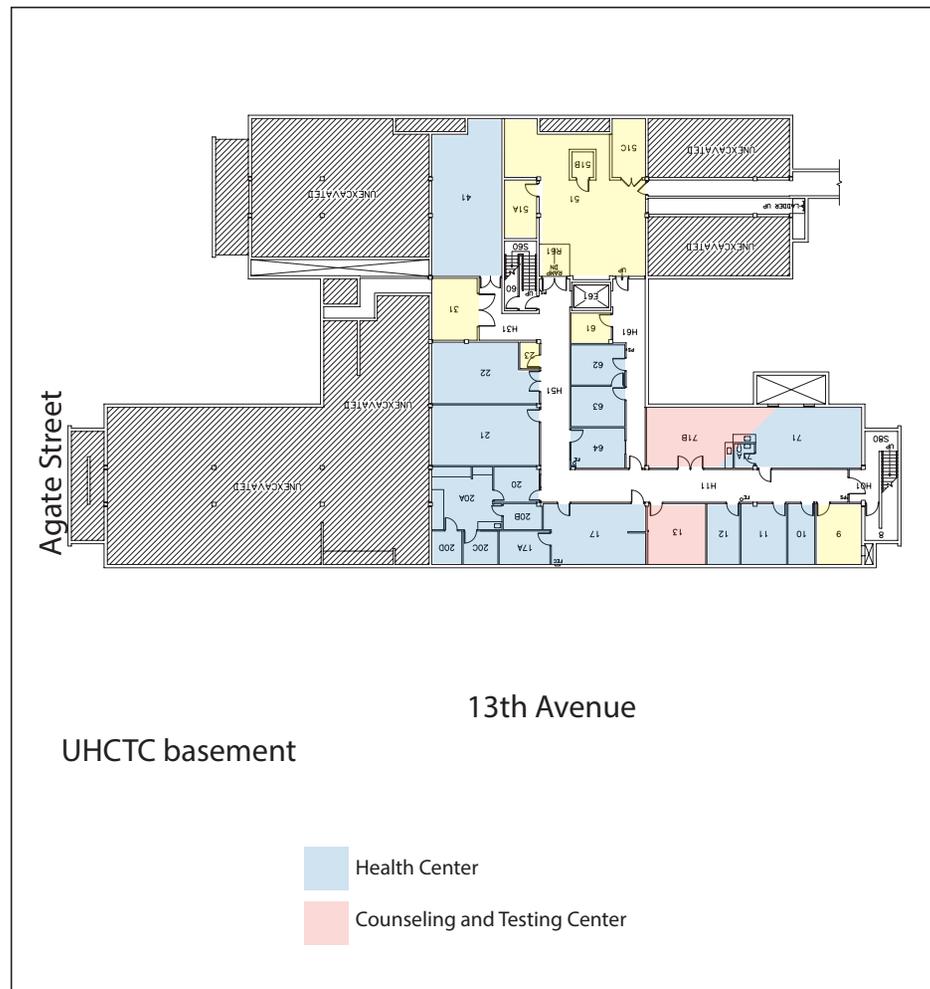
Information Services: 255 sf

Campus Operations: 1,814 sf

