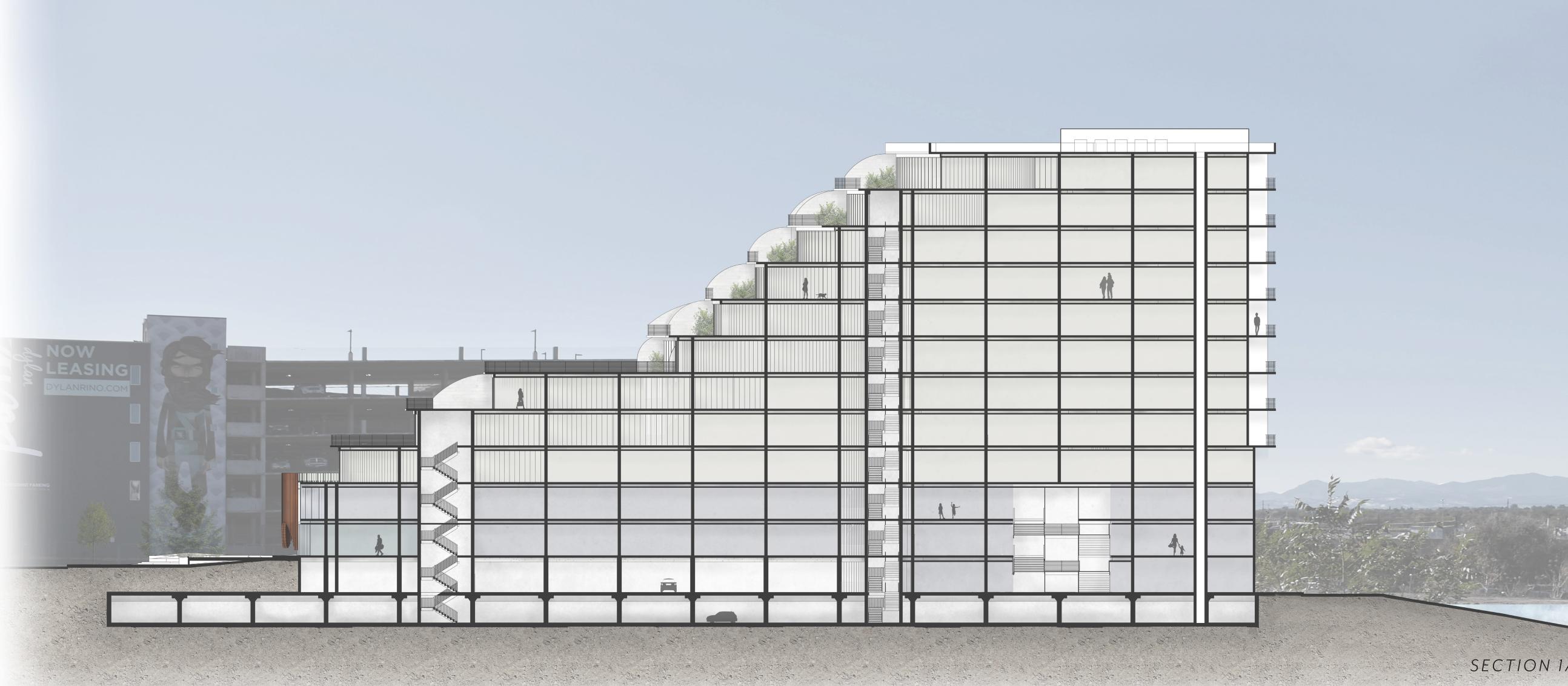


SECTIONS

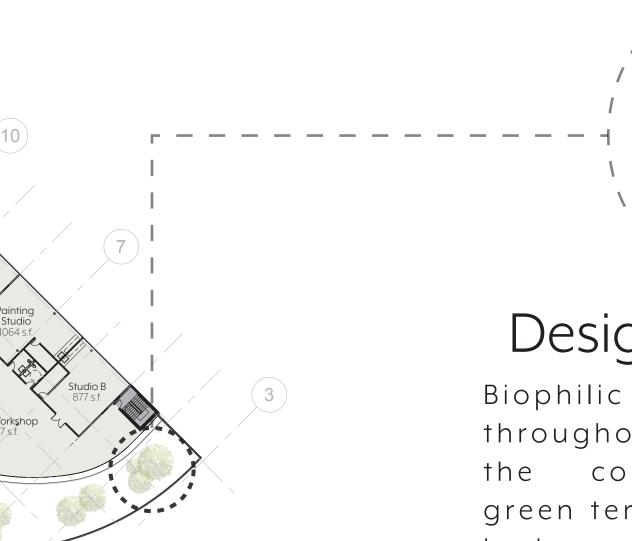




LEVEL TWO

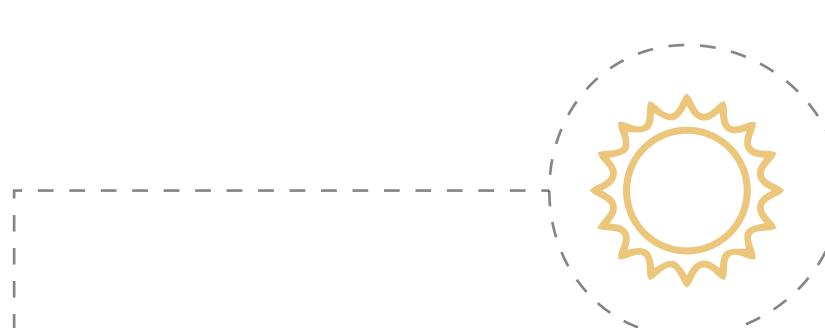
LEVEL ONE

River North District



Biophilic elements are present throughout this project—within the countless south-facing green terraces, plant walls and beds, and park located on the southern end of the site.

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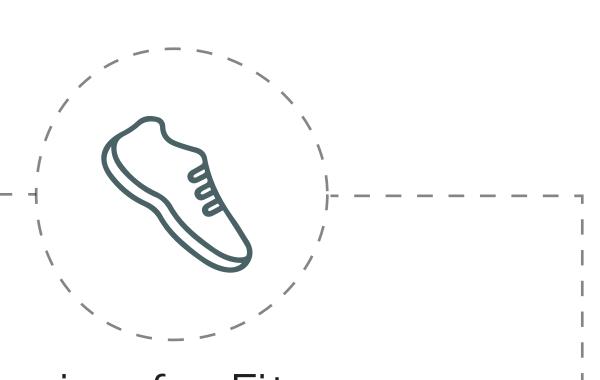
glazing has been incorporated throughout the built space, equating to 83% glazing on external elevations. Further, the building is positioned in a way to allow for optimal southern light.



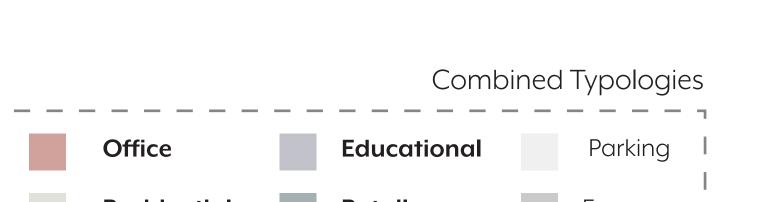
Design for the Mind

Specific components in the built environment are geared toward psychological health. Qualitative and quantifative biophilic quantities, adaptable and private spaces, ceiling heights of 11'-0" throughout all typologies, and artwork are elements implemented to improve a building occupant's state of mind to provide a positive effect on mental health.





elements related to physical exersise into its design. Such elements are expressed through monumental stairs, ground level greenspaces and terrace greenspaces, designated bicycle storage areas, location relative to public transportation, trail networks and access to the South Platte River.

