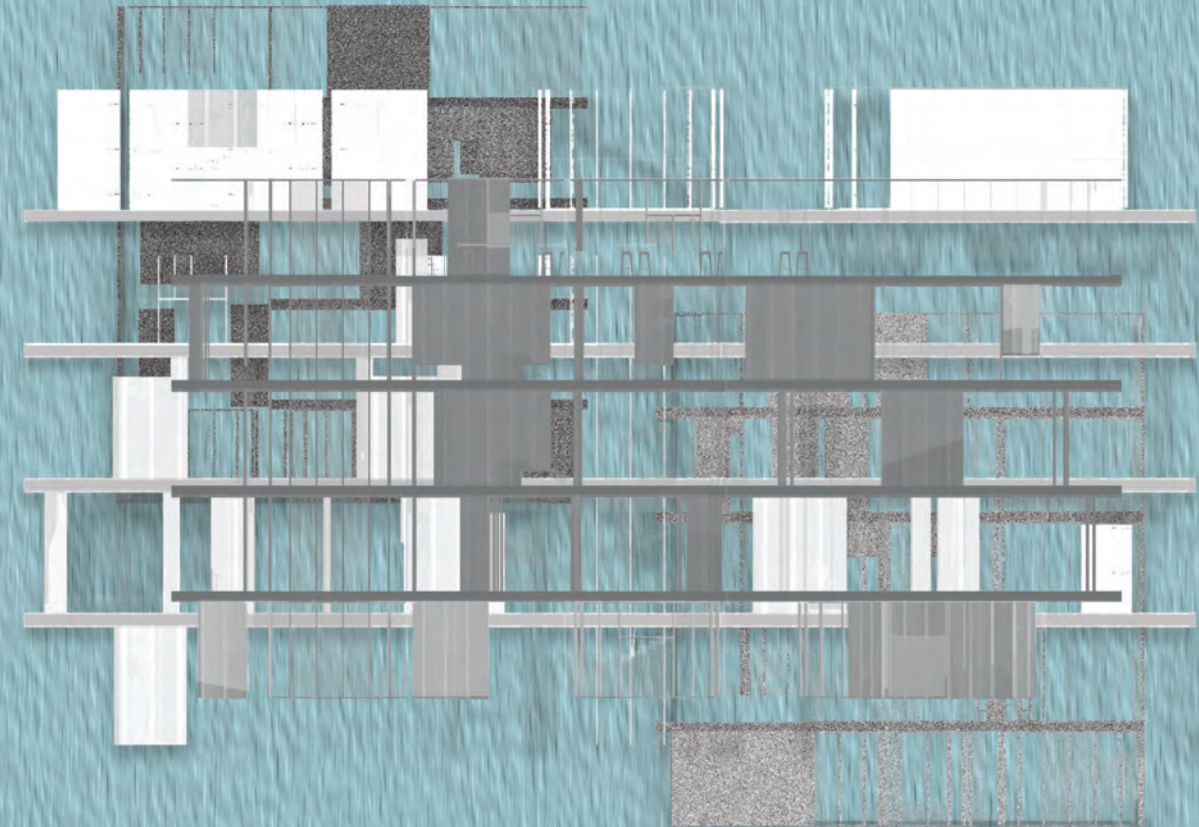


well-being

*mental well-being and the built environment
undergraduate architecture thesis*

Location Tokyo, Japan
Date Spring 2019
Program Community Center
Area 3200 m²
Type Academic
Professor Justin Miller

The built environment can be a medium through which to influence social attitudes about mental wellness. This thesis is a study of how the design of a welcoming environment can foster approachability for people seeking mental recuperation and can stimulate social acceptance within a community. A drop-in mental health community center examines spatial strategies on terms of daylighting, materiality, and fluidity between interior and exterior space.