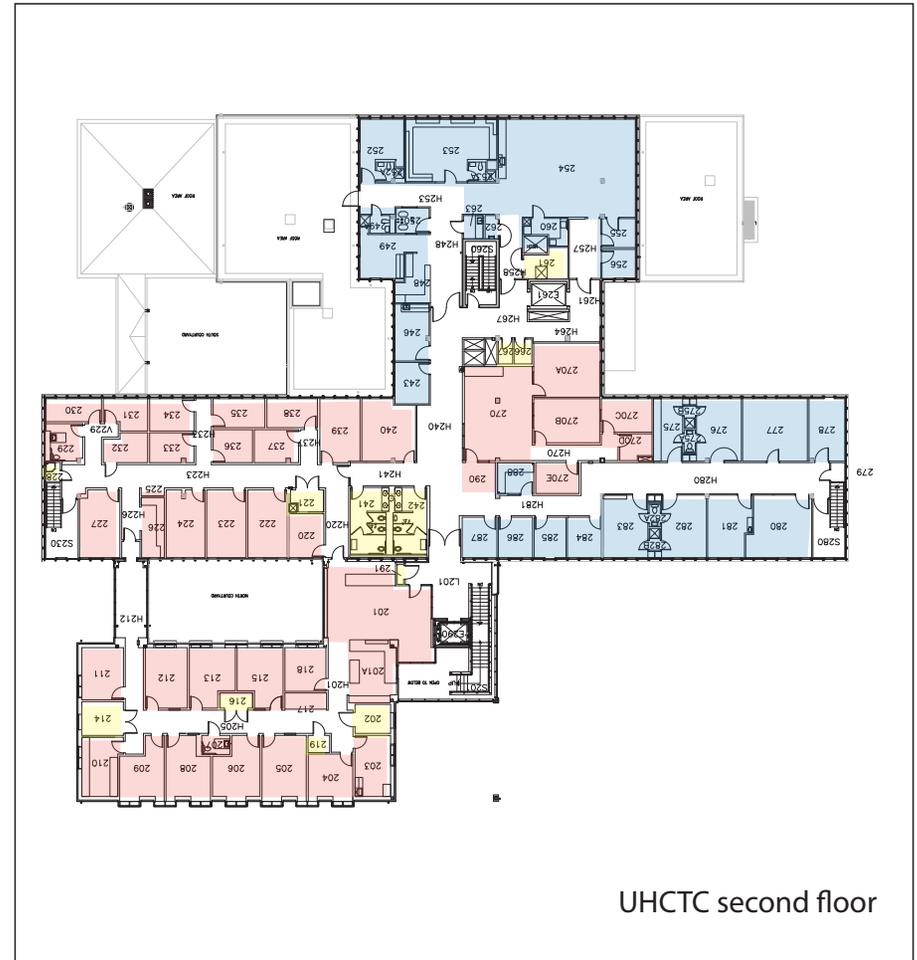
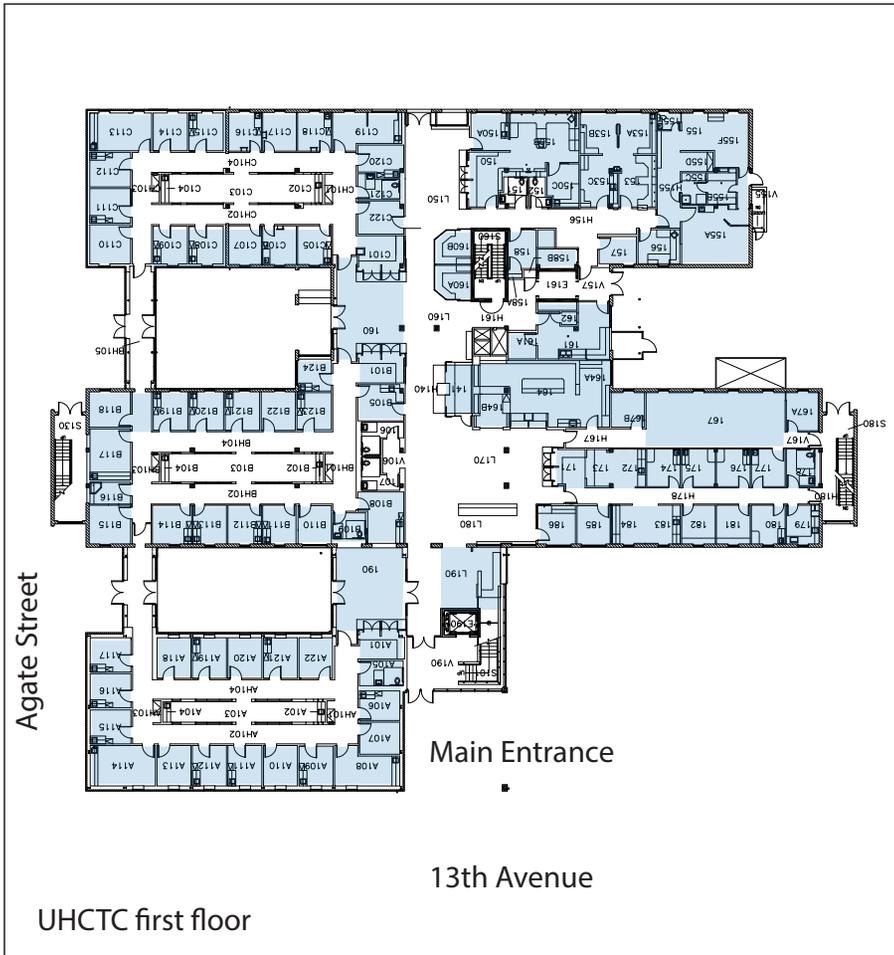
Total gsf (gross square feet): 50,212

