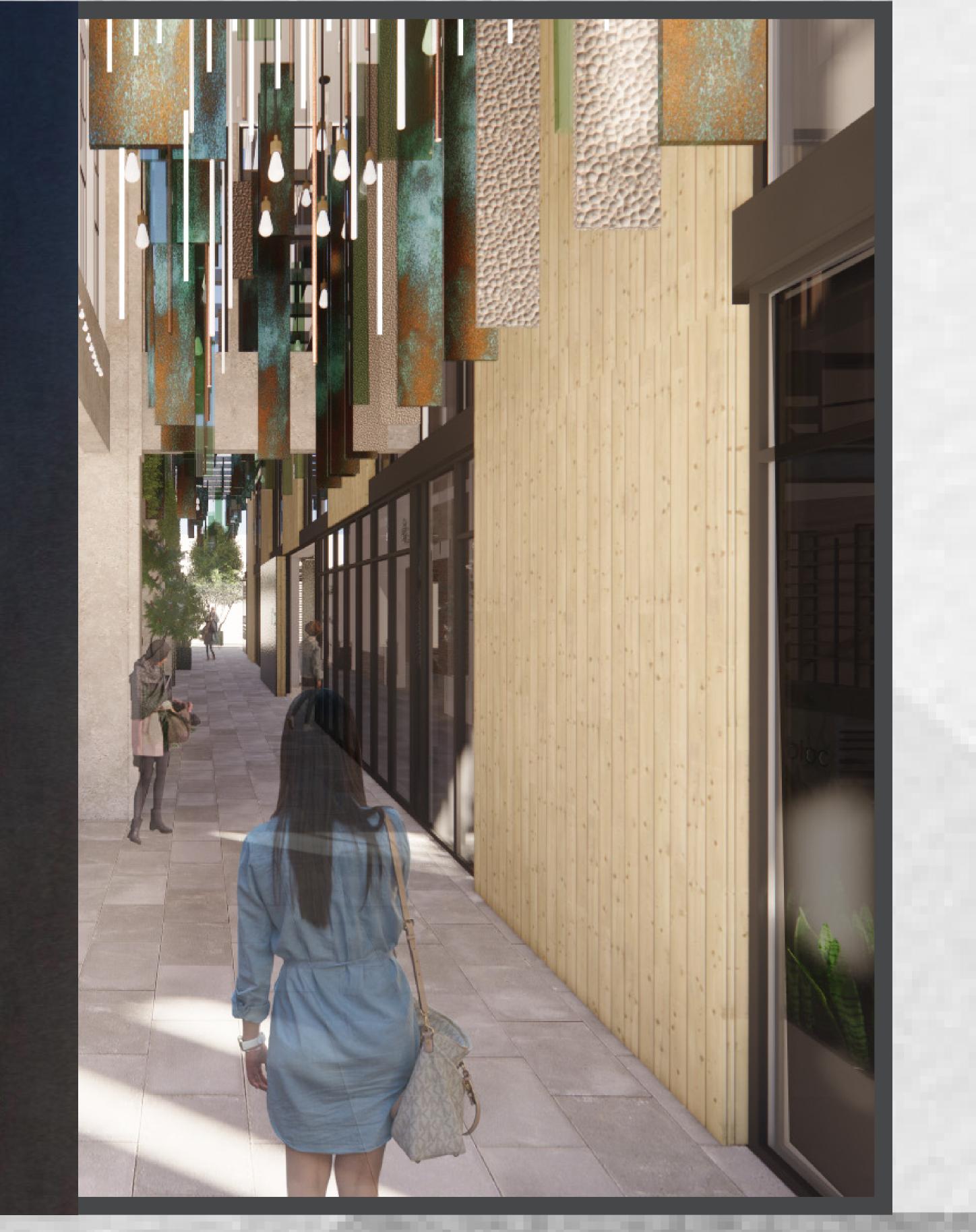
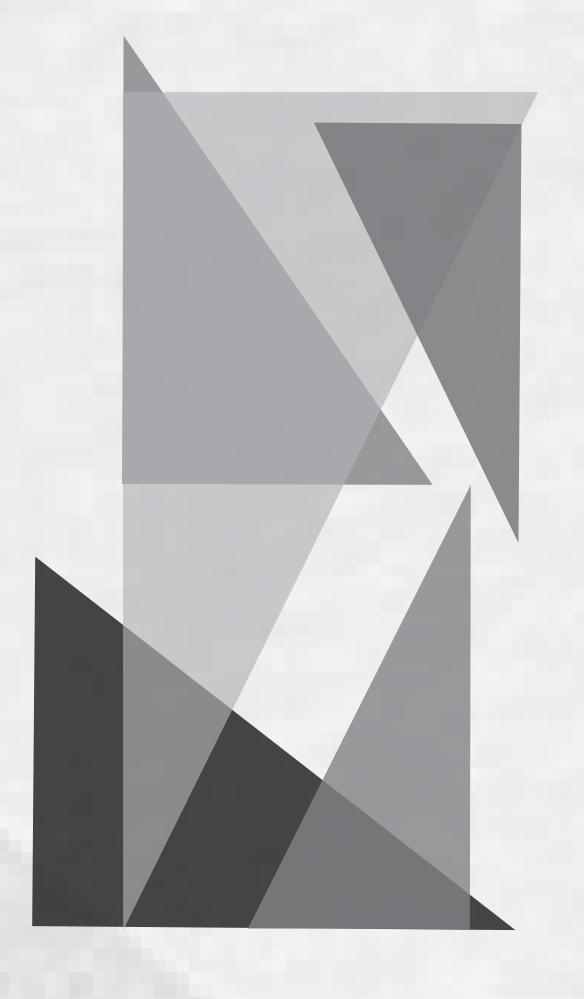
connect