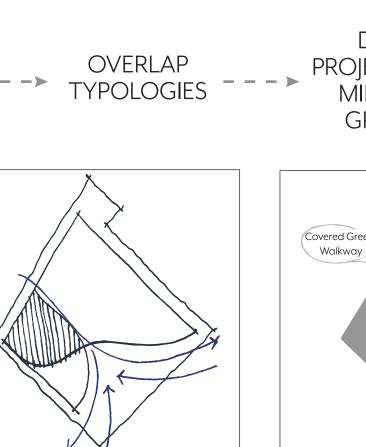


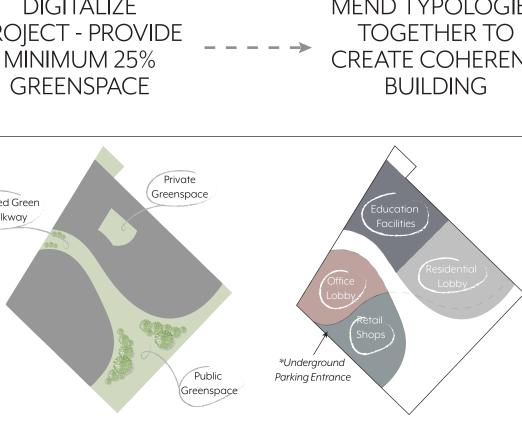


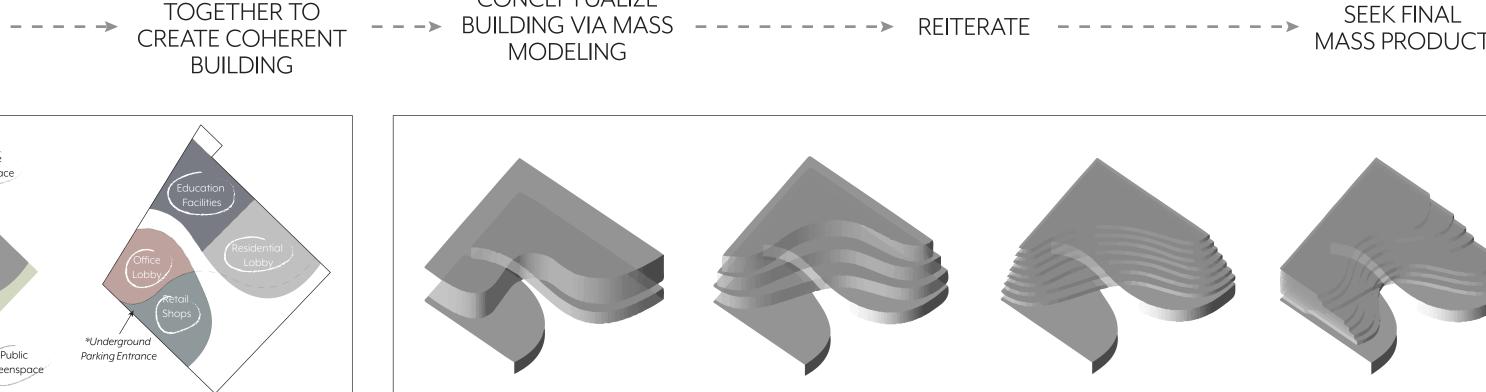
OFFICE LOBBY INTERIOR

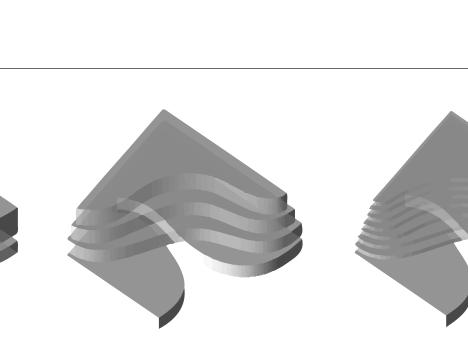
ACADEMY CLASSROOM INTERIOR

PROCESS

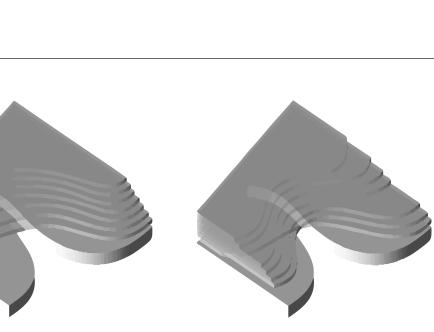


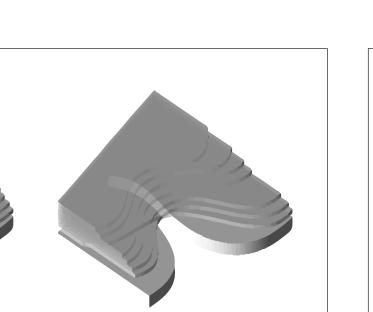


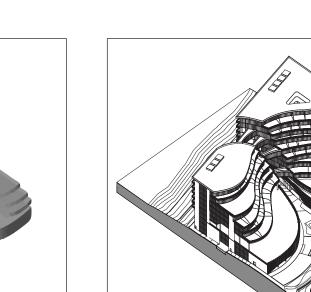


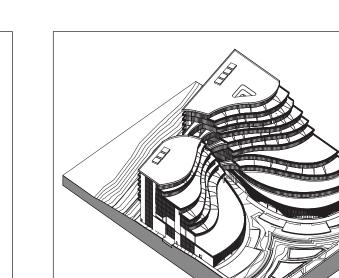


ENHANCING THE ADA DESIGN STANDARDS: SALUTOGENIC ARCHITECTURE FOR MENTAL HEALTH