Net-to-gross ratio: .53

## Existing floor plans



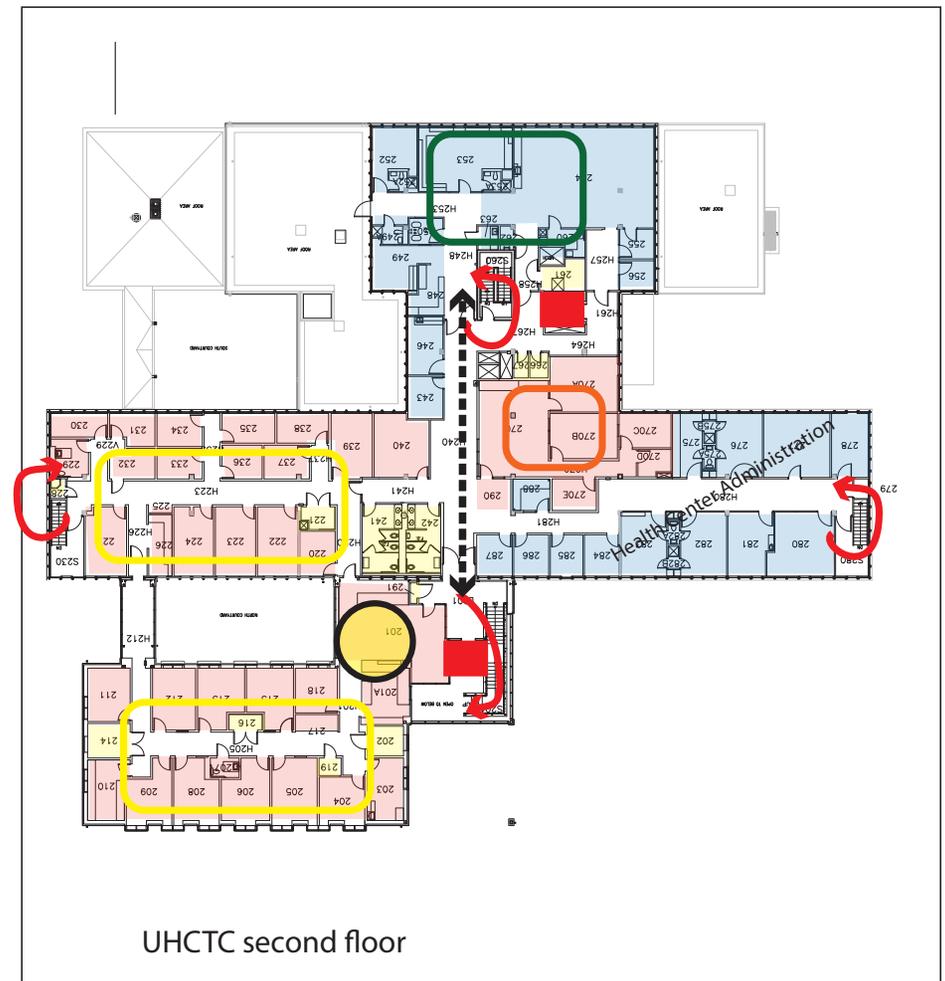
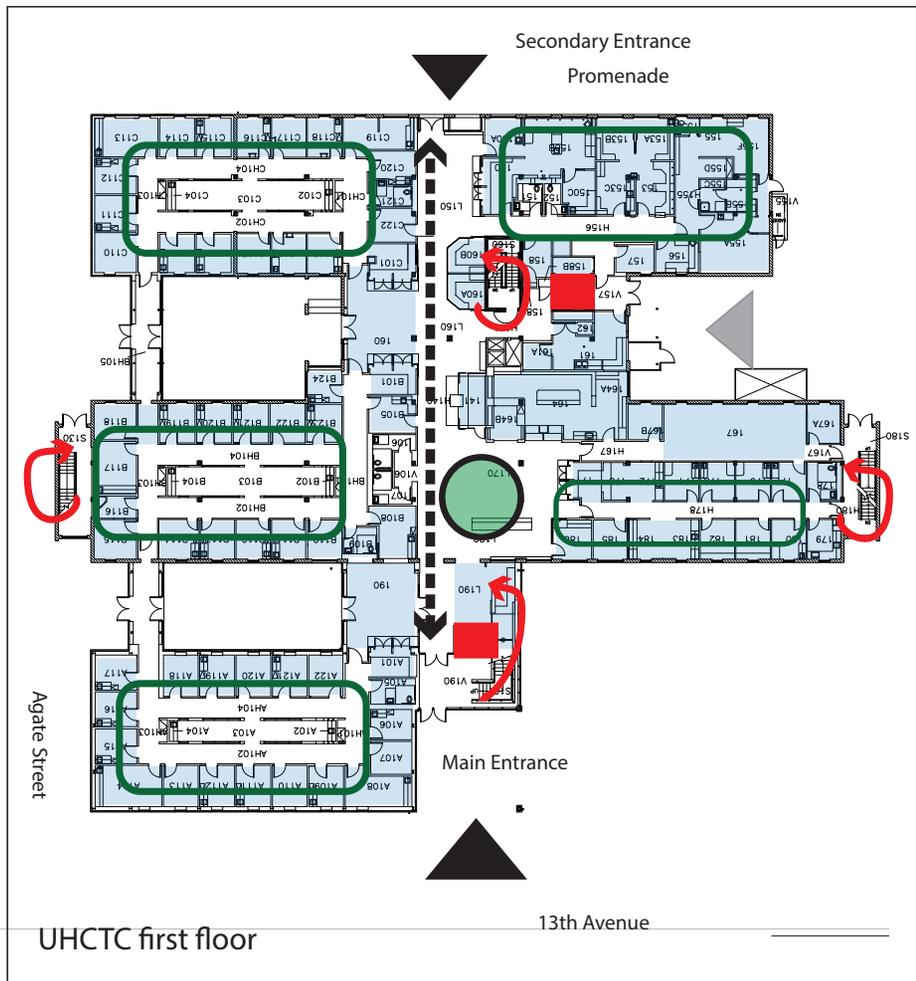
Existing floor plans



Total assigned square feet (including basement):