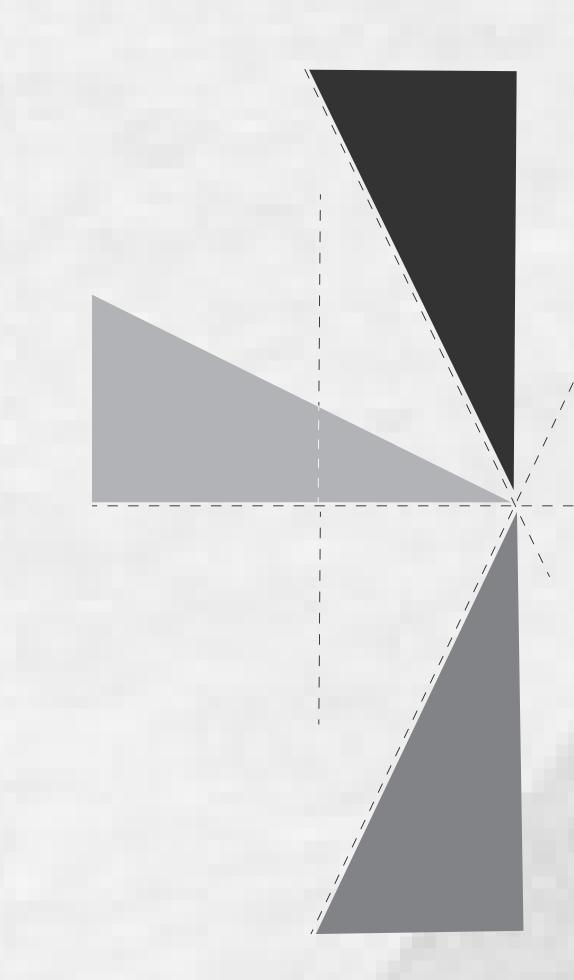
L 3 recharge



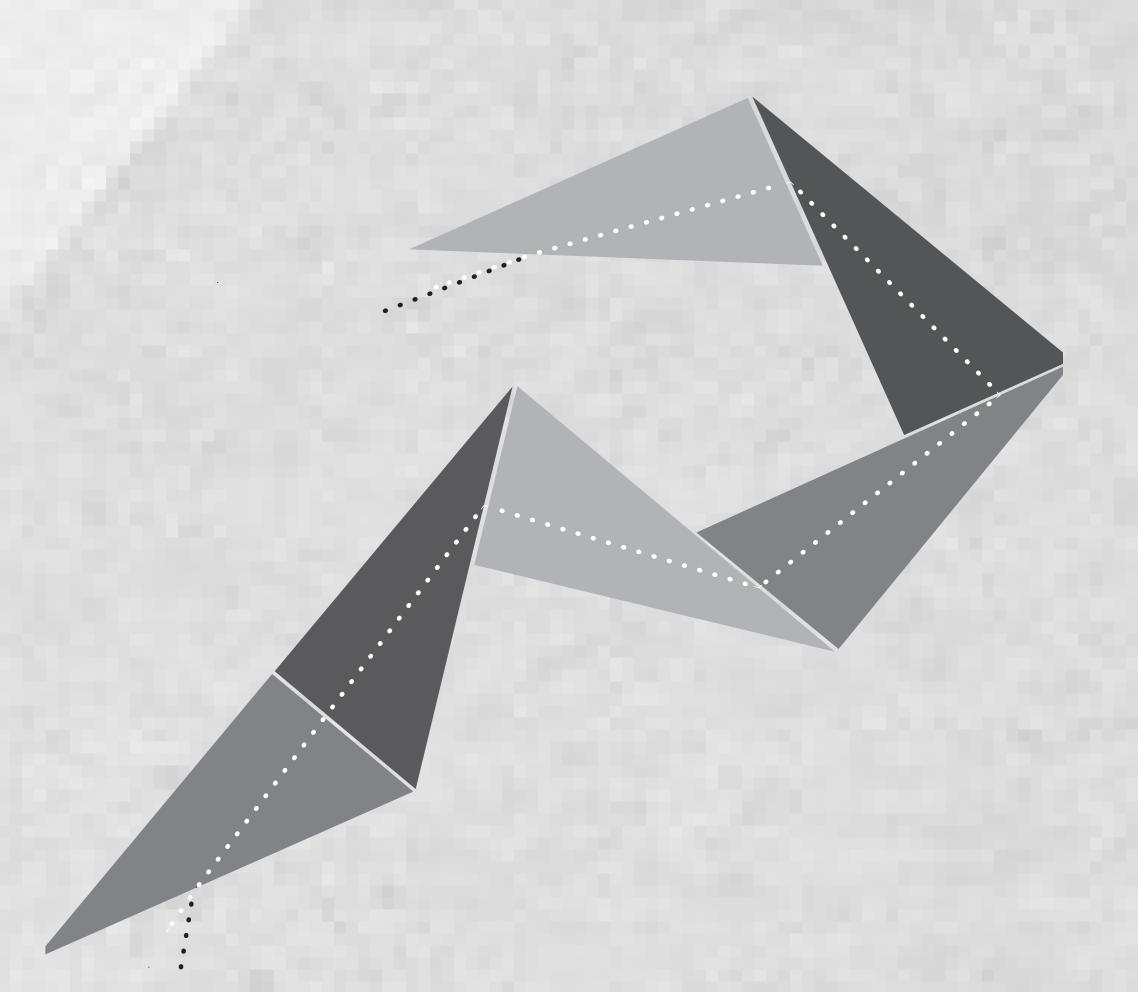
## A spatial journey towards mental wellness utilizing transparency, fragmentation, and flow



Spacial transparency allows for authenticity and clarity of focus.



Fragmentation creates a multifaceted experience that encourages reflection and differing perspectives.



A momentum that propells one forward and connects the space (and person) as a whole.

