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 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 no 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 2015-2016 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

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

The image shows a floor plan of the University Health, Counseling, and Testing Center (UHCTC) with labels for various areas such as:

- **Health Center**
- **Counseling and Testing Center**
- **Health center waiting**
- **Counseling therapy**
- **Testing center**
- **Counseling waiting**
- **Service entrance**
- **Building entrance**
- **Stairs**
- **Elevators**
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.*

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

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.

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.

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.

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.
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):

<table>
<thead>
<tr>
<th></th>
<th>low</th>
<th>high</th>
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<tbody>
<tr>
<td>Construction</td>
<td>9,213,710</td>
<td>12,854,732</td>
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<tr>
<td>Moving furniture during construction</td>
<td>120,000</td>
<td>120,000</td>
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<tr>
<td>Contingency (10% of construction)</td>
<td>921,371</td>
<td>1,285,473</td>
</tr>
<tr>
<td>Furnishings and Equipment (10% of construction)</td>
<td>921,371</td>
<td>1,285,473</td>
</tr>
<tr>
<td>indirect costs total (26% of construction)</td>
<td><strong>2,395,565</strong></td>
<td><strong>3,342,230</strong></td>
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<td>TOTAL PROJECT COST</td>
<td><strong>13,572,016</strong></td>
<td><strong>18,887,909</strong></td>
</tr>
</tbody>
</table>

**DRAFT**

includes building, designated open spaces, landscape and exterior improvements, and inflation assumption based on past for unforseen changes during construction office furniture, lounge furniture, medical equipment, etc. fees, permits, management, etc

Project Schedule

<p>| | |</p>
<table>
<thead>
<tr>
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<tr>
<td>June 2016</td>
<td>University approval of project</td>
</tr>
<tr>
<td>July 2016 to December 2017</td>
<td>Design</td>
</tr>
<tr>
<td>January 2018 to July 2019</td>
<td>Construction</td>
</tr>
<tr>
<td>Fall 2019</td>
<td>Grand Opening</td>
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</tbody>
</table>

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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 Counseling Testing Center**

**CPD&C**

9.15.15, rev 9.30, 12.10

<table>
<thead>
<tr>
<th>direct construction costs:</th>
<th>square feet</th>
<th>dollars per square ft</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>new construction</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>heavy for 12.5% of existing building</td>
<td>20,000</td>
<td>272.7</td>
<td>394</td>
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<tr>
<td>light for 12.5% of existing building</td>
<td>7,500</td>
<td>205</td>
<td>295</td>
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<tr>
<td>Ore. Model for Sustainable Development: Advanced Energy Threshold</td>
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<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Training the building users</td>
<td>35,000</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

| building cost estimate | 7,674,250 | 11,007,250 |

| site development | 7,500 | 30 | 30 | 225,000 | 225,000 |
| Campus designated open space development (area equal to 10% of new construction) | 2,000 | 30 | 30 | 60,000 | 60,000 |
| parking, replacement | 5,000 | 16 | 80,000 | 80,000 |
| new driveway to Carson Loading Dock | 15,000 | 13 | 195,000 | 195,000 |
| site utilities, connections, extensions | 760,000 | 760,000 |

| site cost estimate | 779,460 | 1,087,482 |

**Inflation Costs**

| 9.2015 to 1.2016 | 84,343 | 117,673 |
| 1.2016 to 1.2017 | 340,744 | 475,397 |
| 1.2017 to 1.2018 | 354,373 | 494,413 |

| TOTAL PROJECT COST | 13,572,016 | 18,887,909 |

**Direct construction total**

| 9,213,710 | 12,854,732 |

**Moving furniture during construction**

| 120,000 | 120,000 |

**Owners Contingency (10%)**

| 921,371 | 1,285,473 |

**Furnishings/equipment (10%)**

| 921,371 | 1,285,473 |

**Indirect costs:**

| permit/fees (4%) | 368,548 | 514,189 |
| City Building Permit, plan reviews | 368,548 | 514,189 |
| City System Develop Charge | Hazardous Materials Removal | Bureau of Labor and Industries |
| Art 1% for art to be incorporated in the building | 1,382,056 | 1,928,210 |
| other indirect (4%) | 276,411 | 385,642 |
| Architects/Engineers (15%) | 2,395,565 | 3,342,230 |

**TOTAL PROJECT COST**

| 13,572,016 | 18,887,909 |
## 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 fixed construction costs based on U.S. dollars per square foot of gross floor area.

| LOCATION   | PRIME LOW | PRIME HIGH | SECONDARY LOW | SECONDARY HIGH | CENTER LOW | CENTER HIGH | STRIP LOW | STRIP HIGH | 5 STAR LOW | 5 STAR HIGH | 3 STAR LOW | 3 STAR HIGH | GENERAL LOW | GENERAL HIGH | WAREHOUSE LOW | WAREHOUSE HIGH | GROUND LOW | GROUND HIGH | BASEMENT LOW | BASEMENT HIGH | MULTI-FAMILY LOW | MULTI-FAMILY HIGH | SINGLE FAMILY LOW | SINGLE FAMILY HIGH | ELEMENTARY LOW | ELEMENTARY HIGH | HIGH SCHOOL LOW | HIGH SCHOOL HIGH | UNIVERSITY LOW | UNIVERSITY 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        | 210           | 300           | 155       | 210        | 90        | 130       | 250       | 450        | 120       | 210        | 310       | 580       | 70          | 130          | 65          | 110         | 90          | 110          | 130          | 210          | 120          | 325          | 190          | 330          | 190          | 370          | 250          | 375          |
| Denver     | 140       | 225        | 100           | 150           | 110       | 180        | 65        | 125       | 115       | 180        | 105       | 165        | 335       | 390       | 65          | 110          | 40          | 70          | 60          | 95           | 70          | 190          | 60           | 350          | 125          | 160          | 145          | 215          | 185          | 305          |
| Las Vegas  | 140       | 285        | 105           | 190           | 115       | 180        | 65        | 145       | 325       | 465        | 120       | 225        | 285       | 455       | 50          | 100          | 50          | 85          | 60          | 90           | 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          | 110         | 80          | 130          | 150         | 245          | 150          | 310          | 310          | 480          | 325          | 445          | 340          | 490          |
| New York   | 205       | 350        | 190           | 270           | 140       | 250        | 115       | 160       | 320       | 475        | 185       | 265        | 450       | 600       | 90          | 130          | 65          | 105         | 85          | 25           | 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          | 120          | 90          | 165         | 100          | 400          | 160          | 200         | 170          | 250          | 210          | 350          |
| Portland   | 165       | 220        | 115           | 170           | 110       | 220        | 90        | 130       | 175       | 265        | 130       | 170        | 270       | 460       | 75          | 130          | 70          | 90          | 100         | 140          | 130         | 220         | 180          | 260          | 220         | 275         | 230         | 290          | 270          | 390          |
| San Francisco| 220      | 330        | 160           | 245           | 150       | 280        | 130       | 185       | 300       | 470        | 220       | 290        | 400       | 600       | 95          | 160          | 100         | 130         | 120         | 65           | 160         | 260          | 165         | 350          | 320          | 420         | 350          | 500          | 540          | 490          |
| Seattle    | 165       | 205        | 115           | 160           | 115       | 200        | 95        | 135       | 185       | 275        | 140       | 180        | 320       | 435       | 75          | 110          | 65          | 85          | 85          | 25           | 120         | 235          | 100         | 255          | 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          | 125          | 100         | 185         | 120          | 250          | 190         | 250         | 220         | 275          | 250          | 375          |

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