- Health Center: 19,809 asf 75%
- Counseling and Testing Center: 6,675 asf 25%

# Spatial Analysis of Existing Building



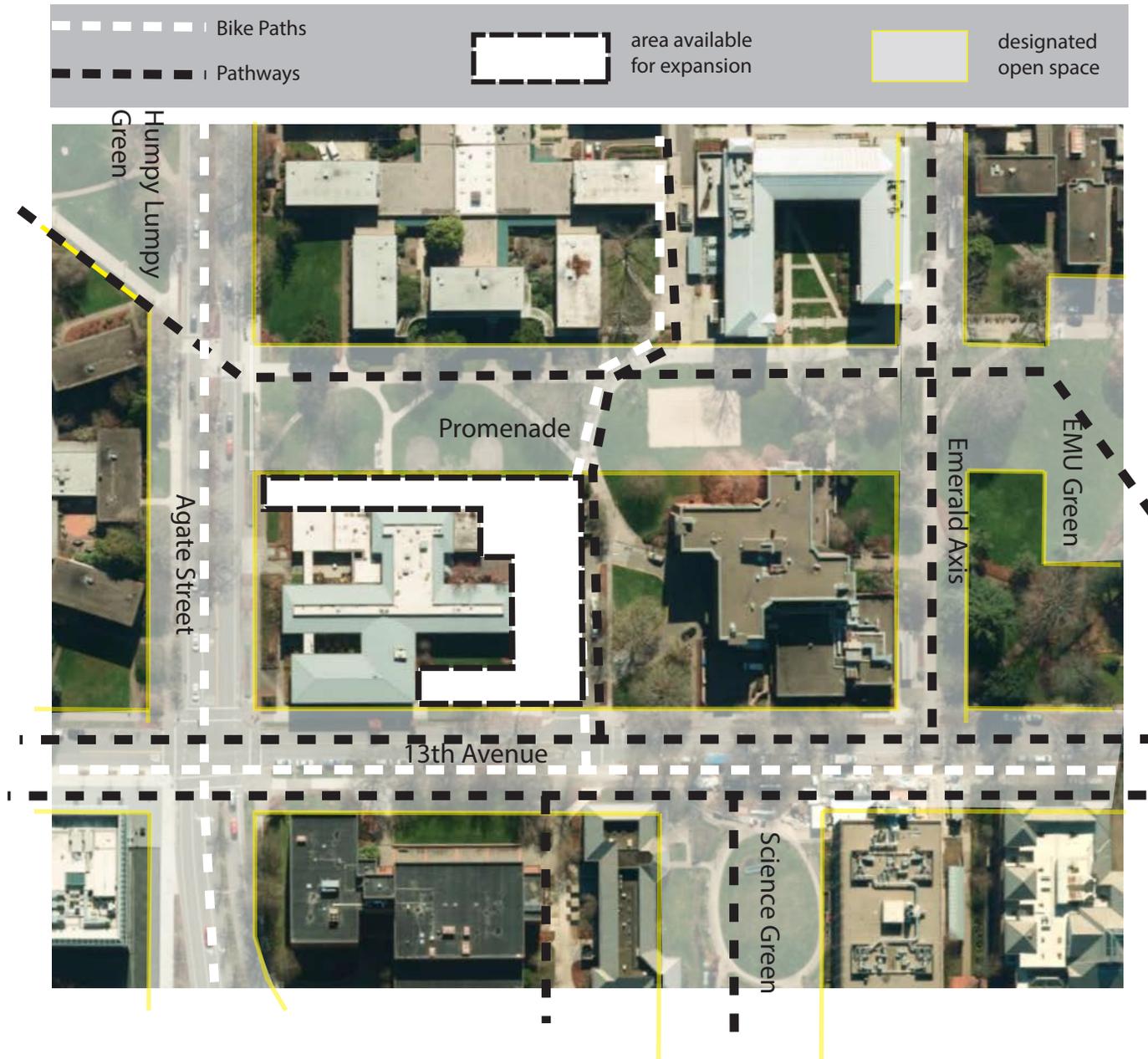
-  health clinics, treatment centers
-  health center waiting

-  Health Center
-  Counseling and Testing Center
-  service entrance
-  building entrance
-  stairs
-  elevators

-  counseling therapy
-  testing center
-  counseling waiting



Campus Plan Policy Analysis  
Available area to build



## CAMPUS PLAN POLICIES

The Campus Plan defines the type and extent of campus development. It is organized around 12 policies that describe the university's requirements with respect to physical development. A few key policies are highlighted here because they affect how the UHCTC site can be developed even at this very initial stage of development consideration. They are:

**Policy 2: Designated Open-Space Framework:** There are Designated Open Spaces and Primary Pathways on all sides of the UHCTC which need to be maintained. There appears to be enough development area available to the north, south, and west of the UHCTC to meet proposed expansion needs without intruding into Designated Open Spaces.

**Policy 3: Densities. The Northeast Central Campus:** Academic, Student Services and Housing Design Area has ~34,000-sf of building footprint and ~60,000 of building density development currently available using the current numbers for the Straub Hall Classroom Expansion and the EMU Expansion projects which may change slightly as those projects are completed (per Biennial Capacity Plan 2013-2015). Therefore, there is adequate density capacity to meet the proposed UHCTC expansion need.

**Policy 5: Replacement of Displaced Uses.** Expansion of the UHCTC to the west could displace parking, the UHCTC service dock, and pedestrian and bike connections. South expansion could displace basketball courts.

**Policy 9: Transportation.** Carefully addressing transportation needs is vital to creating a cohesive, functional campus. The central area of the campus (between Alder and Kincaid Streets on the west side, 18th Avenue on the south, Agate Street on the east, and Franklin Boulevard on the north) is primarily regarded as a pedestrian and bicycle zone. Unnecessary automobile traffic in that area is discouraged, and internal campus streets should not serve as through ways.

**Policy 11: Patterns.** Patterns establish a means of articulating commonly held values as they pertain to the campus environment and design. Patterns are statements that describe and analyze design issues and suggest ways in which those issues might be resolved. Several patterns may be appropriate for this project.

### **Connected Buildings**

*Isolated buildings can be symptoms of a disconnected campus community.*

THEREFORE: Consider connecting new buildings to existing buildings wherever possible. Try to form new buildings as continuations of older buildings and, in so doing, use the arrangement of the buildings to make pleasant outdoor spaces.

### **Main Building Entrance**

*Placing the main entrance(s) is perhaps the single most important step taken during the evolution of a building plan.*

THEREFORE: Place the main entrance(s) of the building at a point immediately visible from the main avenues of approach, and give it a bold shape in the front of the building.



## **Policy 11: Patterns. Continued:**

### **Quiet Backs**

*Anyone who has to work in noise or in offices with people all around needs to be able to pause and refresh with quiet in a more natural situation.*

THEREFORE: Give buildings in the busy parts of campus a quiet “back” behind them and away from the noise. Along this quiet back build a walk that is far enough from the building so that it gets full sunlight but is protected from noise by walls and distance and buildings. Make certain that the path is not a natural shortcut for busy foot traffic, and connect it to other walks to form a long ribbon of quiet alleyways that converge on open spaces.

### **Wings of Light**

*Buildings are often shaped without concern for natural light and depend almost entirely on artificial light. Buildings that do not allow natural light as a source of illumination are not comfortable places to spend the entire day.*

THEREFORE: Shape buildings in ways that allow natural light to penetrate far into their centers. Use ideas like light shelves to bounce daylight even further into the building’s spaces. Usually this will mean buildings that have wings less than about 50 feet in width.