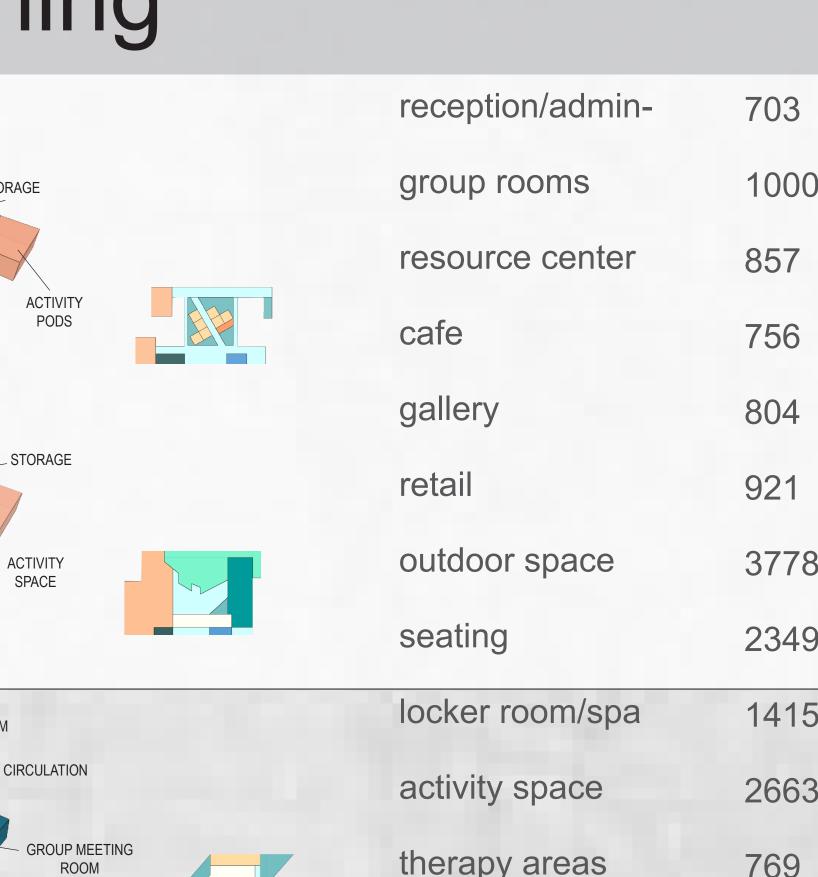
# concept

Connection is key for recovery from addiction. This connection needs to take place by engaging in a community, with ones self, and to find a larger calling. I want to create a series of spaces that addresses the need for connection and new beginnings. I envision a center that is community facing but has areas for more private contemplation. The project will be two levels with the first level focusing on connection to the larger community. The third level with provide women with a place to engage in therapy, art, and physical activty.

# context

As the conversations surrounding mental health are brought further out in the open we need spaces that allow us to engage on a deeper level. Addiction is the result of the breakdown of mental health and requires a unique set of circumstances to recover. I have witnessed many people I love take this journey and was interested in how design could help. This project my research and my personal experience to create a space that can nurture a person on their own journey and give them the tools to succeed.

