



Mindful Recovery Services

| Case Study - *Mindful Recovery Services*

How Mindful Recovery Saved \$50,000 when Transforming its Therapeutic Spaces

A therapy session is a unique experience for the patient and the mental health professional. Since the physical environment significantly influences how we perceive the people around us, it stands as an important ingredient in creating trust for a successful therapy session.

Alex Wilson, a clinician and advocate for mental health, saw an opportunity to provide high-quality psychological treatment for mental health issues in her community. An important part of the vision is creating a comfortable environment without a clinical feel.

She is the founder and director of Mindful Recovery Services, an evidence-based counselling service provider for adolescents and adults. For over a decade, Alex has built a reputation for high-quality individual and group therapy sessions while overseeing the clinical team and all clinical programs the practice offers.

The Challenge

Growth for Alex and her business is synonymous with actual physical expansion. Alex explained, "Our team and clientele have been growing; hence why we needed extra consult rooms." Ideally, that would require a straightforward solution: rent a bigger place and continue the amazing work. However, it wasn't that simple. Alex found a bigger

place she loved, but traditional construction to create and maintain the quality of the therapeutic environment—including soundproof rooms for privacy—would have been financially burdensome and impractical. "The cost was really astronomical," she said.

So, she went back to the drawing board in search of alternatives. Thankfully, she had a network of people in psychology practices in other parts of the country, and through that network, she learnt about affordable, comfortable, and patient-friendly pods.

Our Solution

Alex reached out to our team and we had a few online meetings discussing her needs for the practice, building size, and other relevant details to facilitate a successful installation. She also physically inspected the pods in a showroom to understand what the space would feel like.

With full support from our team, Mindful Recovery Services carefully selected the right custom pods in terms of size, design, and versatility. These pods accommodate two-seat lounges, side tables, a therapist chair, a whiteboard, and other therapy supplies. "They fit really nicely and have the perfect amount of space," Alex added

They also added frosting to the front side of the pods to provide added visual privacy and comfort for users. Within just 6 weeks of installation, Alex witnessed remarkable outcomes, including acceptance from patients, clinicians, and other professionals at the practice.

The Results of Using Our Custom Pods: Satisfaction Across the Board

According to Alex, the initial reaction to the pods from the patients was weariness. "They look at it and think, 'How is this going to feel?'" But that feeling almost immediately transformed into comfort and excitement after the first use.

"Super safe" and private

Patients appreciated the privacy offered by the pods, with many younger clients with sensory issues even finding the space so comfortable that they likened it to a place for relaxation. The soundproof nature of the pods ensured confidentiality, tranquillity, and noise cancellation from the surroundings, all of which are essential for effective therapy sessions. Clinicians and patients also appreciate the great airflow and air circulation, which prevents stuffiness often common with consult rooms that have no windows.