### **Future Expansion**

*Buildings inevitably change and expand over time to adapt to changing user needs.*

THEREFORE: Consider the possibility of future expansion and change when designing a new building or addition.

**Policy 12: Design Area Special Considerations.** The campus is divided into smaller design areas. For each of these areas the Campus Plan identifies special conditions that should be addressed when construction occurs.

The Northeast Central Campus Design Area provides an opportunity for a major gateway to the campus at the 13th Avenue and Agate Street intersection; contains significant designated open spaces; the north/south connections from the EMU Promenade to 13th and 15th Avenues need to be maintained to ensure adequate balance between development and open-space areas; and, existing recreational spaces both active and passive are essential elements and are to be preserved and whenever possible, enhanced.

### **Site Repair**

*Buildings must always be built on those parts of the land that are in the worst condition not the best.*

THEREFORE: Never place buildings in the most beautiful places. In fact, do the opposite. Consider the site and its buildings as a single unit. Leave as they are those areas that are the most precious, beautiful, comfortable, and healthy, and build new structures in the least pleasant parts of the site.

### **Building Hearth**

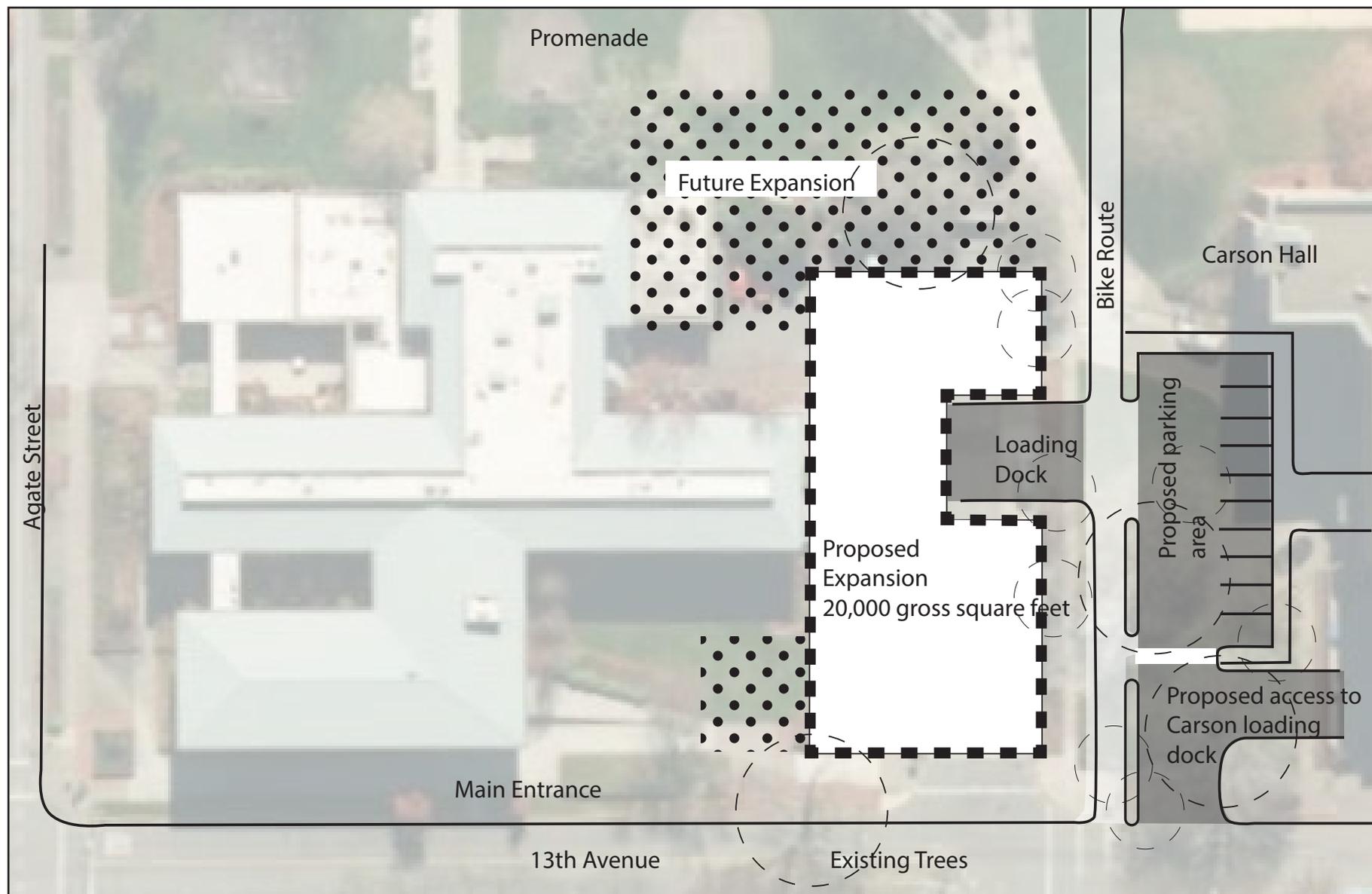
*When a building is just a collection of rooms without a focus, there is little chance for a sense of community to develop, and the possibility of an open exchange of ideas diminishes.*

THEREFORE: Create a social hearth for every building. Place the hearth at the building’s perceived center of gravity and beside a path that everyone uses. Within the hearth provide space for a lounge, mail, coffee, supplies, student information, etc. Additional hearths for departments may be appropriate as well once the building hearth is accommodated.