# programming

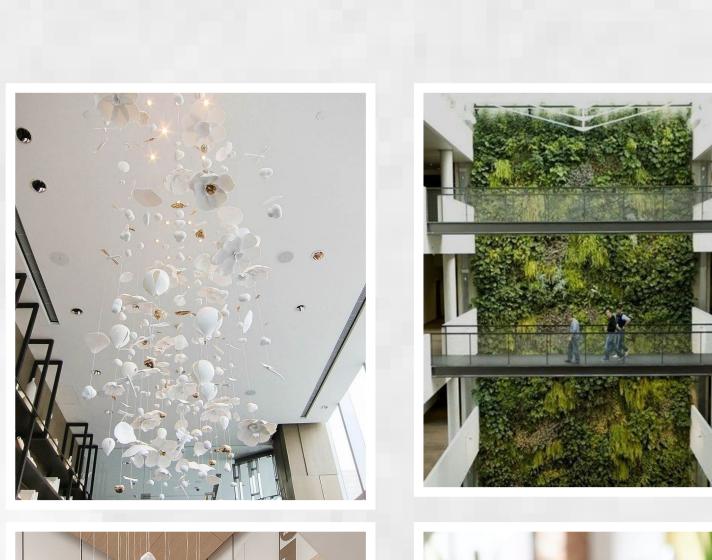


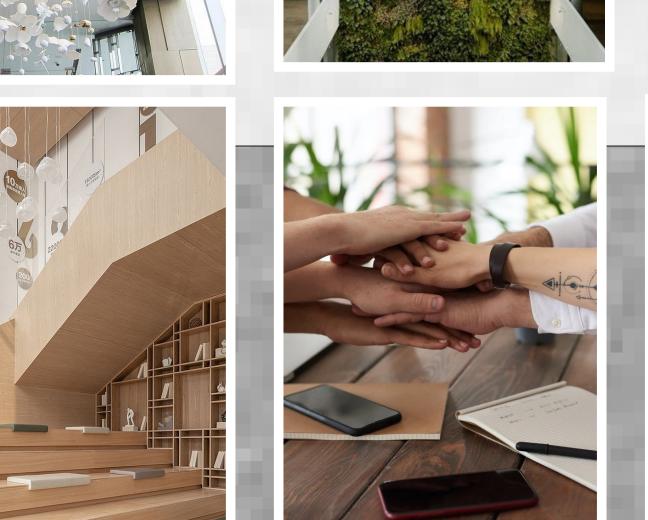




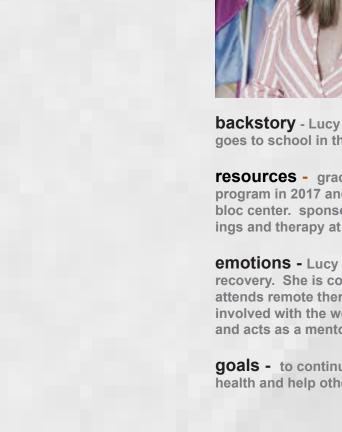


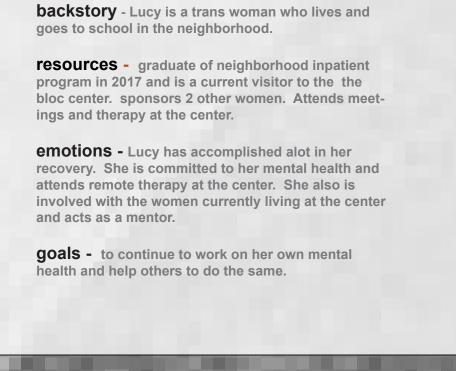
## visual positioning











teens and early twenties. resources - Maya is a talented visual artist but her creativity has been stifled by the stresses of work.

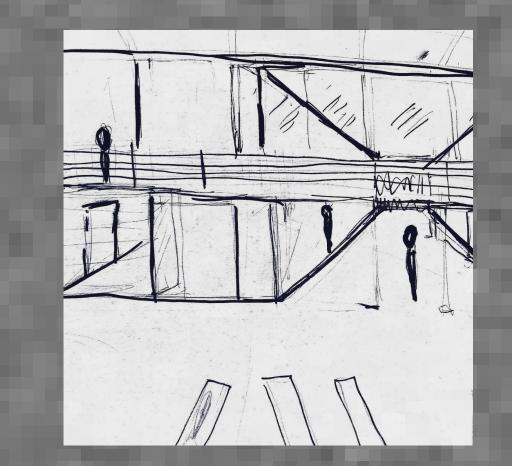
emotions - She is adopted from Korea and has struggled finding connection in her friend goals - Maya has tried seeking traditional medical solutions to her mental health challenges and they've offered only a temporary solution. She hopes a more holistic approach

will allow her to address the underlying causes



materials

process





backstory - Practioner at center. Lives in Tacoma and commutes to Seattle. Has a wife and

resources - Kim has a degree in psychiatry from Northwestern University. She is from Chicago and has lived in the Seattle area for four

emotions - Kim commutes every day from

Tacoma. She is involved in the arts scene and rents studio space in Seattle. She is emotionally

invested in the women she works with especial-

goals - Kim is interested in art therapy for the treatment of mental health. She wants to inte-

grate an art, dance, and creative writing component to the center's treatment philosophy.

ly when they leave the center.