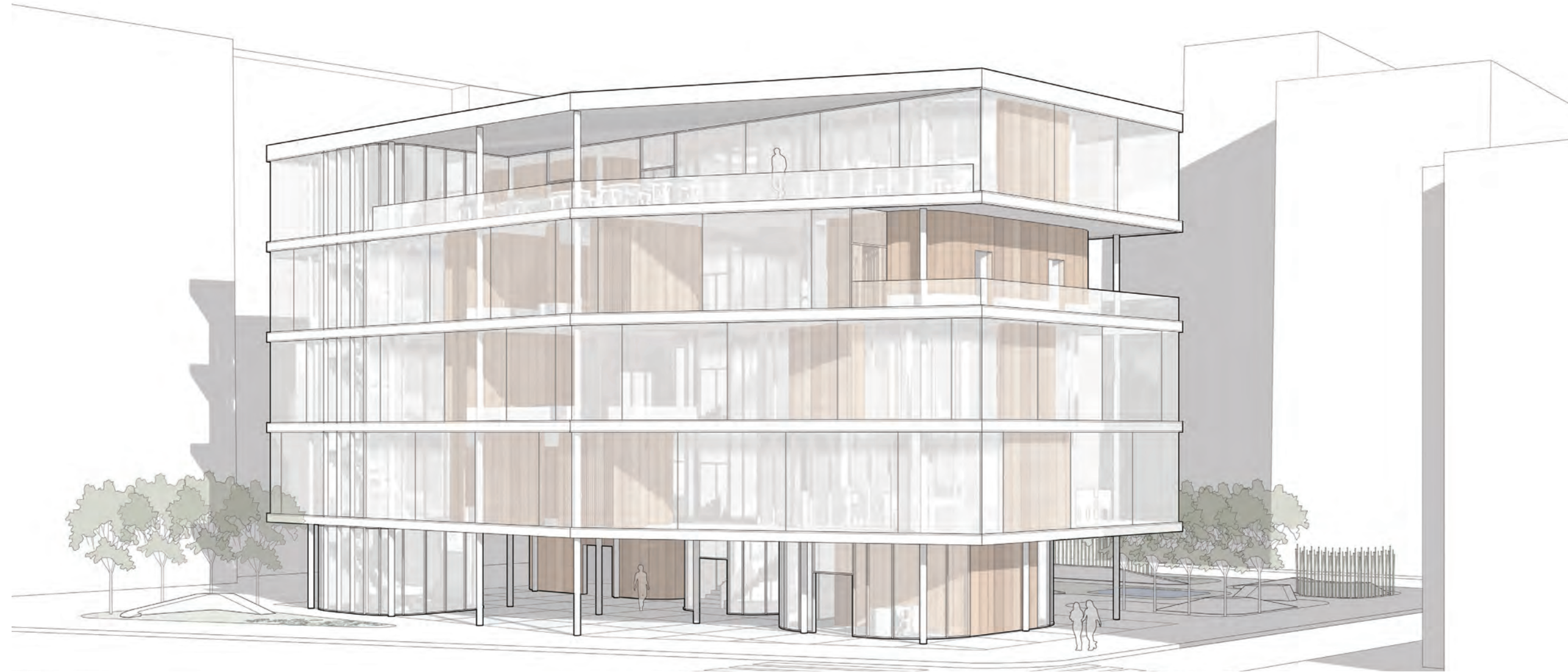
well-being

mental health and the built environment

The mental health community center is a study of how architectural space can have a positive impact on people seeking mental health care and how a project can influence social attitudes toward mental wellness. The building integrates interior and exterior and functions from a variety of spatial scales from large open areas to enclosed programmatic zones to protected niche spaces. The building lifts of the ground on the first floor, creating public spaces that opens the center into the life of the urban area. This allows there to be direct access to the public garden in the southern half of the site.