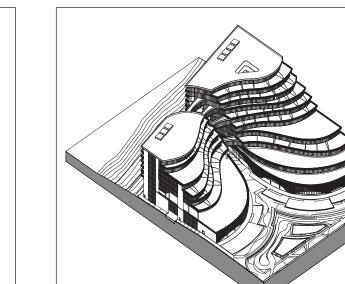


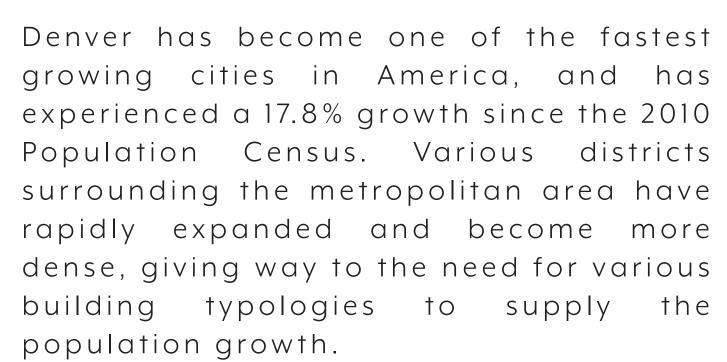






T ----→ MATERIALIZE





3301 Brighton Boulevard, Denver, Colordado

The site selection of this project is within

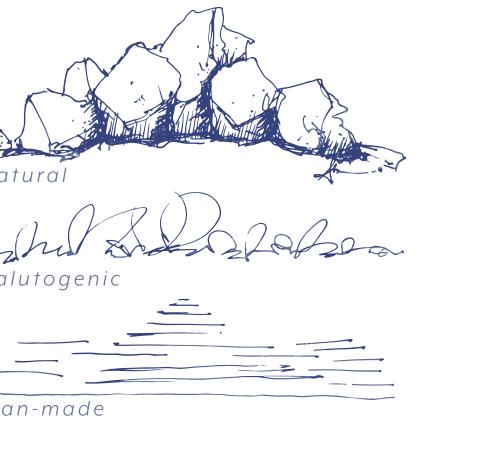
the River North Arts District, otherwise

known as RiNo for short, in Denver

Colorado. The major deciding factor for

this location was the community's need

for a building with various typologies.