Existing Conditions



Possible scenario for addition and associated landscape and parking improvements



## Constraints and Opportunities

(Things to pay attention to as the project is developed)

- A new or additional entrance along 13th Avenue should be studied.
- Bicycles can be separated from autos.
- Service and loading access for Carson and the UHCTC can be consolidated into one driveway.
- Some significant deferred maintenance items need attention (such as windows).
- The existing bicycle route needs to be maintained from the south to 13th Avenue.
- An existing utility tunnel needs to be accounted for.
- Parking needs to be replaced.
- Sloping grades towards Carson Hall will require careful adjustment to accommodate disabled parking.
- Ambulance loading needs to be accommodated.
- Drop-offs at Carson Hall need to be accommodated.



## Project Costs

A rough cost estimate was created using the following criteria:

- The cost per square foot is based on a Portland cost estimating company's (Rider Levett Bucknall) third quarter of 2015 estimate of costs for university buildings. In Portland these costs range from a low of \$270/gross square foot to a high of \$390/ gross square foot. These were adjusted to \$272.7 and \$394 to account for differences in the Eugene area market.
- A building addition of 20,000 gross square feet (gsf) was included as was a heavy renovation of 7,500 gsf of the existing building and a light renovation of 7,500 gsf of the building.
- Other costs for site related improvements were estimated.
- Inflation at a rate of 4% per year was added to account for a 2018 start date with a 2019 opening date.
- An owner's contingency of 10% is included as is an allowance for furnishings and equipment.
- Other associated costs, including moving, are accounted for as well.

The breakdown is as follows (see complete budget in appendix):

	low	high	<i><b>DRAFT</b></i>
<b>Construction</b>	<b>9,213,710</b>	<b>12,854,732</b>	<i>includes building, designated open spaces, landscape and exterior improvements, and inflation</i>
<b>Moving furniture during construction</b>	<b>120,000</b>	<b>120,000</b>	<i>assumption based on past</i>
<b>Contingency</b> (10% of construction)	<b>921,371</b>	<b>1,285,473</b>	<i>for unforeseen changes during construction</i>
<b>Furnishings and Equipment</b> (10% of construction)	<b>921,371</b>	<b>1,285,473</b>	<i>office furniture, lounge furniture, medical equipment, etc.</i>
<b>indirect costs total</b> (26% of construction)	<b>2,395,565</b>	<b>3,342,230</b>	<i>fees, permits, management, etc</i>
<b>TOTAL PROJECT COST</b>	<b>13,572,016</b>	<b>18,887,909</b>	

## Project Schedule

June 2016	University approval of project
July 2016 to December 2017	Design
January 2018 to July 2019	Construction
Fall 2019	Grand Opening

## Appendix

### Other possible addition configurations

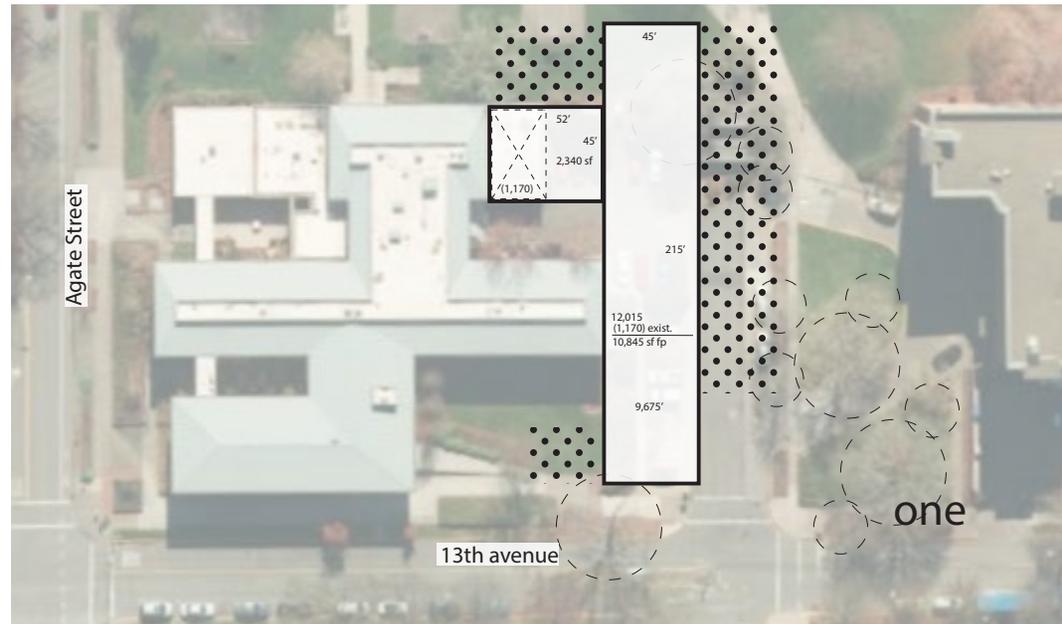
#### Alternative one - North/South 'bar'

