A mental wellness center for young adults

Background

Design Intent To explore the idea of creating spaces that facilitate self discovery and self betterment through the emotional and spatial concept of ascension. Through qualifiers like compression and expansion, sequence, and transparency, I intend to create a space that promotes healthy conversations regarding mental wellness in a safe and open

Without proper resources and help, many people do not have the ability to ascend towards their goal of healthy mental living. The health care system in our country has failed many people, including many young adults that could have had immensely successful and prosperous lives if they had only been given the right tools to manage their mental health. There needs to be a change in our country regarding mental health. We need to have spaces for people to learn, to recover, and to ascend towards mental wellbeing.

Project Vehicle In order to create a space that feels safe, comfortable, and educational, it needs to be a multipurpose space. The project will be geared towards young adults, ages 18-26, that are struggling with mental health issues and may not have access to resources to help themselves. To help them with their goal of ascension towards mental well being and recovery, the space must have resources for them. This will include dorm style living for those needing in-patient care. Along with the private residences, there will be offices for the in-house counselors and therapists to meet with those utilizing the facilities. Due to the in-patient nature of the space, there will be a cafe providing food for the guest. There will also be a common space for guests to converge for



Olivia | The Student Olivia is a 19 year old college stu

Backstory: Olivia is a student attending Se attle University on an academic scholarship. Resources: Due to the stress of being a fresh

Emotions:
Anxious, confused, stressed, Goals/Scenario:

Olivia learned about this space

through resources at her college

and hopes to restore her mental

health in order to continue to be

successful at school.

diagnosed with depression. **Emotions:** Depressed, scared, stressed. Goals/Scenario: about this space and he hopes that he can find ways to manage his depression.

Alex | The Barista

Backstory:

Resources:

ing in downtown Kirkland.

Personas

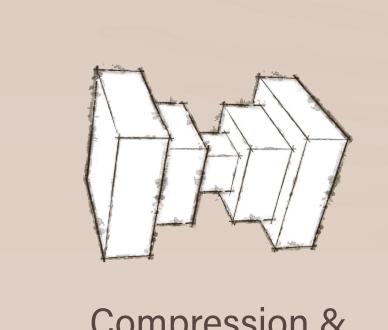


Persona 3 Sarah | The Teacher Sarah is a 24 year old new teach-Alex is a 21 year old barista work er working on Queen Anne.

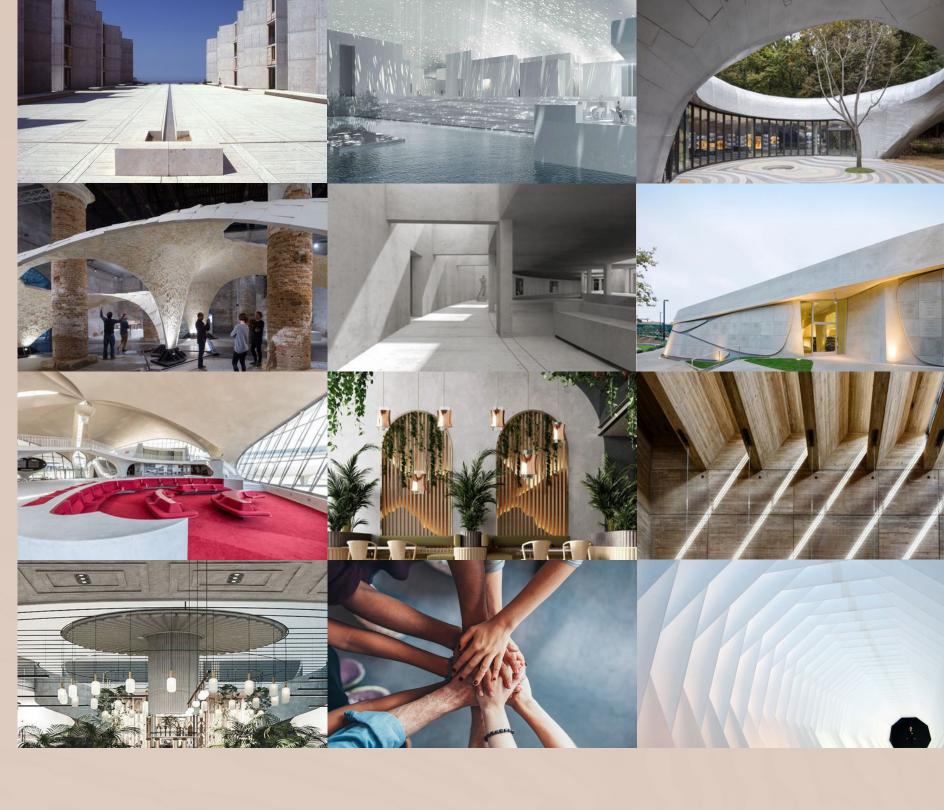
Backstory: Sarah is overwhelmed with how the pandemic is affecting her abilhis relationship with his parents. ity to teach. Resources: Sarah's roommates are also Alex has worked at the coffee teachers, but she misses her family back in Bolivia. Sarah has recently been dealing with eating his family. Alex has recently been disorders.

> **Emotions:** Anxious, lonely, disappointed. Goals/Scenario: Sarah found this space on her own and hasn't told people she is going. She hopes to find resources for managing her eating disorder and stress.