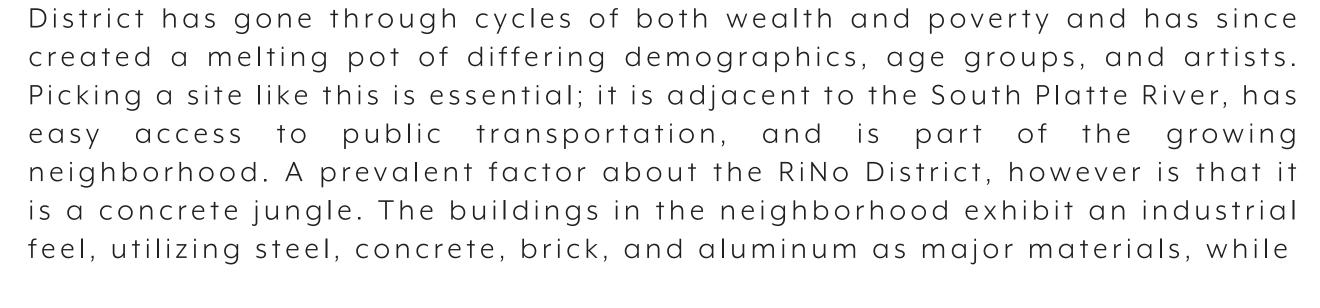


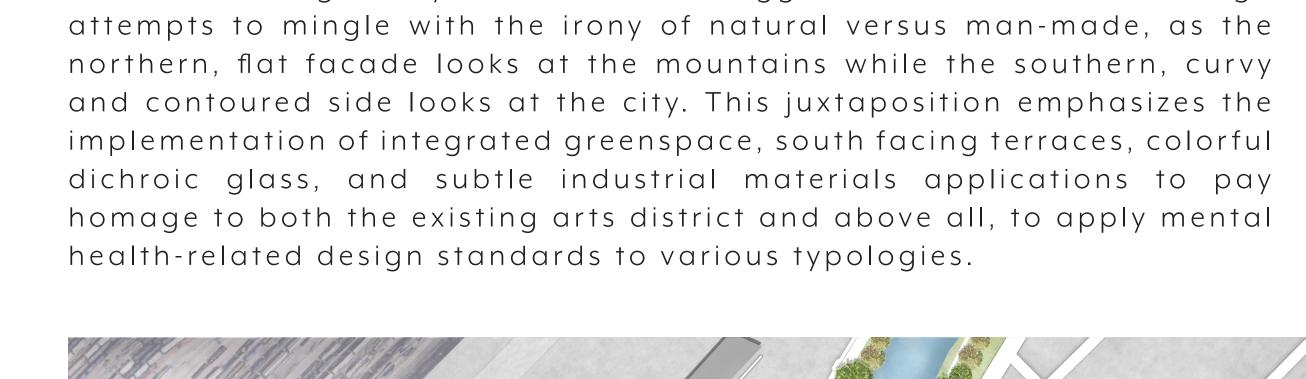




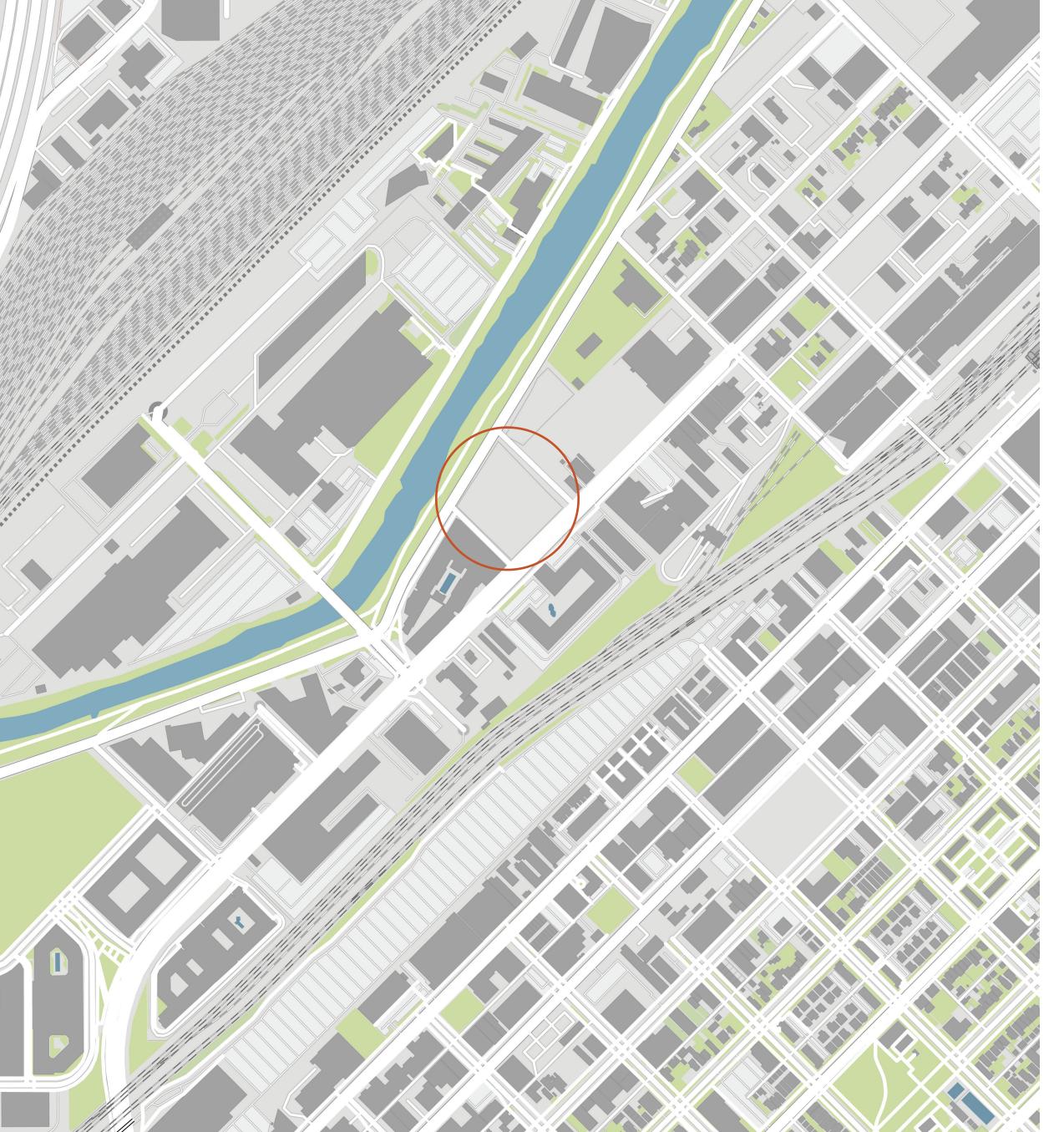