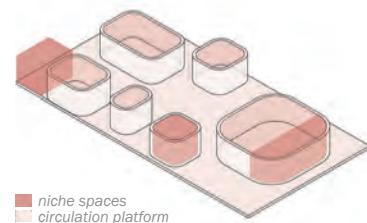


Massing model showing the building's height and relationship to surrounding buildings



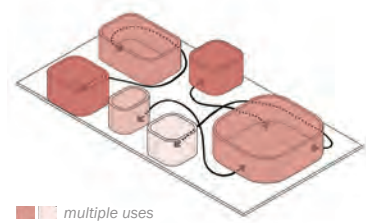
Northwest Perspective showing the spaces and materials layered behind the facade

A glass facade wraps around all upper floors of the community center, creating a thermal barrier for the rounded rooms that sit within the floor plate. The timber walls curve at the edges to soften the interior of the space and to promote circulation around the spaces within the open platform of the floor. Free form circulation space allows for people to come and go and move through the building anonymously rather than an obvious direct and exposed path to the counseling rooms.



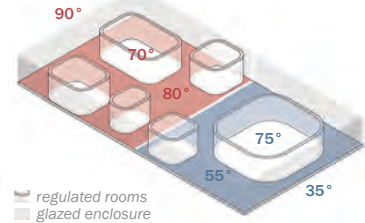
■ niche spaces
■ circulation platform
■ programmed zones