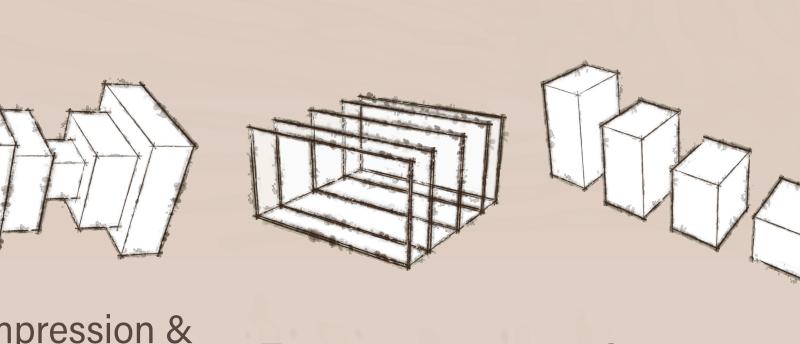






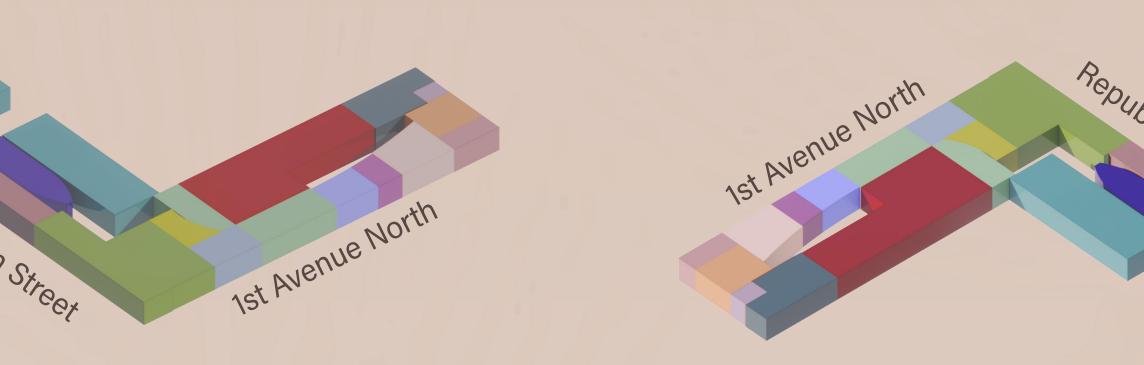


Imagery and Qualifiers



Total Square Footage: 22,295 sq. ft.