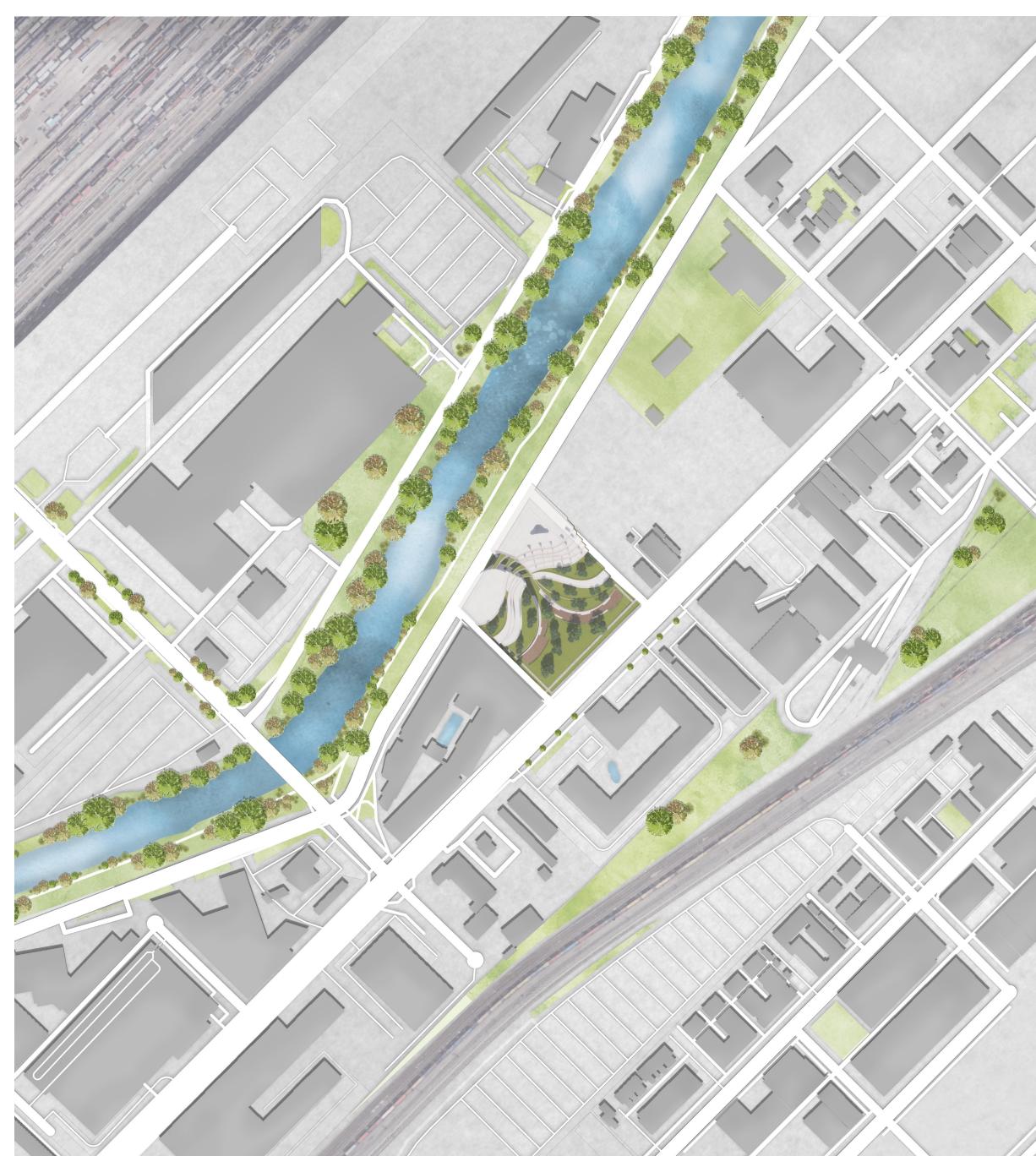
The River North Arts District, a new extension of the historic Five Points