Variety of Spatial Scales



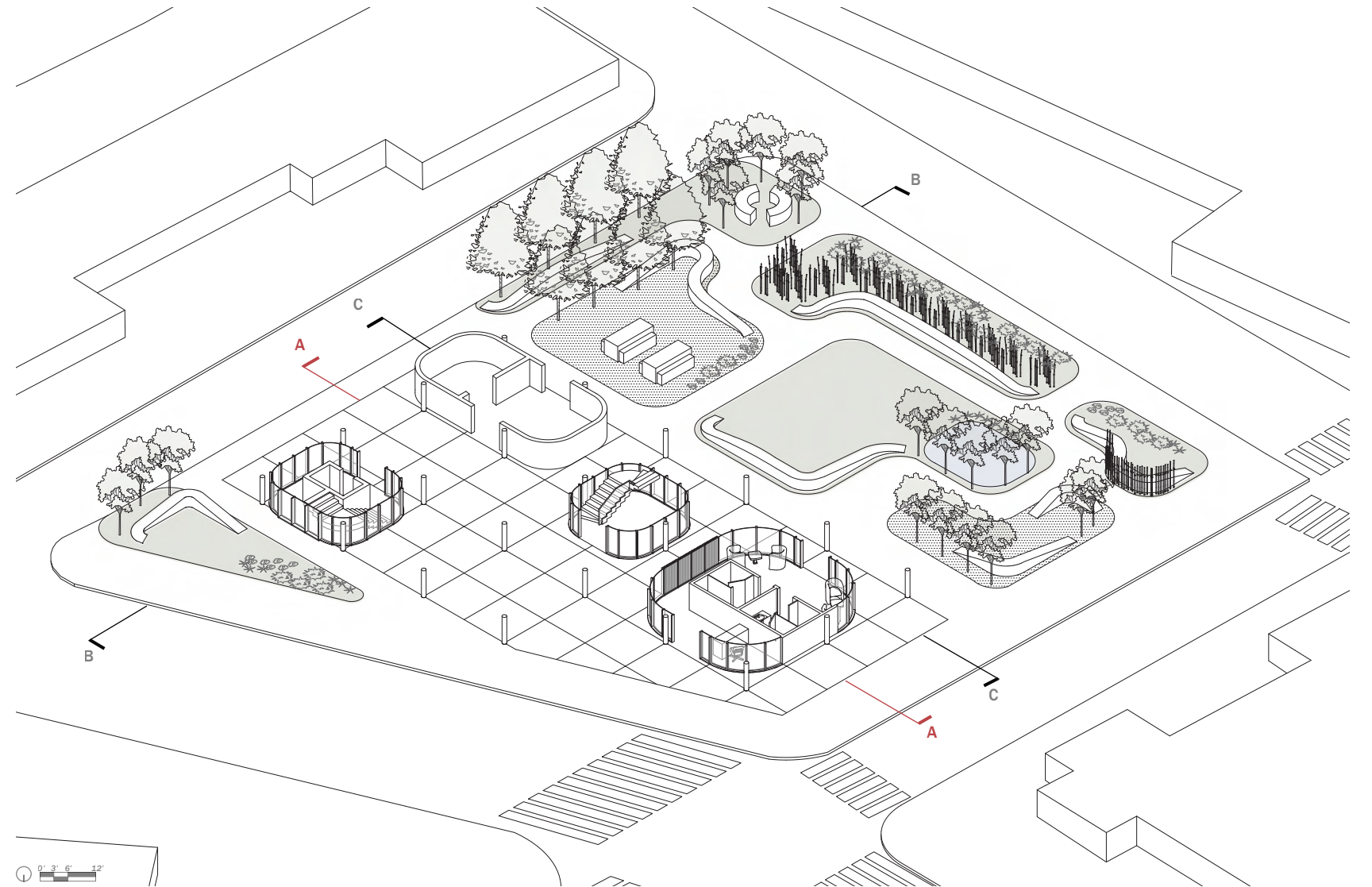
■ multiple uses
➤ free circulation

Programmatic Ambiguity

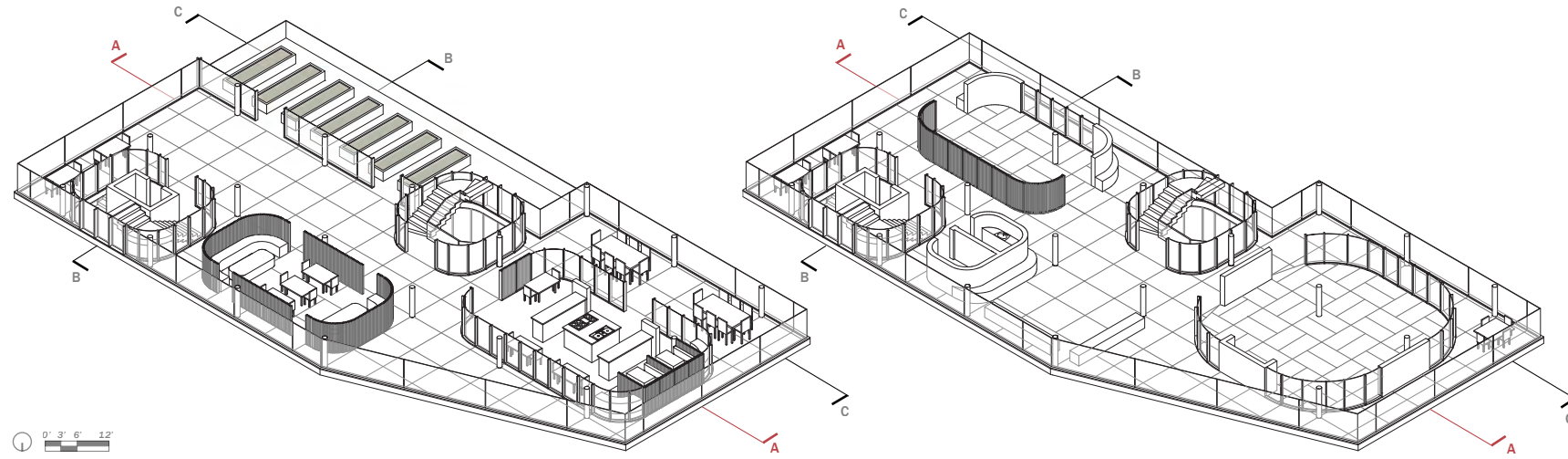


■ regulated rooms
■ glazed enclosure
■ occupied air space

Thermal Layering

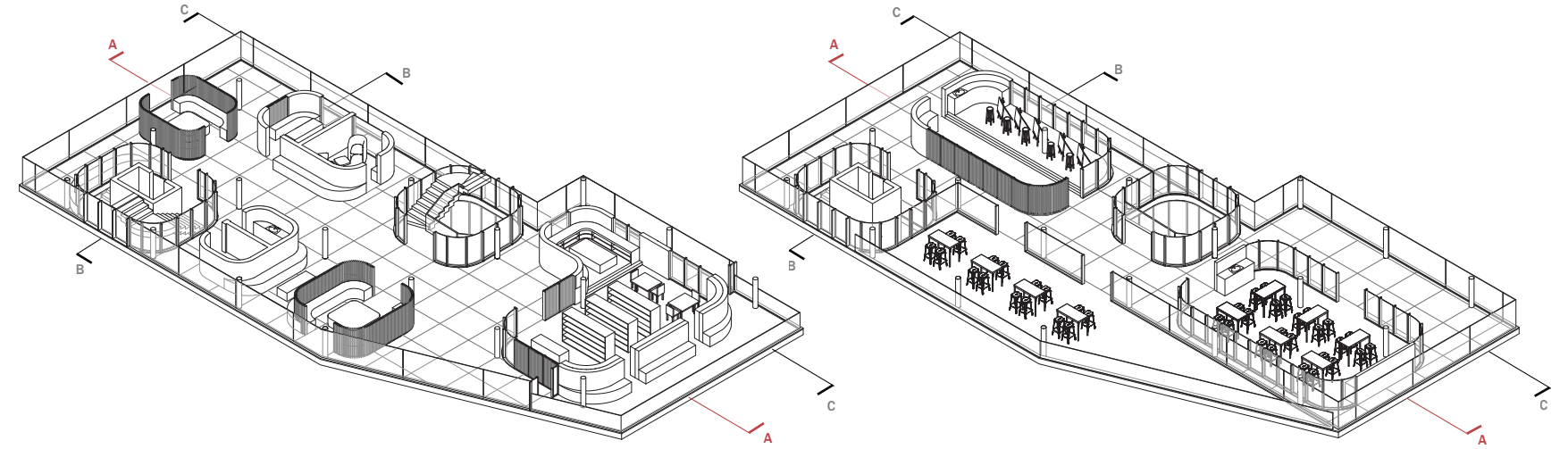


Ground Floor Axon with lobby, service, egress, and public garden spaces



Second Floor Axon with kitchen, dining, and community garden spaces

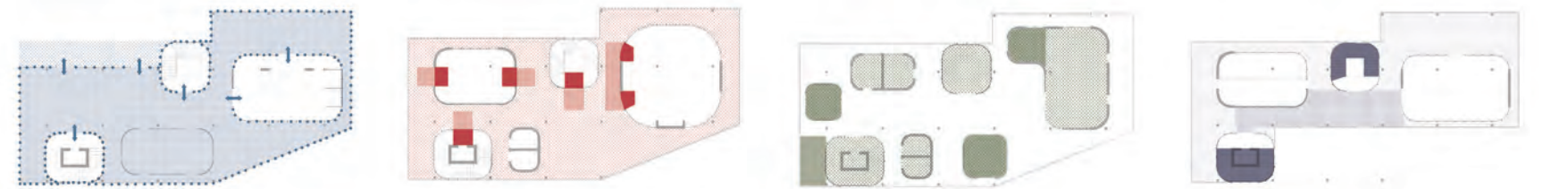
Third Floor Axon with large and small group spaces



Fourth Floor Axon with library, reading, and counseling spaces

Fifth Floor Axon with teaching and painting art studios

The program is distributed through the upper floors including a kitchen and dining space with a community garden, group multipurpose rooms, a library, reading spaces, and counseling rooms, and art studios. The rooms have different strategies for enclosure, either timber walls, vertical wooden screens, or open glazing, depending on the privacy level of the space.