Programmatic Layout

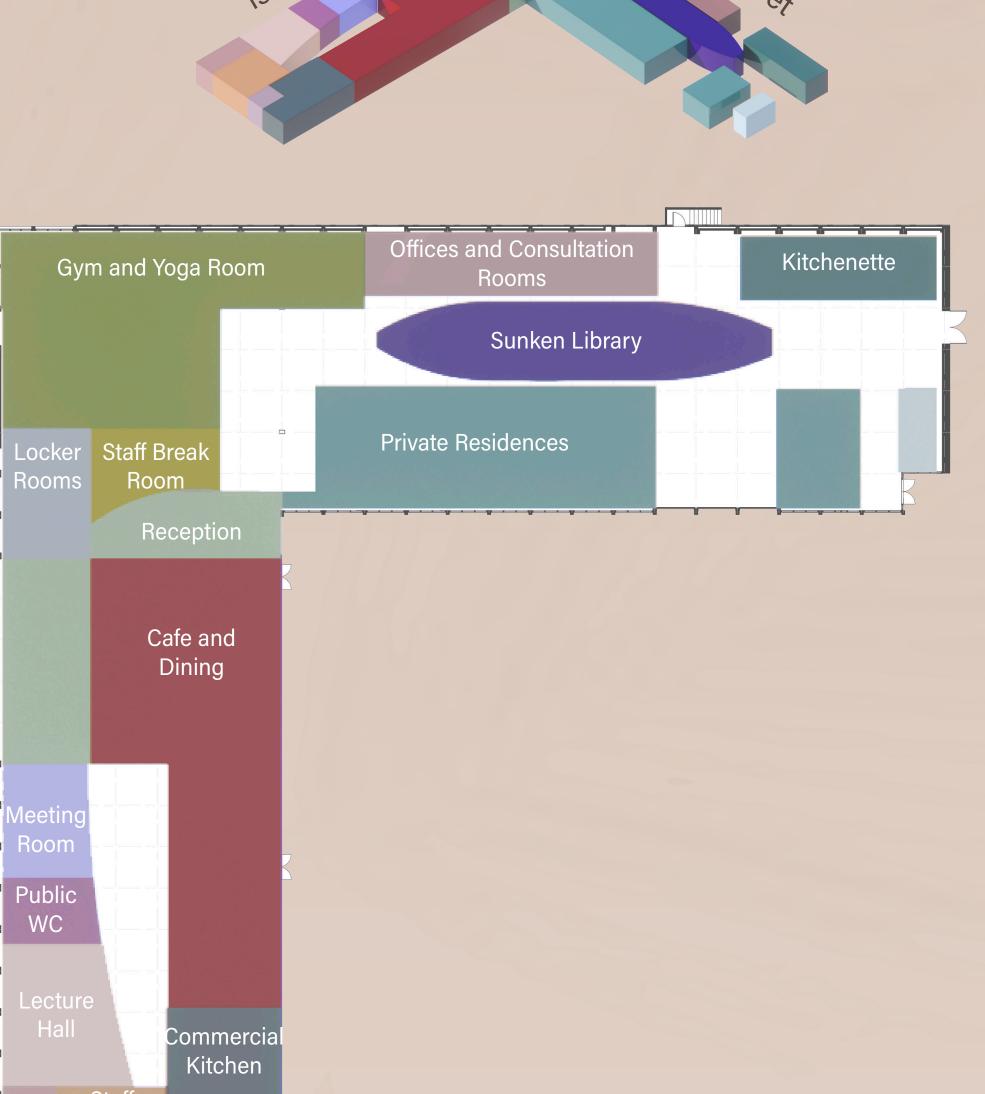


Breakdown of Spaces

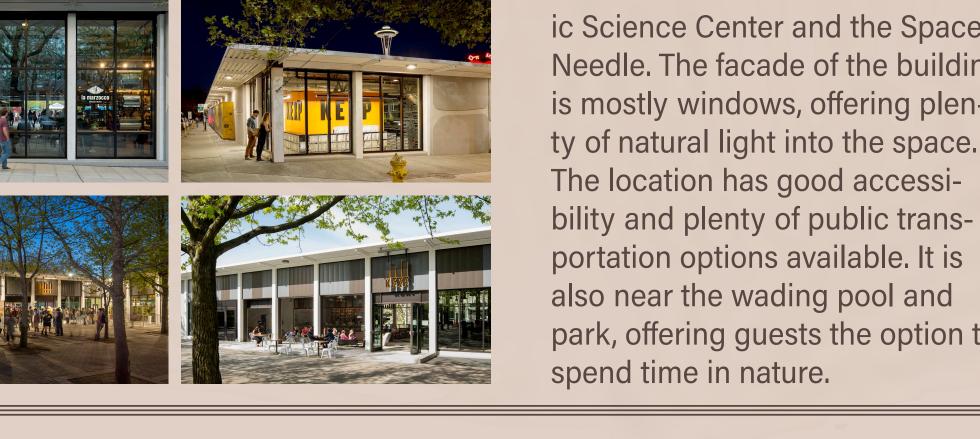
Private Space: » Private Residences: 3400 sq. ft. » Sunken Library: 1645 sq. ft. » Private Residence Kitchenette: 775 sq. ft. » Offices/Consultation Rooms: 1145 sq. ft. » Workout Areas: 3300 sq. ft. » Storage: 220 sq. ft.

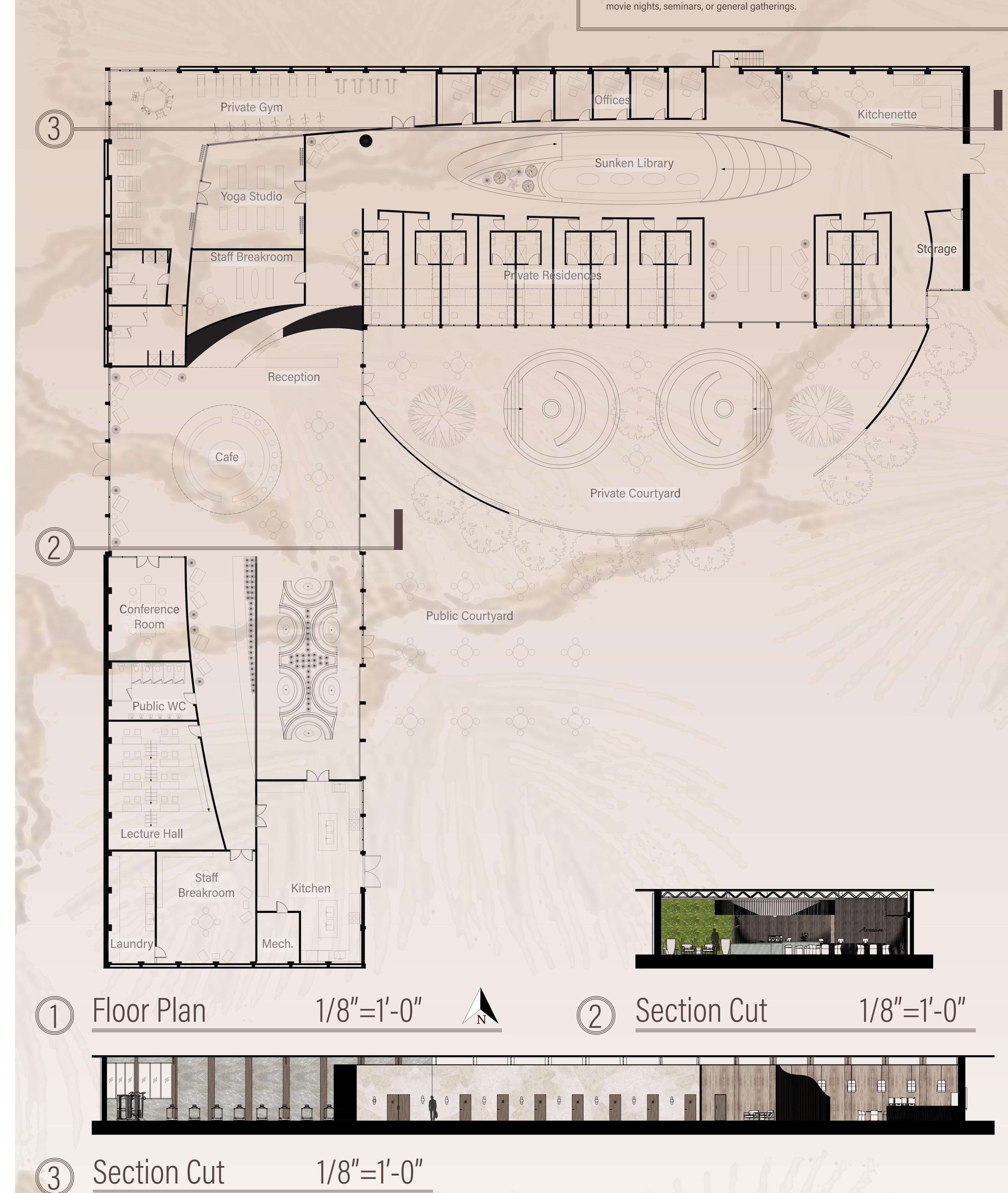
» Staff Break Room: 610 sq. ft. » Locker Room: 690 sq. ft. Public Space: » Reception: 1800 sq. ft. » Cafe: 4000 sq. ft.