Cost-effective and pod ownership

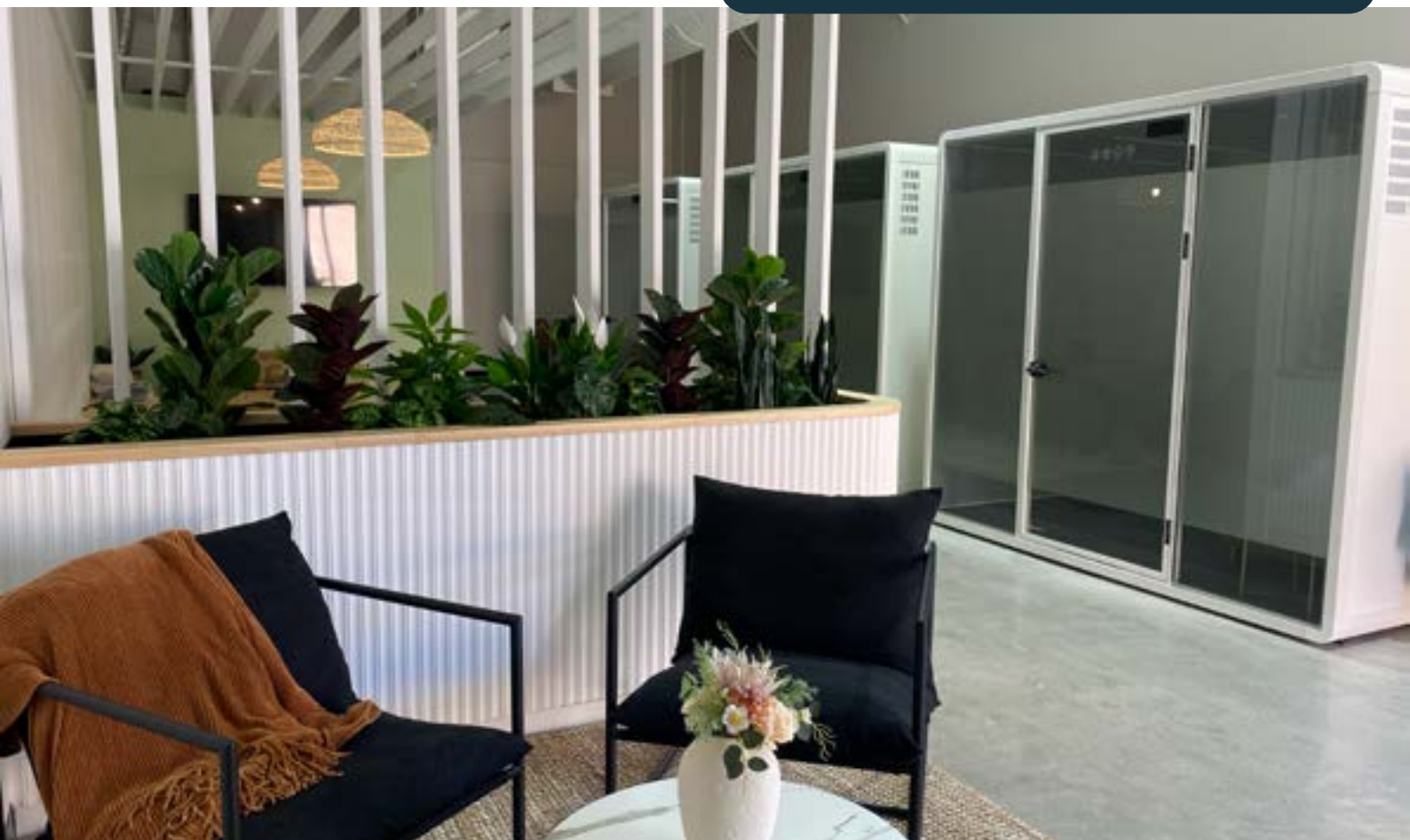
Mindful Recovery Services saved \$50,000 on fit-out costs, a significant relief for any small business or start-up. Also, unlike traditional fit-outs, the pods belong to the business, providing reassurance that their investment is not ephemeral.

Alex expressed gratitude that the investment translated into a tangible asset rather than being lost in temporary constructions. She emphasised the importance of this ownership, highlighting the pods' portability in case of future relocations.

Alex explains, "What drove me to the pods in the first place was the saving costs... It saved me 50,000 dollars... On top of that, I now own the pods... so, it's not money down the drain but actually went into an asset."

"Super Safe was a word that a lot of people used. Some of the younger clients actually asked if they could move in, and they could make them their bedroom"

- Alex Wilson - Founder



Aesthetic appeal

The modern design of the pods contributed to a welcoming and non-clinical atmosphere, aligning with Mindful Recovery's vision of creating a therapeutic space that feels inviting rather than sterile.

"They just look really cool. They're different from your standard office. I wanted to make our space not feel clinical or like a medical practice, and the pods have really done that." Alex said.

This appeal also extended to neighbouring businesses. Alex added, "We've even had some of the other Allied health businesses come in and have a look at the pods. We had our lawyer come and have a look because they were thinking of redoing their office."

The decision to invest in custom pods proved to be a transformative solution, offering not only cost savings but also versatility, ownership, and an enhanced therapeutic environment for Mindful Recovery Services.

"I'm over the moon, and I'm super happy with them," Alex concluded about the pods.

If you would like to learn more about Mindful Recovery Services please visit their website www.mindfulrecovery.com.au



Mindful Recovery Services



About Us

At LaunchPod, we're creating The Future of Workspaces - simply the Better Way to create Brilliant Workspaces that are future-proof and productive