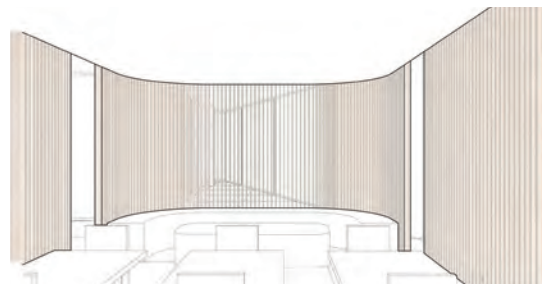


Fluidity between Interior and Exterior

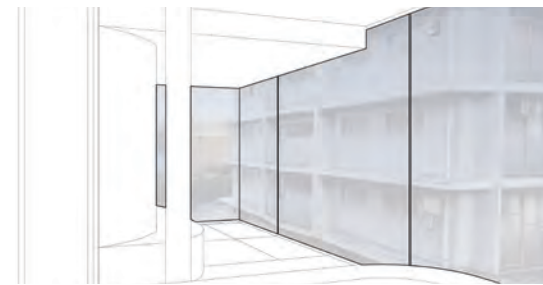
Progressive Thresholds

Form and Niche Spaces

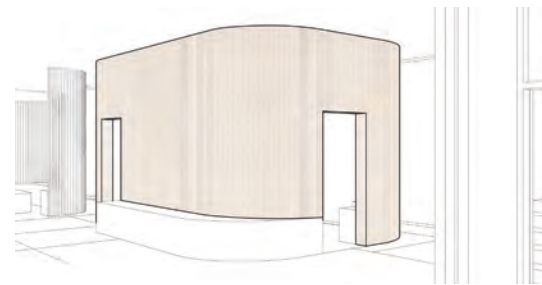
Circulation



Wooden Screen System



Glass Curtain Enclosure



Timber Walls



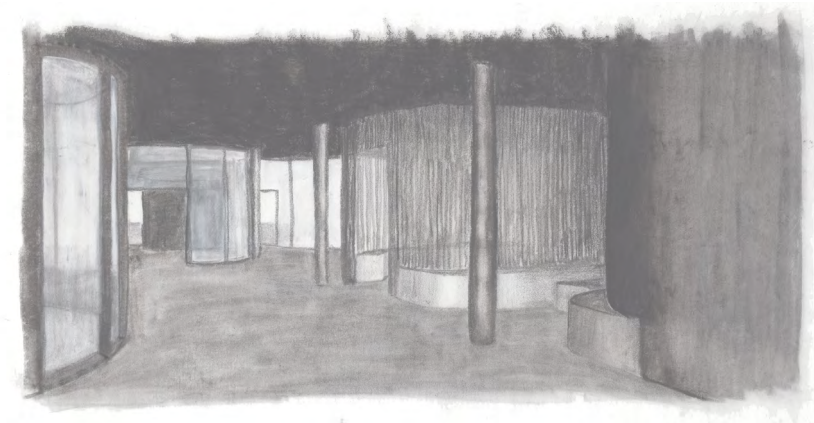
Section A showing interior tonal lighting conditions
Charcoal on arches, 30 in x 22 in



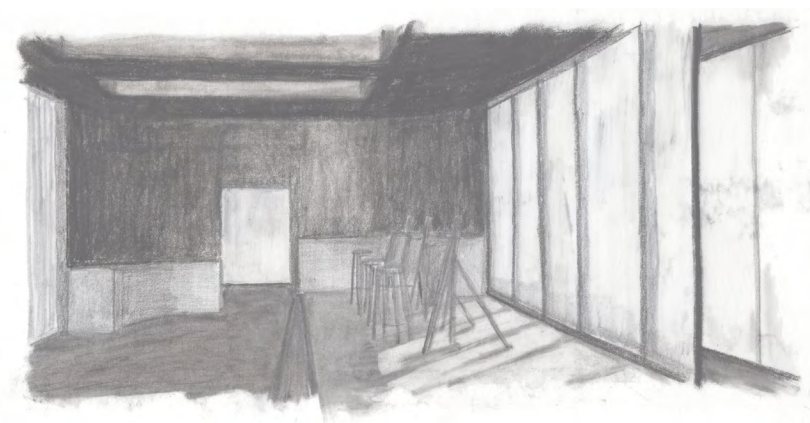
Section B showing interstitial circulation spaces and public garden