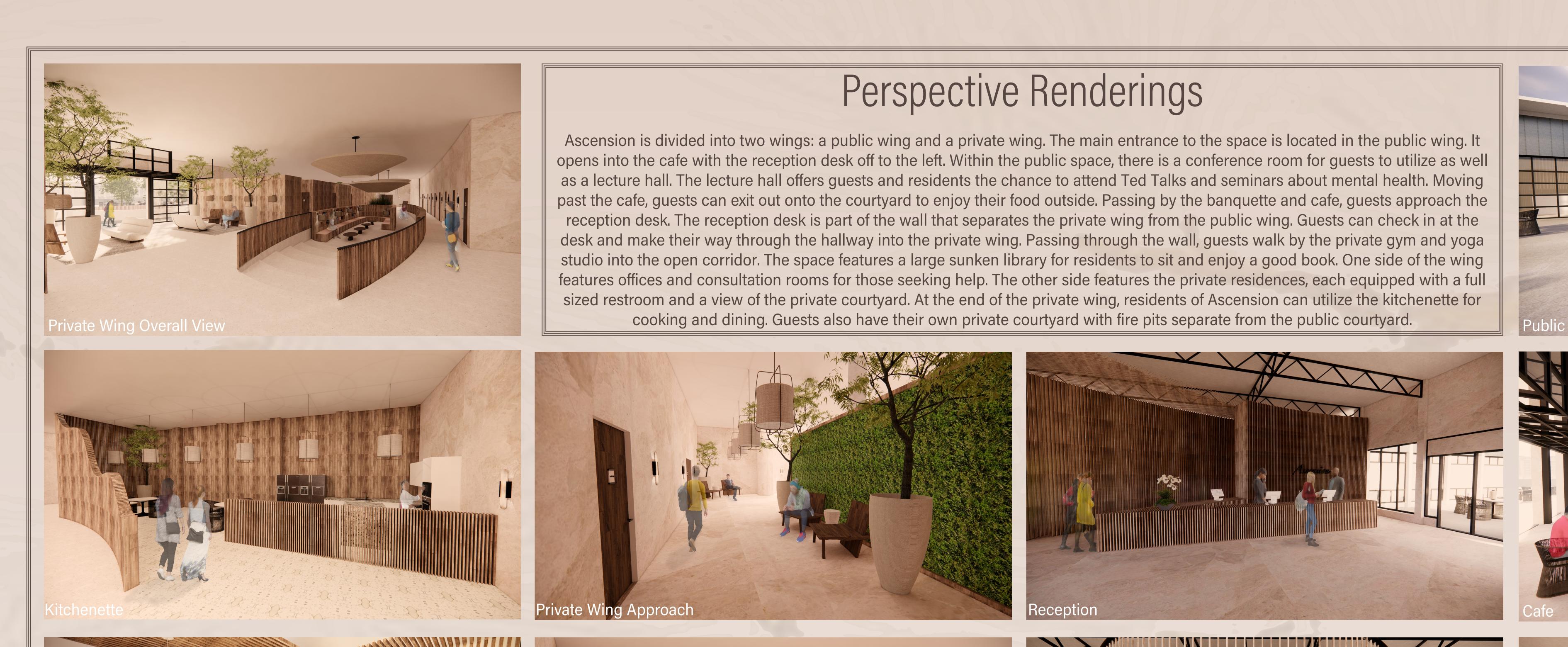
» Conference Room: 605 sq. ft. » Public WC: 380 sq. ft. » Lecture Hall: 970 sq. ft. » Commercial Kitchen: 1300 sq. ft. » Mechanical: 175 sq. ft. » Staff Break Room: 850 sq. ft. » Laundry: 430 sq. ft.