## furniture and lighting













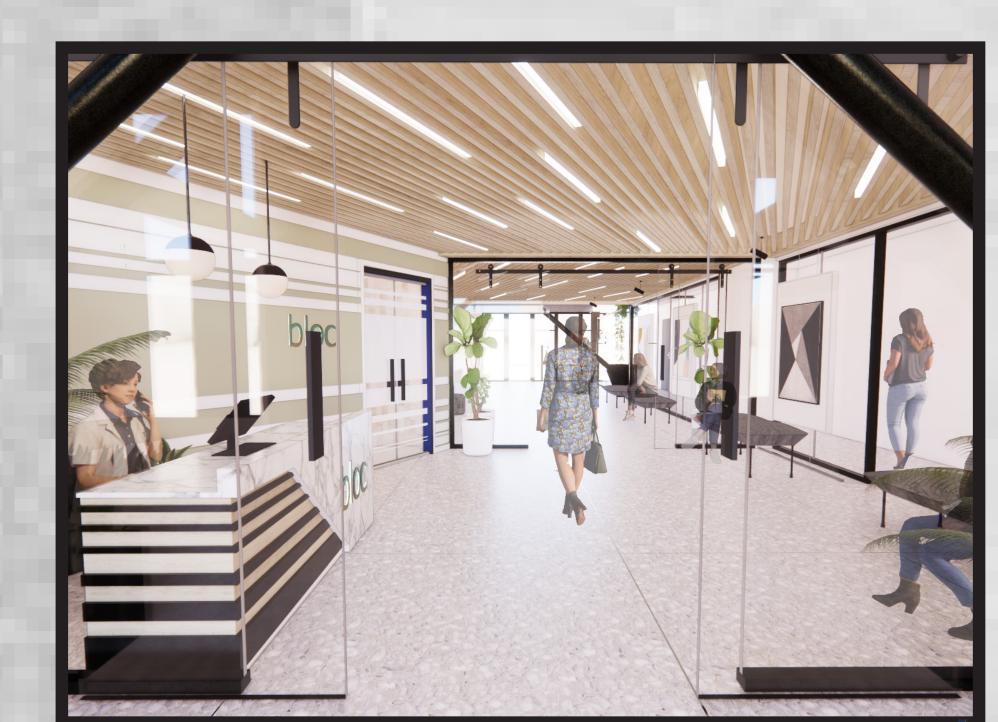