##### Plus:

- elegant
- similar sized 'wings'
- good daylight opportunities

##### Minus:

- hard to add on to



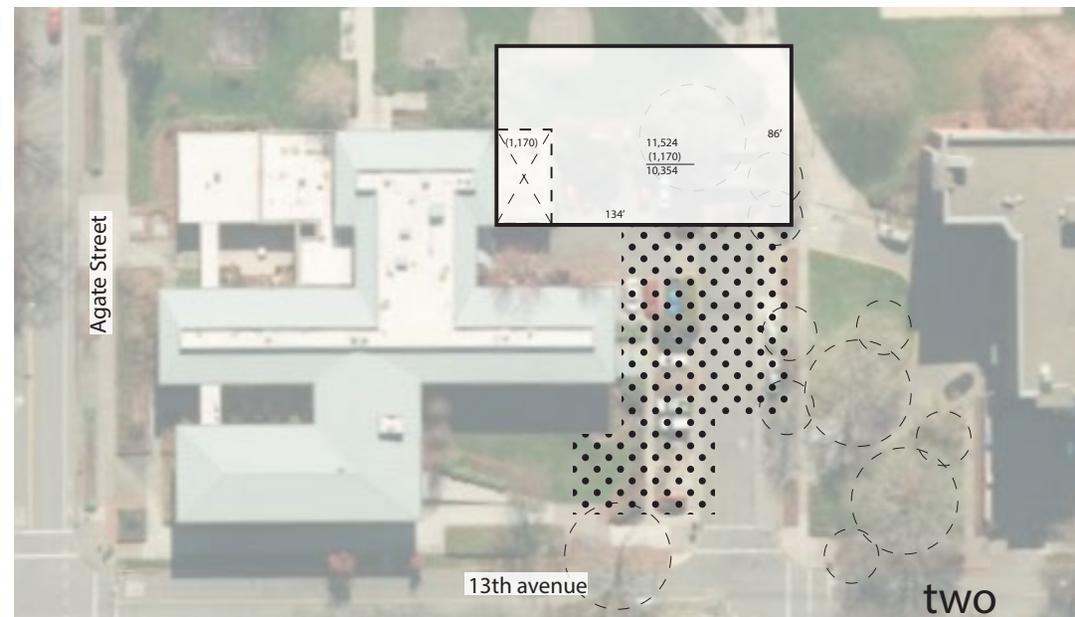
#### Alternative two - South addition

##### Plus:

- easy to add on to
- activates 'promenade'
- good access to sun

##### Minus:

- not on 13th
- hard to get service



## Appendix

### Other possible addition configurations

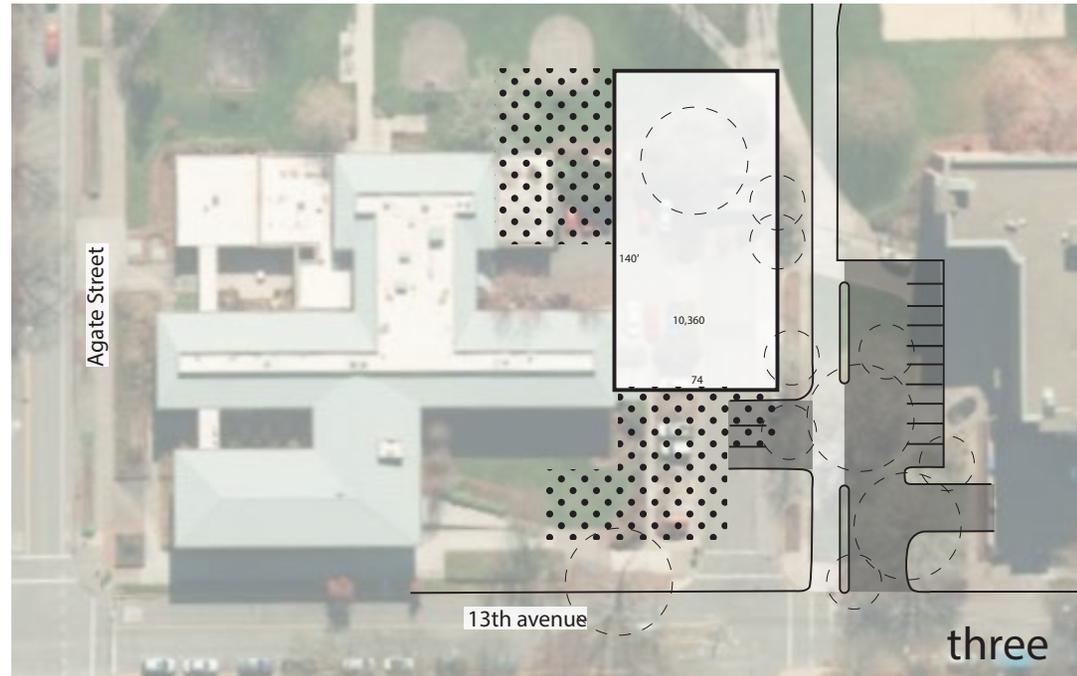
#### Alternative three - North/south - South addition

##### Plus:

- easy to add on to
- activates 'promenade'