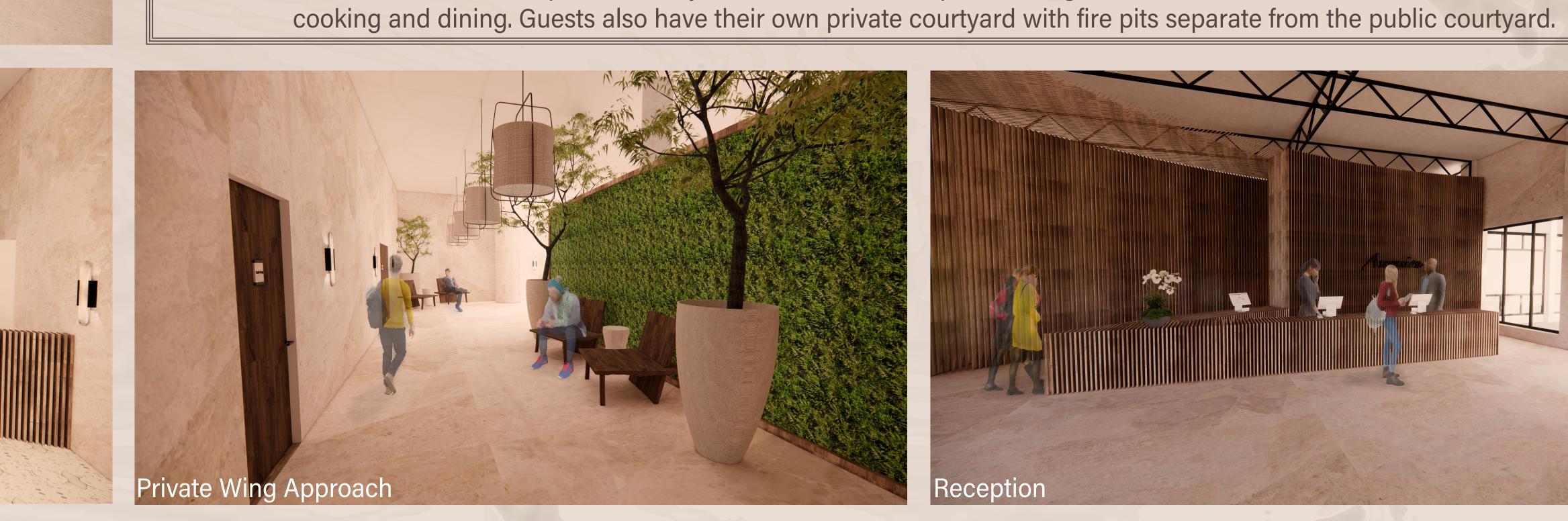














Perspective Renderings

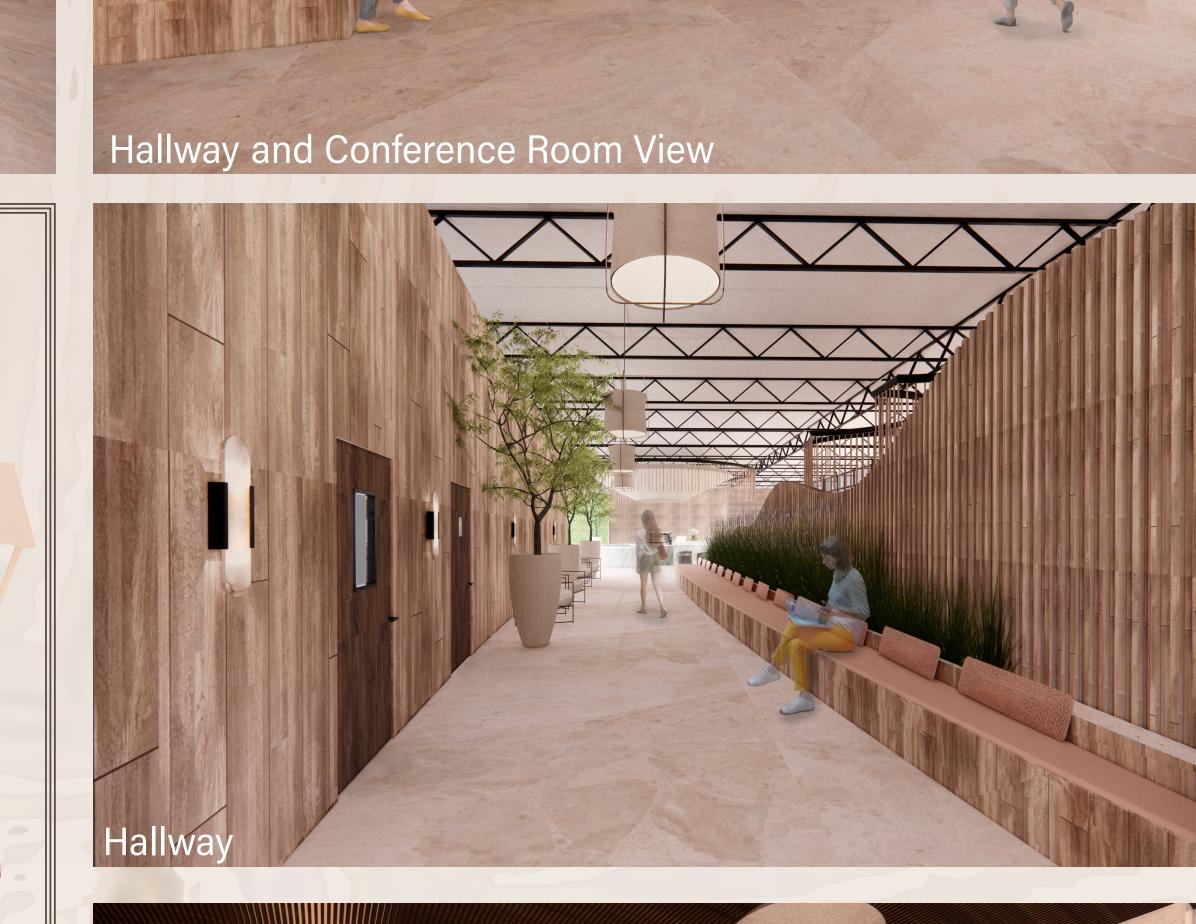
Ascension is divided into two wings: a public wing and a private wing. The main entrance to the space is located in the public wing. It

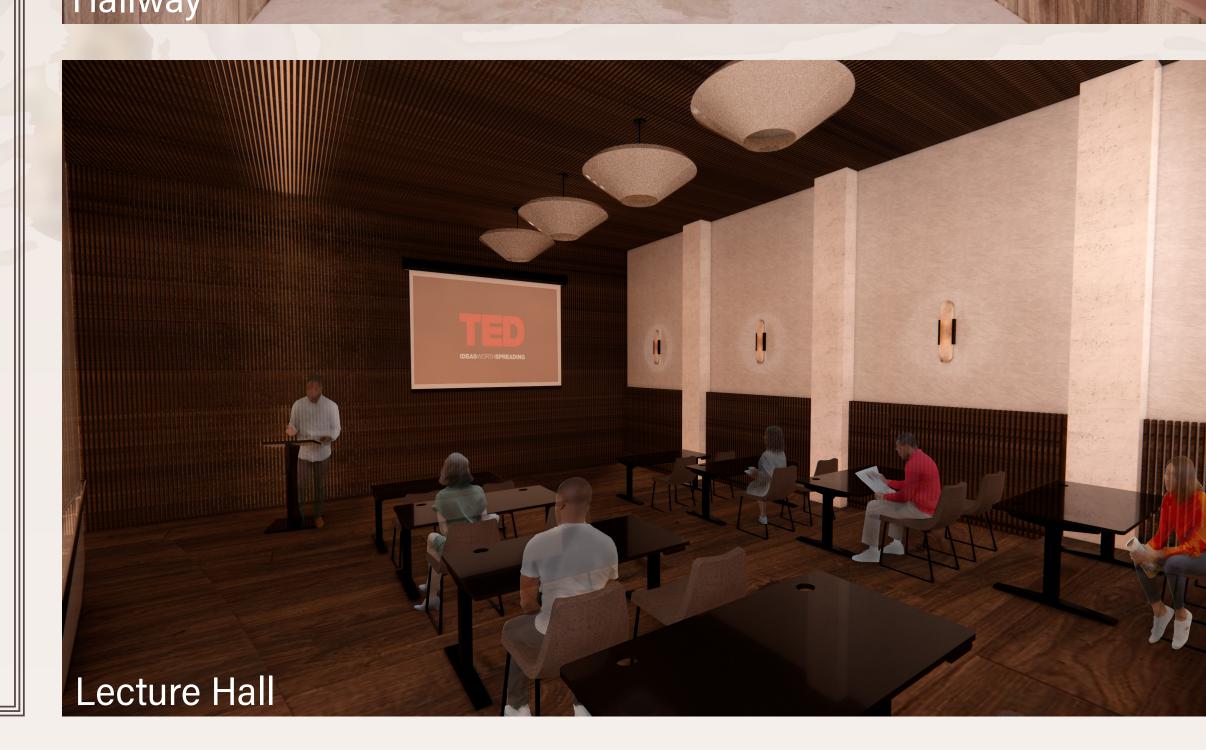
reception desk. The reception desk is part of the wall that separates the private wing from the public wing. Guests can check in at the