THEORETICAL PREN

THE 2010 ADA DESIGN STANDARDS

The 2010 ADA Design Standards were originally crafted to allow people with disabilities access to the built environment, including public accomodations, commercial facilities, and state and local government facilities. Familiar to architects, engineers and interior designers, these standards focus primarily on the wellbeing of those with physical disabilities—yet pay no attention to the impact in which the built environment has on occupant's mental health and disabling mental illnesses. Various sources argue that mental health goes hand-in-hand with physical health. In fact, mental health is a facet of physical health essential to achieving prosperity when functioning in society. With that, can the ADA Design Standards be supplemented by an additional set of set of architectural-related standards design specifically to mitigate mental illness amongst occupants in various building

DEFINING MENTAL ILLNESS

The term 'mental illness' is used to define a group of illnesses that have a direct effect on the mind or brain. This condition impacts a considerable number of people across the nation, where 1 in 5 adults in the United States are diagnosed with a mental illness. This significant percentage of people live with mental, behavioral, or emotional disorders in their daily lives, however such disgnoses are not immediately palpable; people cannot see them like they do in a person physically impaired. Such conditions are not limited to depression, anxiety,

bipolar, obsessive-compulsive disorder, schizophrenia, and attention deficit disorder.

ARCH 772 DESIGN THESIS | AMY MUELLER | GANAPATHY MAHALINGAM R PS Ai

CAN MENTAL ILLNESS BE CLASSIFIED AS A DISABILITY?

The Americans with Disabilities Act (ADA) defines disability as a "person who has a physical or mental impairment that substantially *limits one or more major life activities*" (What is the amount of daylight in a space, which many people have a positive response to. However, in Americans with Disabilities Act (ADA)? 2017). Poor mental health effects one's functionality in a psychological sense, each individual reacts to differing environments in different ways; relationships, productive activities including work, school, and caregiving, and the ability to adapt to and cope with adversity. For those reasons, mental illness can be classified as both an invisible disability and psychiatric disaability—those that are not immediately apparent. Further, mental illness is defined as a subcategory under the broader ADA term, mental impairment, although there are no documented ADA design standards specific to alleviate

SALUTOGENESIS AND THE BUILT ENVIRONMENT

salutogenic design (n): sal·u·to·gen·ic de·sign

 Focus on the positive impact of design on human health. · Helps to "maintain physical and mental well-being, helping [people] to lead healthier and potentially longer lives" • "The ultimate investment in people, in an architectural sense" (Rickard-Brideau, n.d.).

Humans spend over 90% of their lives indoors, so the buildings they inhabit must have an effect on their overall health. Salutogenic design is a "measurable aspect of design that can help a building's inhabitants operate at their peak effectiveness, maintaining physical and mental wellbeing" (Little Architects, 2018).

THE BUILT ENVIRONMENT AND PSYCHOLOGY

Certain responses to the built environment have universal effects on people—like the think of the psychological phenomenon, 'nature versus nurture'. Psychological theories like Kurt Lewin's Field Theory Rule argue that behavior is the "result of the individual and the environment" and that the environment shapes a person's psychological behavior and mental health (Cherry, 2018).

NORTH ELEVATION

In a diagrammatic sense, Figure A below shows the environment, and Figure B shows the person (P) and goal (G) in which they are trying to achieve. The dotted line notes the different spaces they must go through during life—shaping them in different ways. Individuals may have the same goal, but the field or environment to get there may be