##### Minus:

- not on 13th
- wrong solar orientation



# Appendix

## Cost estimate

### University Health Counselling Testing Center

CPD&C  
9.15.15, rev 9.30, 12.10

**DRAFT**

<b>direct construction costs:</b>	square feet	dollars per square ft		total		NOTES
		low	high	low	high	
new construction						
heavy for 12.5% of existing building	20,000	272.7	394	5,454,000	7,878,000	<i>Professional estimating firm's estimate for higher ed buildings in Portland. Plus 1% for Eugene 75% cost of building new. Replaces most surfaces and systems, ie lights, heating cooling. 25% cost of building new. Paint and carpet mostly</i>
light for 12.5% of existing building	7,500	205	295	1,533,938	2,215,688	
	7,500	68	98	511,313	738,563	
Ore. Model for Sustainable Development:						
Advanced Energy Threshold	35,000	4	4	140,000	140,000	<i>Required by Campus Plan extra cost to achieve UO energy savings standard assumption based on past</i>
Training the building users				35,000	35,000	
<b>building cost estimate</b>				<b>7,674,250</b>	<b>11,007,250</b>	sub-total for new building and remodel.
site development	7,500	30	30	225,000	225,000	<i>landscaping, sidewalks, lighting and bike parking</i>
Campus desinated open space development (area equal to 10 % of new construction)	2,000	30	30	60,000	60,000	<i>Required by Campus Plan landscaping, sidewalks, lighting, etc, in campus designated open space</i>
parking, replacement	5,000		16	80,000	80,000	<i>replaced elsewhere on campus</i>
new driveway to Carson Loading Dock				50,000	50,000	<i>allowance</i>
parking, new	15,000		13	195,000	195,000	<i>replace existing to the west, extra included to accommodate hillside.</i>
site utilities, connections, extensions				150,000	150,000	<i>allowance</i>
<b>site cost estimate</b>				<b>760,000</b>	<b>760,000</b>	sub-total for landscaping and other exterior improvements.
9.2015 to 1.2016				84,343	117,673	<i>based on 4% of construction cost per year. Prorated for four months</i>
1.2016 to 1.2017				340,744	475,397	<i>based on 4% of construction cost per year.</i>
1.2017 to 1.2018				354,373	494,413	<i>based on 4% of construction cost per year. Presumes construction begins January of 2018</i>
<b>Inflation Costs</b>				<b>779,460</b>	<b>1,087,482</b>	sub-total for inflation to start of construction.
<b>direct construction total</b>				<b>9,213,710</b>	<b>12,854,732</b>	includes building, landscape and exterior improvements, and inflation
<b>moving furniture during construction</b>				<b>120,000</b>	<b>120,000</b>	<i>assumption based on past</i>
<b>Owners Contingency (10%)</b>				<b>921,371</b>	<b>1,285,473</b>	<i>for unforeseen changes during construction</i>
<b>furnishings/equipment (10%)</b>				<b>921,371</b>	<b>1,285,473</b>	<i>office furniture, lounge furniture, medical equipment, etc.</i>
<b>indirect costs:</b>						
permit/fees (4%)				368,548	514,189	
City Building Permit, plan reviews						<i>City of Eugene charges to review plans and issue permits</i>
City System Develop Charge						<i>City of Eugene charges to hook up to their sewer systems and transportation systems</i>
Art 1% for art to be incorporated in the building						<i>UO requirement</i>
other indirect (4%)				368,548	514,189	
Hazardous Materials Removal						<i>Asbestos and Lead Paint removal</i>
Bureau of Labor and Industries						<i>State of Oregon required fee</i>
Campus utilities						<i>UO system development charges for utilities such as steam, chilled water and electricity.</i>
Architects/Engineers (15%)				1,382,056	1,928,210	<i>Estimated at 15% of the construction cost of the building.</i>
Other design/PM (3%)				276,411	385,642	<i>Pre design services, UO personnel to manage project</i>
<b>indirect costs total</b>				<b>2,395,565</b>	<b>3,342,230</b>	sub-total for indirect costs
<b>TOTAL PROJECT COST</b>				<b>13,572,016</b>	<b>18,887,909</b>	



Appendix  
Professional Cost Estimators data

USA  
REPORT

INDICATIVE CONSTRUCTION COSTS

The data in the chart below represents estimates of current building costs in each respective market. Costs may vary as a consequence of factors such as site conditions, climatic conditions, standards of specification, market conditions, etc. Values represent hard construction costs based on U.S. dollars per square foot of gross floor area.

LOCATION	OFFICES				RETAIL SHOPPING				HOTELS				HOSPITAL		INDUSTRIAL		PARKING				RESIDENTIAL				EDUCATION					
	PRIME		SECONDARY		CENTER		STRIP		5 STAR		3 STAR		GENERAL		WAREHOUSE		GROUND		BASEMENT		MULTI-FAMILY		SINGLE FAMILY		ELEMENTARY		HIGH SCHOOL		UNIVERSITY	
	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH
Boston	200	280	175	245	120	210	90	145	250	400	160	250	375	550	70	100	60	90	80	110	135	220	165	325	220	300	240	350	275	400
Chicago	230	360	120	180	115	210	80	130	250	450	120	210	310	580	70	130	65	110	90	130	130	210	120	325	190	350	190	370	250	375
Denver	140	225	100	150	80	130	65	125	185	280	105	165	335	390	65	110	40	70	60	95	70	190	60	350	125	160	145	215	185	305
Honolulu	255	470	215	355	185	440	155	385	460	665	290	485	420	680	125	200	85	125	120	235	170	395	250	680	300	425	360	540	395	640
Las Vegas	140	285	105	190	115	480	65	145	325	465	120	225	285	455	50	100	50	85	60	150	70	400	90	350	180	315	200	455	235	455
Los Angeles	200	300	140	210	125	280	100	160	300	450	200	275	400	600	95	160	95	115	110	155	150	245	150	310	310	410	325	445	340	490
New York	205	350	180	270	140	250	115	160	320	475	185	265	450	600	90	130	65	105	85	125	140	250	175	350	190	340	220	375	275	400
Phoenix	140	240	100	160	105	165	70	125	230	400	140	180	300	450	55	100	40	65	60	100	90	185	100	400	150	200	170	250	210	375
Portland	165	220	115	170	110	220	90	130	175	265	130	170	370	480	75	130	70	90	100	140	130	220	110	260	220	275	230	290	270	390
San Francisco	220	330	160	240	150	280	130	185	300	470	220	290	400	600	95	160	100	130	120	165	160	260	165	350	320	420	350	500	340	490
Seattle	165	205	115	160	115	200	95	135	185	275	140	180	320	435	75	110	65	85	85	125	120	235	100	235	205	250	230	300	265	395
Washington DC	175	240	130	185	95	190	75	135	230	375	150	230	350	500	70	100	55	80	75	100	100	185	120	250	190	250	220	275	250	375