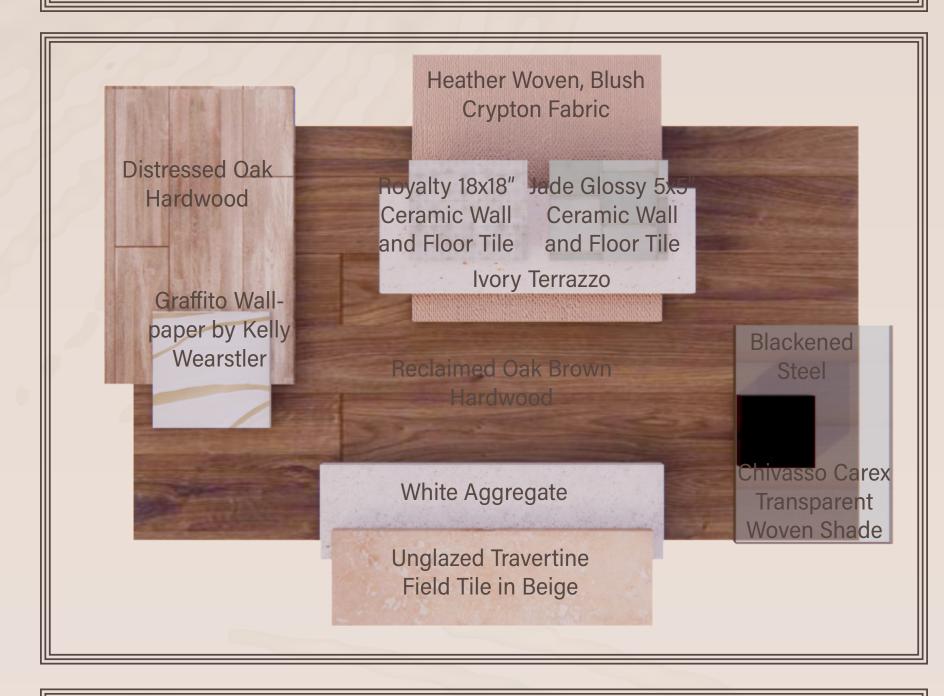




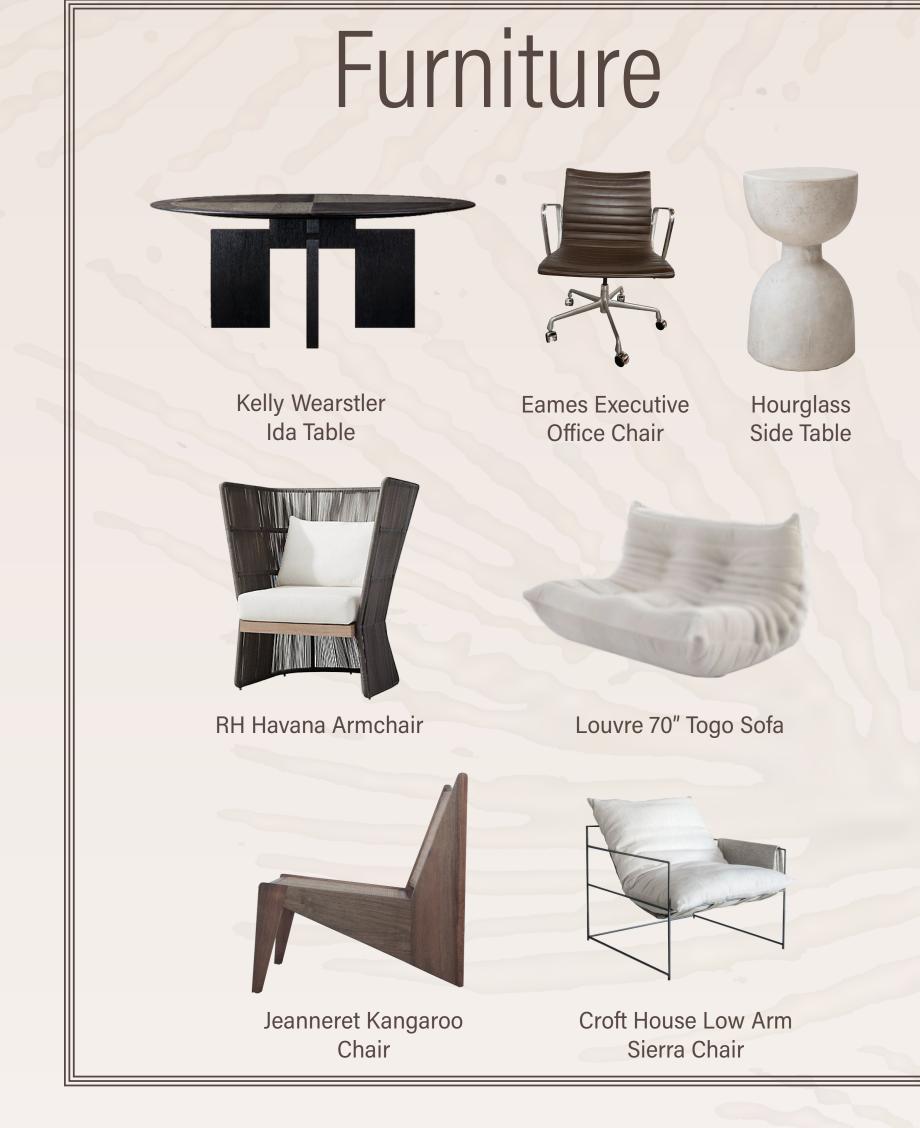






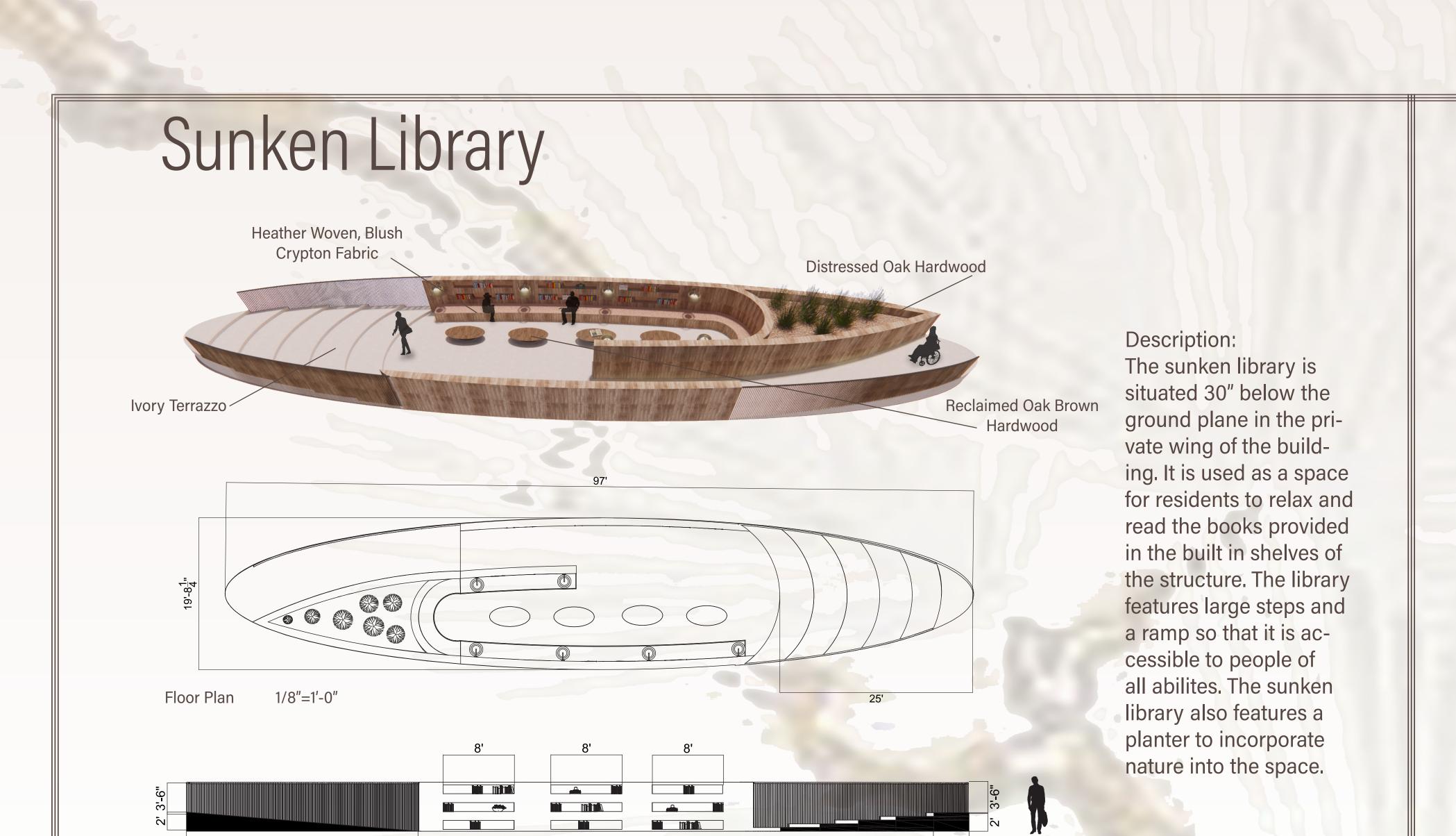


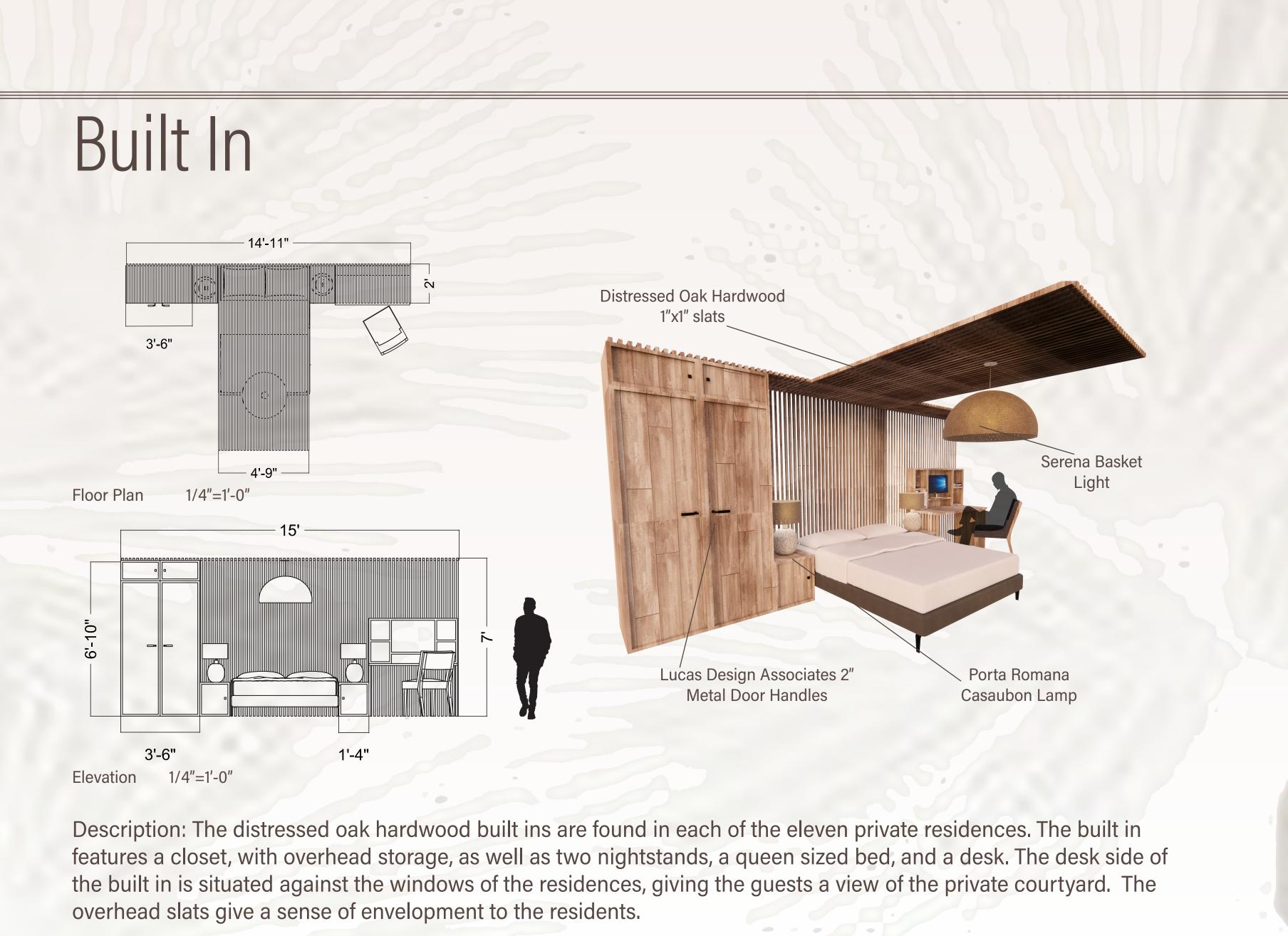








