

# MEET YOUR SPEAKER

## Assoc. Prof. Ts. Dr. Mohd Zairul Mohd Noor

- **Title:** Deputy Dean for Research, Innovation, and Postgraduate, Faculty of Design and Architecture, Universiti Putra Malaysia (UPM)  
**Affiliation:** Universiti Putra Malaysia (UPM) Serdang, Malaysia
- **Biography:**  
Assoc. Prof. Ts. Dr. Mohd Zairul is a prominent figure in the field of architecture, specializing in trauma-informed design and community-based rehabilitation for vulnerable populations. With his extensive background in sustainable architecture and social innovation, Dr. Zairul is committed to leveraging architectural strategies to address mental health issues among urban youth. His work focuses on creating safe spaces that promote healing and community integration, especially for those affected by trauma and adverse urban environments.
- Dr. Zairul's research explores the interface between urban design and mental health, emphasizing the importance of environment-driven well-being. He is actively involved in developing trauma-informed design frameworks and advocating for community-centric approaches in urban planning. His contributions have helped redefine the role of architecture in supporting youth development and resilience in rapidly urbanizing regions.





# ABOUT TALK

- **"Safe Space for Traumatized Urban Youth: Trauma-Informed Design and Community Rehabilitation"**

In this presentation, Assoc. Prof. Ts. Dr. Mohd Zairul will delve into the challenges faced by traumatized youth in urban settings and discuss how trauma-informed design can create environments that foster recovery and empowerment. The session will cover key elements such as natural lighting, flexible spaces, and community involvement that contribute to building safe and supportive spaces for youth. Drawing from his research and current initiatives in Malaysia, Dr. Zairul will present strategies to design public areas that cater to the psychological and social needs of urban youth, ultimately promoting mental well-being and community resilience.



# Safe Space for Traumatized Urban Youth

For traumatized urban youth, a safe space can be a haven where they feel protected and comfortable being themselves. Youth need safe public areas to gather, participate in activities that meet their diverse needs and interests, influence decisions, and express themselves freely. This safe space environment highlights the traumas and mental health issues that affect today's youth, along with what the community can do to support them.



by Assoc prof Ts Dr Mohd Zairul MN

# Need for Safe Spaces

## 1 Lack of Specific Design

There is no specific design or guidance for creating trauma-informed safe spaces for urban youth.

## 2 Focus on Rehabilitation

A rehabilitation design framework is needed that creates a safe space for traumatized youth in urban areas.

## 3 Community Needs

It is important to identify the needs of the traumatized community and trauma-informed design in community rehabilitation.

## 4 Stress Coping

The goal is to help the community cope with the stresses of life and work productively.



# Impact of Urbanization

## Positive Effects

Urbanization can have positive effects on health and the economy.

## Negative Effects

It can also have detrimental social and environmental health effects, especially harmful to the most vulnerable and impoverished.

## Impact on Youth

Youth between 15-30 years old are one of the groups most affected by urban growth, often concentrated in disadvantaged neighborhoods with fewer opportunities.



# Current Initiatives

## UN Youth Resource Centre

Provides a "One Stop Youth Resource Centre" to empower youth in the urban development process.

1

## Collaboration with KLCC

Suria KLCC collaborates with the Green Ribbon Group to promote a community-based approach to youth mental health.

3

## #YouMatter Program

Organizes programs to create a safe space where the youth community can share about their mental health issues.

2

## Young Artist Initiative

Exhibition of artwork by young artists who have personally struggled with trauma and mental illness.

4

# Challenges in Malaysia

## Rising Trauma Cases

The increasing cases of trauma amid urban growth in Malaysia is a concern among urban youth.

## Vulnerability

Young people are more vulnerable and less able to protect themselves as threats and stressors increase in cities.

## Mental Health Issues

The number of Malaysian students with mental health issues has risen from one in ten in 2011 to one in five in 2016.

## Child Abuse

Selangor and Kuala Lumpur reported the highest cases of abuse, leading to an increase in trauma cases among youth, children, and adolescents.





# Barriers to Treatment

1

## Stigma

The stigma associated with mental illness and trauma is one of the major barriers to treatment in Malaysia.

2

## Lack of Availability

Trauma-informed therapies are not readily available to trauma survivors.

3

## Underdeveloped Healthcare System

The healthcare system is underdeveloped to effectively treat trauma and mental health.

4

## Insufficient Training

There are insufficient training institutes to ensure effective treatments for trauma and mental health.



# Trauma-Informed Design Approaches

Element	Benefit
Natural Lighting	Reduces stress and improves mood
Flexible spaces	Allows adaptability for different activities
Green spaces	Promotes connection with nature and calmness
Warm colors	Creates a welcoming and safe atmosphere
Controlled acoustics	Reduces anxiety and improves concentration

# Conclusion and Future Perspectives



## Future Research

More qualitative research is needed to examine the interface between community-based rehabilitation and trauma-informed design in a safe space.



## Community-Based Approach

It is crucial to develop a community-based design approach that blurs the lines between indoor and outdoor spaces for traumatized urban youth.



## Healing Environment

The design of safe spaces should prioritize the creation of a healing environment that addresses the physical and psychological needs of traumatized users.