level three - recharge





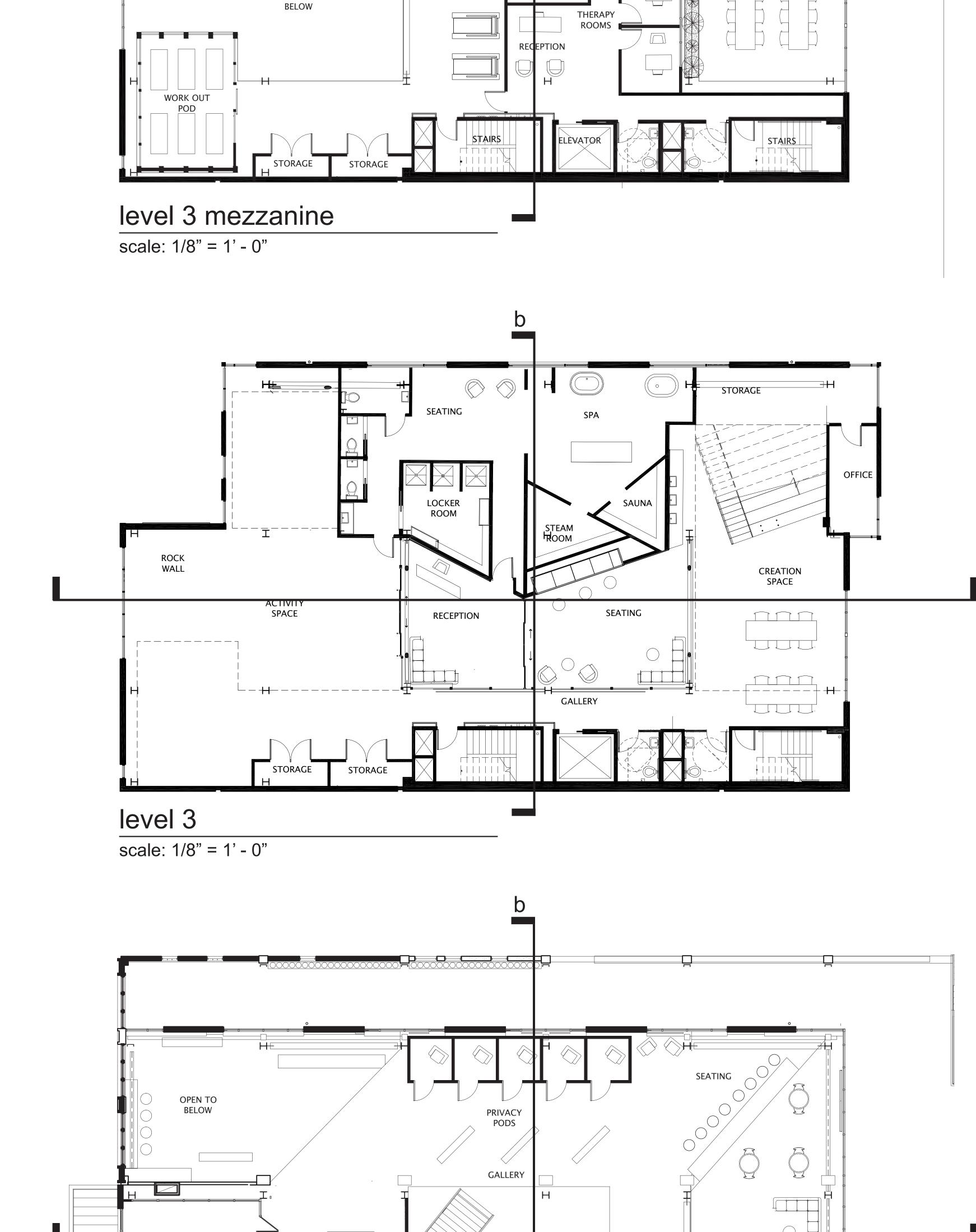


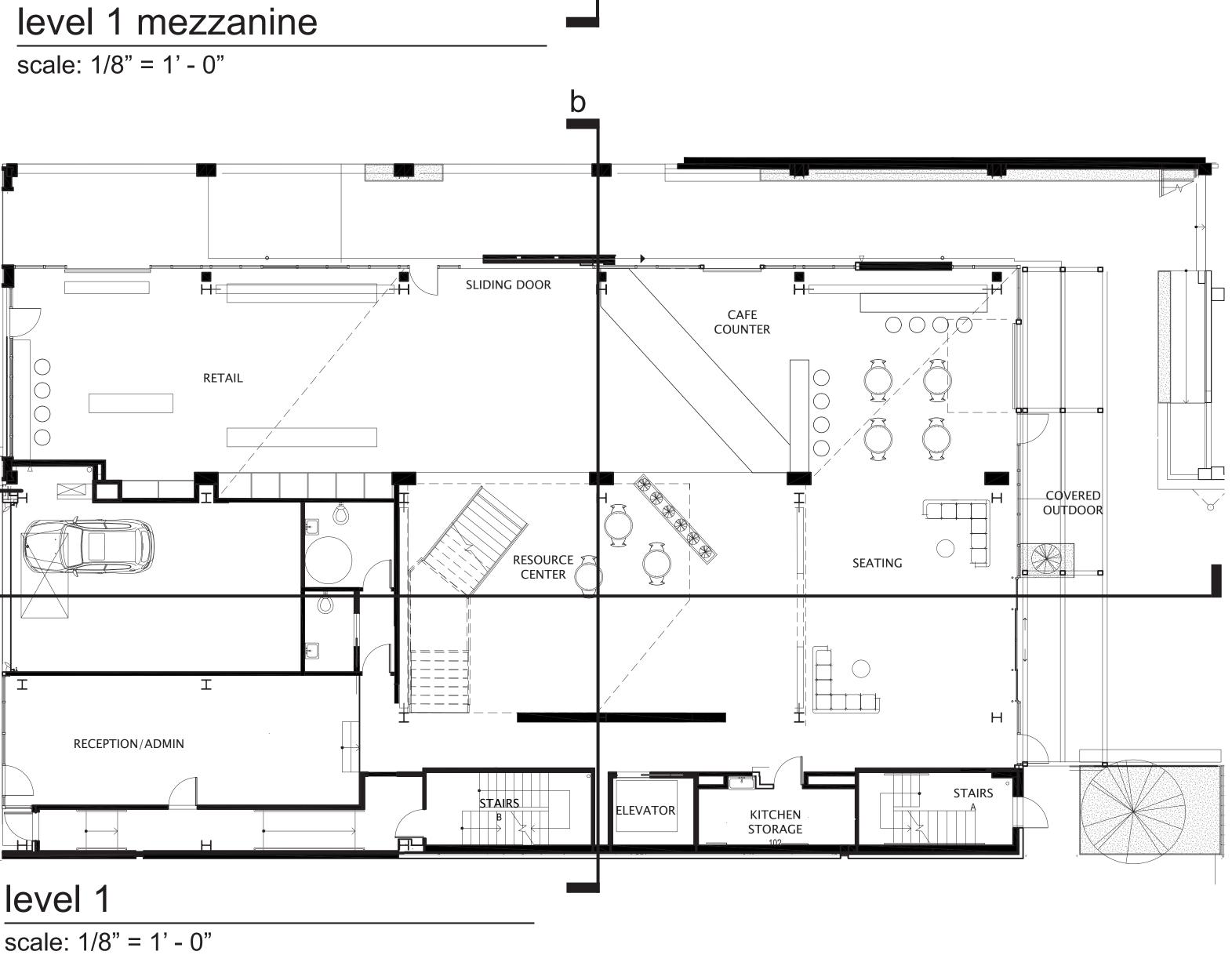