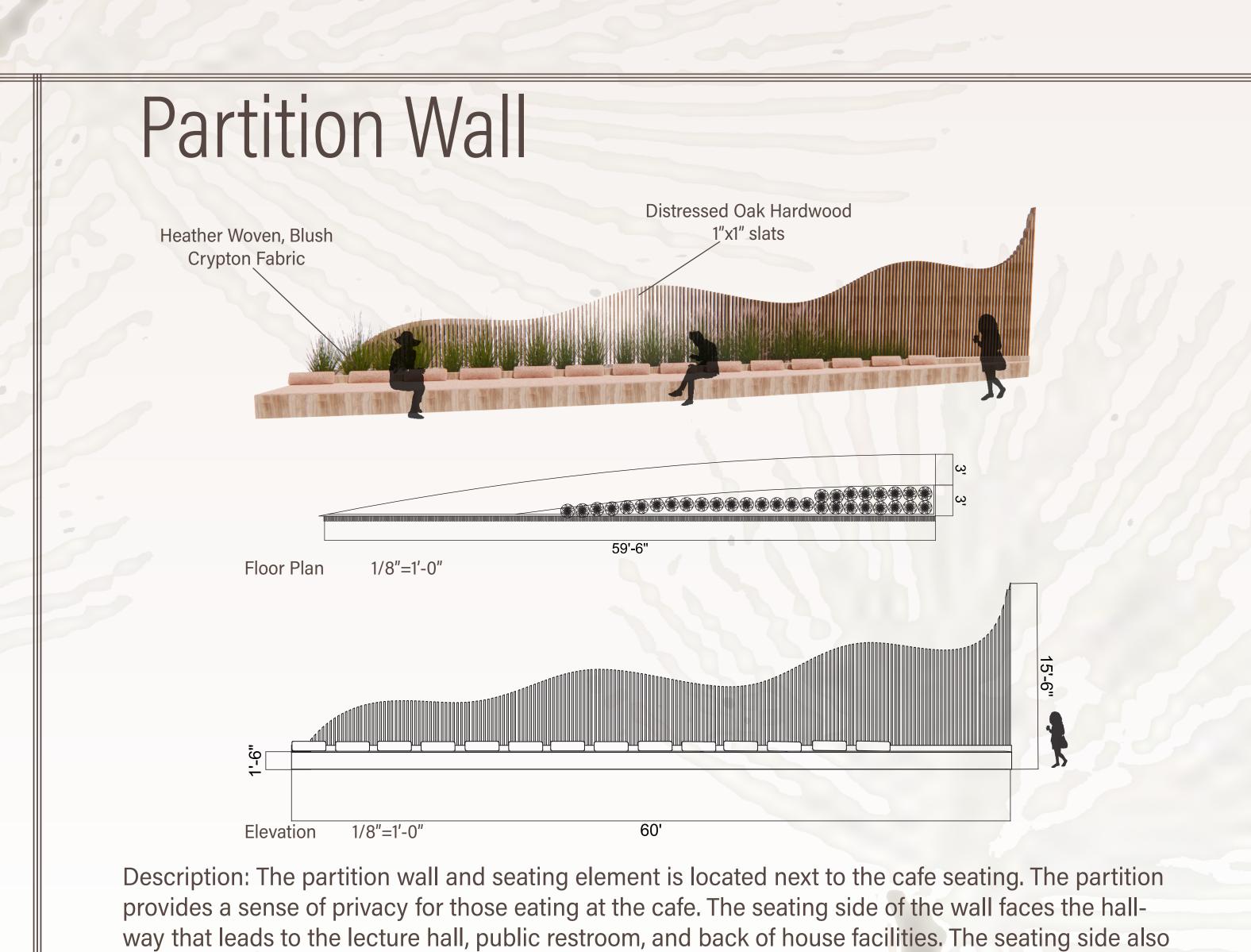






cial space for guests to pass through. Incorporated between the wooden slats are Nuvo Lighting 50"

Wide Warm LED Light Strips that help highlight the architecture without taking away from its simplicity.



features a planter to bring nature into the space. The slats allow light to filter through from the win-