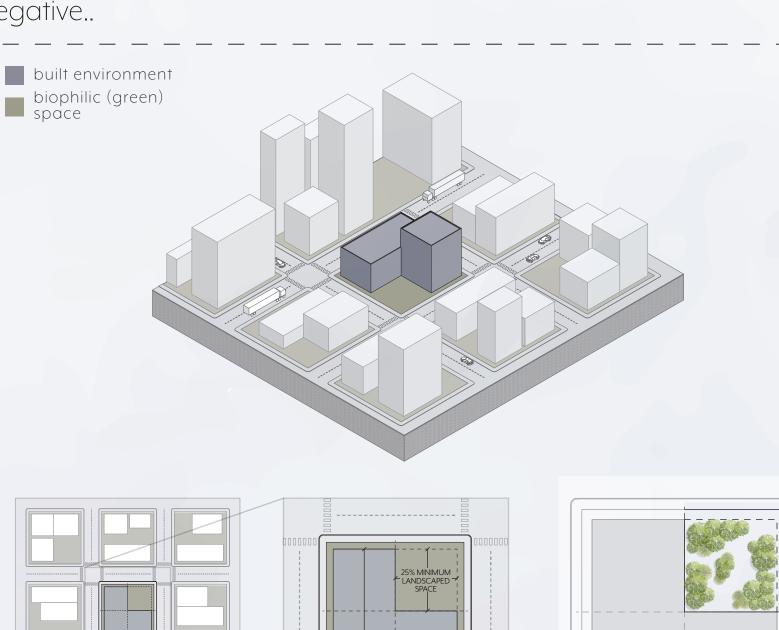


THE WELL BUILDING STANDARD: A FRAMEWORK

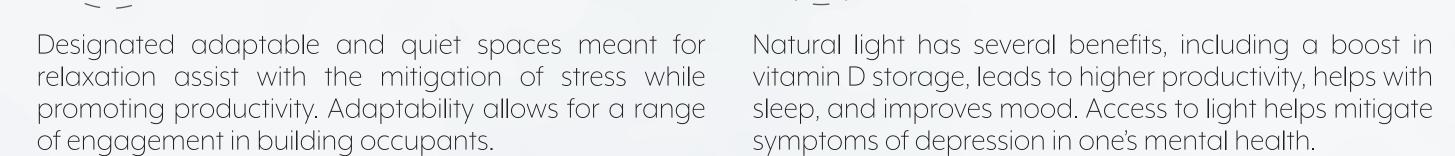
While each individual has reacts to their environment differently, various standards can be produced that assist all individuals and their symptoms of mental health. Utilizing the WELL Building Standard as a framework, 26 design standards have been curated with intention to be added to the ADA Design Standards. See the book below to view all standards.

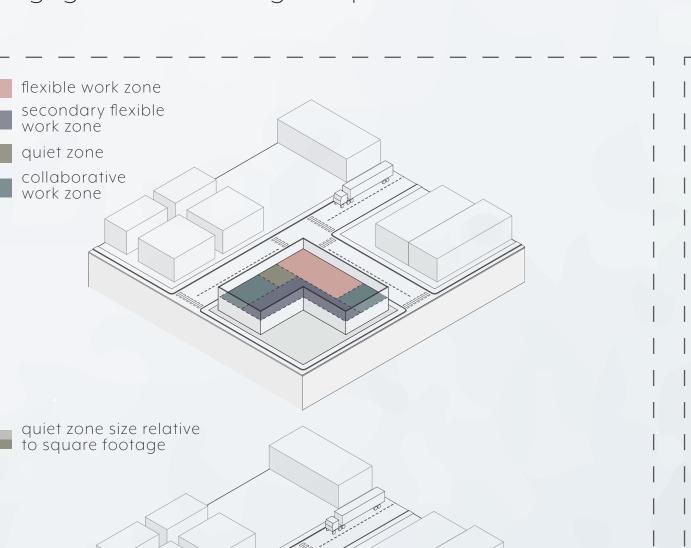


greenery or plantings, into a space increase joy and comfort, thus relaxation assist with the mitigation of stress while vitamin D storage, leads to higher productivity, helps with decreasing depression or anxiety felt by individuals. Exposure to views of nature also boosts positive moods and decreases those that are



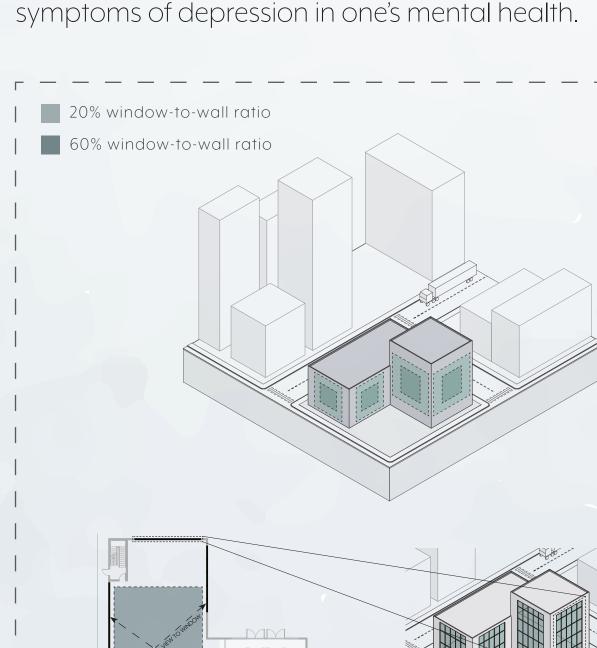






DESIGN FOR THE MIND







health. Providing subtle elements that allow for exercise in building inhabitants including staircase access, pedestrian promotion, and active transportation support allow for exercise