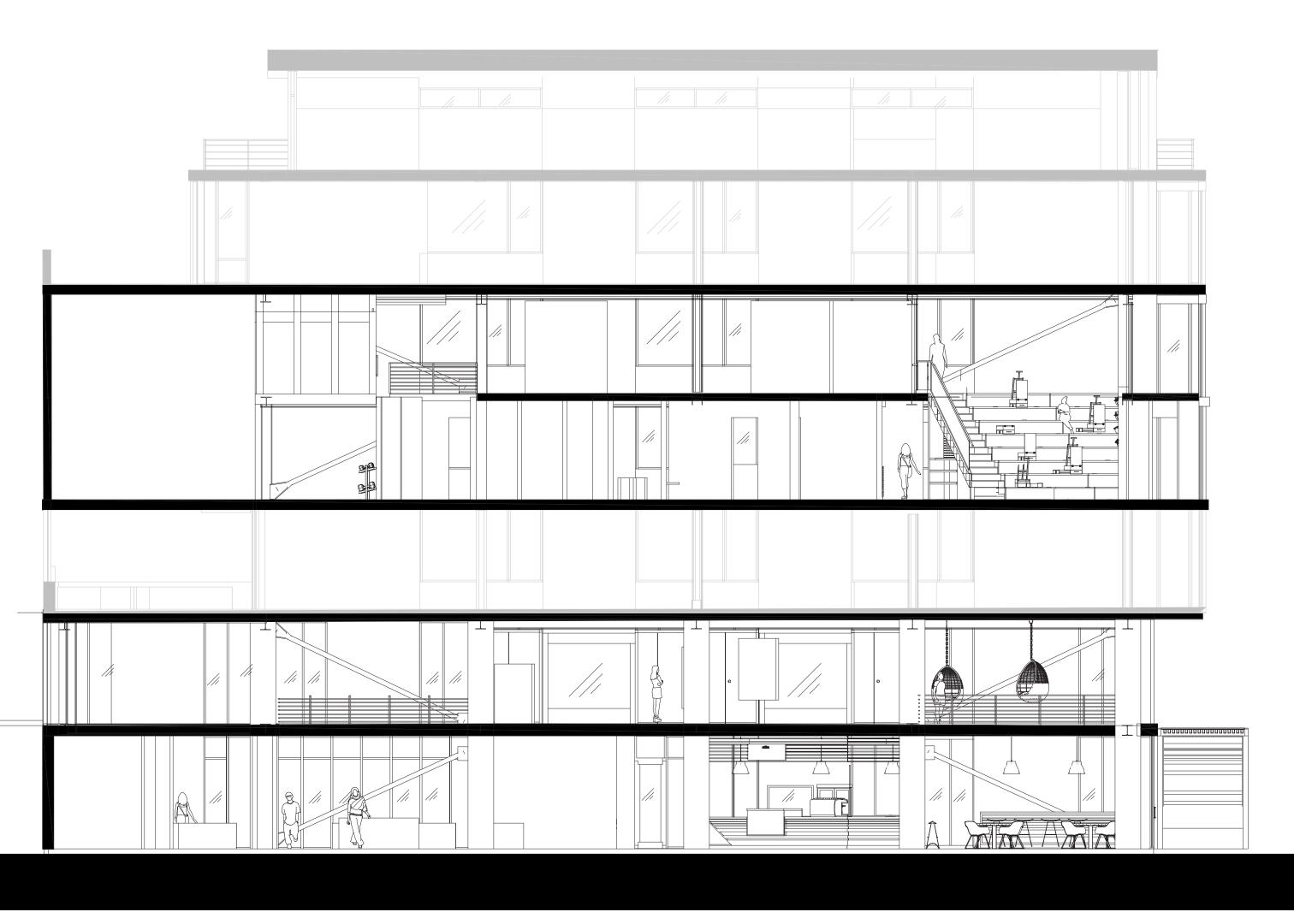














section b scale: 1/8" = 1' - 0"

