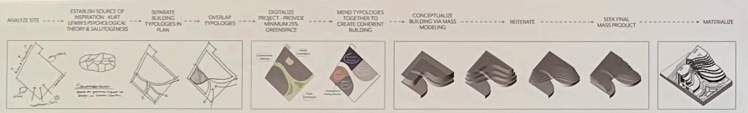


SECTIONS



PROCESS



DISABLED

ENHANCING THE ADA DESIGN STANDARDS: SALUTOGENIC ARCHITECTURE FOR MENTAL HEALTH



NORTH ELEVATION

THEORETICAL PREMISE

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 accommodations, commercial buildings, and state and local government facilities. Formerly to architects, engineers and interior designers, these standards focus primarily on the well-being of those with physical disabilities—yet only no attention to the impact in which the built environment has on occupant's mental health and disability mental illness, trauma, sorrow, or grief that mental health goes hand-in-hand with physical health. In fact, mental health is a factor of physical health required to surviving properly, when functioning in society. With that in mind, the ADA Design Standards are supplemented by an additional level of architectural needed: saluogenic design specifically to mitigate mental stress amongst occupants in various building types?

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 health or emotional disorders in their daily lives, however such diagnoses are not immediately visible; people often see them when they do not appear physically impaired. Such conditions are limited to depression, anxiety, bipolar, obsessive compulsive disorder, schizophrenia, and attention deficit disorder.

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." (Title II in the Americans with Disabilities Act (ADA) 2010). Poor mental health effects ones functionality in major life 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 disability—those that are not immediately apparent. Further, mental illness is defined as a subconscious under the ADA terms, mental impairment, although there are no documented ADA design standards specific to alleviate such mental conditions.

SALUTOGENESIS AND THE BUILT ENVIRONMENT

saluogenic design (s):
 s: salu (to) g: gen (to) c: design
 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 life"
 - "The ultimate investment in people, in an architecture sense" (Richard Sattiano, n.d.)
 Humans spend over 90% of their lives indoors, so the buildings they inhabit must have an effect on their overall health. Saluogenic design is a "measurable aspect of design that can be produced or altered by individuals and the functions of mental health. Using the WELL Building Standard as a framework, 38 design interventions have been curated with intention to be added to the ADA Design Standards. See the book below to view all standards.

THE BUILT ENVIRONMENT AND PSYCHOLOGY

Certain responses to the built environment have universal effects on people—like the amount of daylight in a space, which many people have a positive response to. However, in a psychological sense, each individual reacts to differing environments in different ways. The psychological phenomenon, "nature versus nurture," Psychological theories like Kurt Lewin's Field Theory has argued that behavior is the "result of the individual and the environment" and that the environment shapes a person's psychological behavior and mental health (Levin, 2018).

THE WELL BUILDING STANDARD: A FRAMEWORK

While each individual has reacts to their environment differently, various standards can be produced or altered by individuals and the functions of mental health. Using the WELL Building Standard as a framework, 38 design interventions have been curated with intention to be added to the ADA Design Standards. See the book below to view all standards.

Design for Biophilia

Biophilic elements and greenery throughout this project within the courtyard, south-facing green terraces, plant walls and beds, and park located on the southern end.

Design for Light

Floor-to-ceiling curtain wall glazing has been incorporated throughout the built space equating to 85% 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 quantitative biophilic quantities, adaptable and private spaces, coloring and lighting 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.

Design for Fitness

This project incorporates subtle elements related to physical exercise into its design. Such elements are expressed through monumental stairs, ground level greenpaces and terrace greenpaces, developed bicycle storage areas, location relative to public transportation, trail networks and access to the South Platte River.

LEVEL FIVE

LEVEL TWO

LEVEL ONE

Combined Typologies:
 Office, Educational, Housing, Residential, Retail, Sports

RESIDENTIAL INTERIOR

ACADEMY CLASSROOM INTERIOR

OFFICE LOBBY INTERIOR

SITE CONTEXT

3301 Brighton Boulevard, Denver, Colorado
 River North District

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.

Denver has become one of the fastest growing cities in America, and has experienced a 18% growth since the 2010 Population Census. Various districts surrounding the metropolitan area have rapidly expanded and become more dense, giving way to the need for various building typologies to supply the population growth.

The River North Arts District, a new extension of the historic Five Points District has gone through cycles of both wealth and poverty and has since created a melting pot of differing demographics, age groups, and artists. Picking a site like this is essential, as it is adjacent to the South Platte River, which offers easy access to public transportation, and is part of the growing RiNo neighborhood. A defining factor about the RiNo District, however is that it is a concrete jungle. The buildings in the neighborhood exhibit an industrial feel, utilizing steel, concrete, brick, and aluminum as major materials, while the surrounding Rocky Mountains are rugged and natural. This design attempts to mingle with the irony of natural versus man-made, as the northern, flat facade looks on the mountains while the southern, curvy and contoured side looks at the city. This juxtaposition emphasizes the implementation of integrated greenpace, south-facing terraces, colorful electronic, glass, and subtle industrial materials applications to pay homage to both the existing arts district and above all, to apply mental health related design standards to various typologies.

THEORETICAL PREMISE

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SALUTOGENESIS AND THE BUILT ENVIRONMENT

THE BUILT ENVIRONMENT AND PSYCHOLOGY

THE WELL BUILDING STANDARD: A FRAMEWORK

DESIGN FOR BIOPHILIA

DESIGN FOR THE MIND

DESIGN FOR LIGHT

DESIGN FOR FITNESS

SUPPLEMENTING THE ADA DESIGN STANDARDS

Addressing Mental Health and Well-Being Through Design Interventions in the WELL Building Standard

