

## Success Story

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### HEMPSTEAD HIGH SCHOOL - BRAIN HEALTH NOW

Dubuque, IA / 791 sq. ft.

#### BRANDS INCLUDED

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Etc.  
Interwoven





# Brain Health Now’s goal is to decrease the stigma of mental illness by inspiring the public to use different words that don’t suggest a character flaw or personal weakness.

Brain Health Now<sup>SM</sup> is a grassroots organization dedicated to ending the stigma surrounding the term “mental illness”. Each year, over 50 million Americans have diagnosable brain health disorders. These disorders remain shrouded in misunderstanding and stigma, which is one reason why Brain Health Now is reframing the conversation away from “mental illness” and toward “brain health”. Brain health issues and disorders have biological and neurological basis and often can be successfully treated.

Brain Health Now supports their mission by working with schools, nationwide, to create places where high school students and staff can feel comfortable and safe. They call these spaces Brain Health Retreat Rooms<sup>SM</sup>. These rooms provide a place where thoughts and problems are accepted without judgement and with encouragement to learn new self-regulating techniques. When deciding how to furnish the Retreat Rooms, Brain Health Now worked with LerdaHL, a Kimball International Select Dealer, choosing Kimball International’s family of brands for durable and flexible product solutions.

Hempstead High School in Iowa, utilized a variety of Kimball International products to ensure the space encourages peaceful thoughts and reflection. Bernadette poufs by Etc. rest near comfortable seating for occupants to kick up their feet and relax. Clarette lounge pieces by Etc. allow students to interact with one another and realize they’re not alone, while Vernita planters by Etc. create opportunities to incorporate calming biophilia. Table surfaces are equipped with various therapeutic items including journals, books, and calming sensory objects.

## PRODUCTS SHOWN

Clarette Lounge / Taron Tables / Vernita Planter / Osrick Chairs / Kitner Table





By integrating the comfort of home into a school setting, the Brain Health Now spaces create a welcoming and peaceful environment that students can connect with. The team is fully aware that not all students may have this type of space in their homes, so the environment is purposefully designed to make them feel safe and calm



PRODUCTS SHOWN

Clarette Lounge / Taron Table / Vernita Planter / Bernadette Pouf / Osrick Chairs / Kitner Table / Alterna® Storage

The nature-inspired color palette and warm lighting throughout the space create an inviting environment for teens, removing the traditional look and feel of institutional spaces. Woodgrains, sunrise imagery, affirming wall graphics, and retrofitted lightbulbs connect students and staff to the calming outdoors and create a sense of well-being. Students can utilize the space to find peace and also speak with on-site counselors called Brain Health Retreat Room Liaisons.



PRODUCTS SHOWN

Taron Tables / Clarette Lounge



“We created the Brain Health Retreat Room as a place where the Hempstead community can feel comfortable and safe, where their feelings, thoughts, and problems are accepted. My family’s personal story with brain health led me to dedicate my life to ending the stigma around mental illness and providing resources for those dealing with brain health issues. It’s time to end the stigma associated with mental illness.”

—Debi Butler, Founder of Brain Health Now

PRODUCTS SHOWN

Osrick Chairs / Kitner Table / Alterna® Storage



Success Story Product Listing

**Etc.**

Bernadette  
Clarette  
Kitner  
Osrick  
Taron  
Vernita

**interwoven**

Alterna®