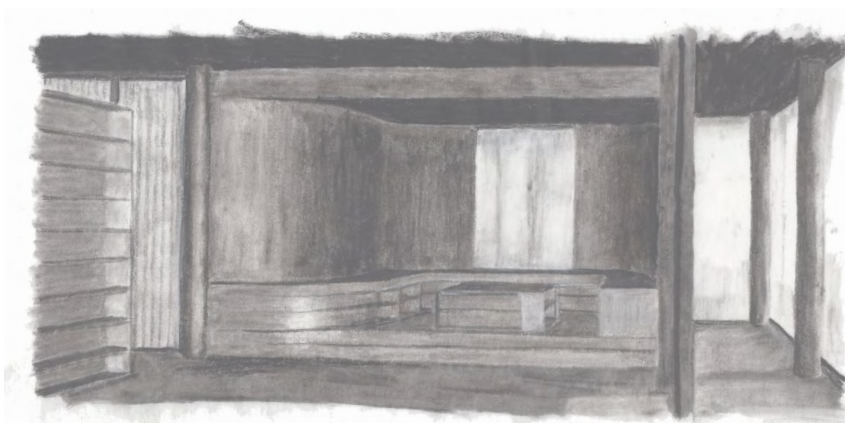
Section C showing scales of open and enclosed spaces



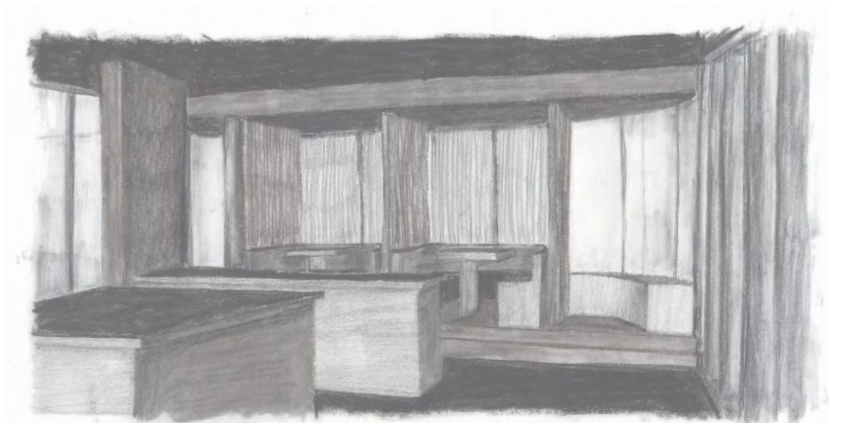
Charcoal rendering of fourth floor interstitial space



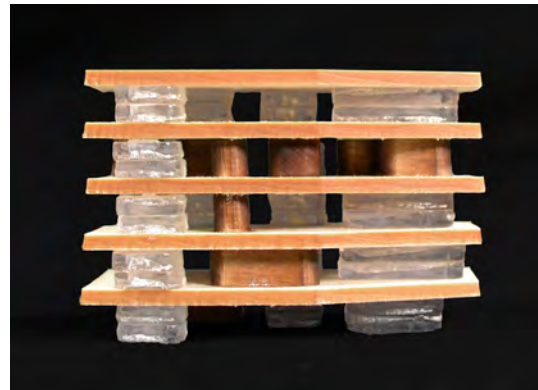
Charcoal rendering of fifth floor art studio



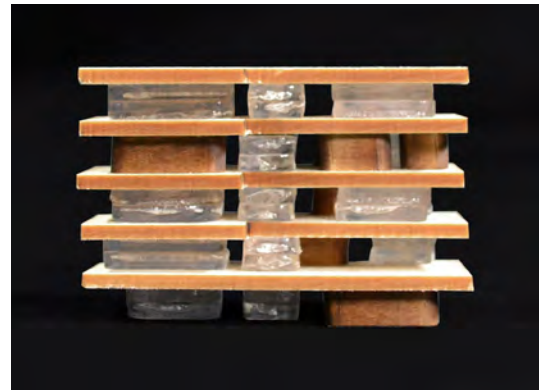
Charcoal rendering of fourth floor reading space



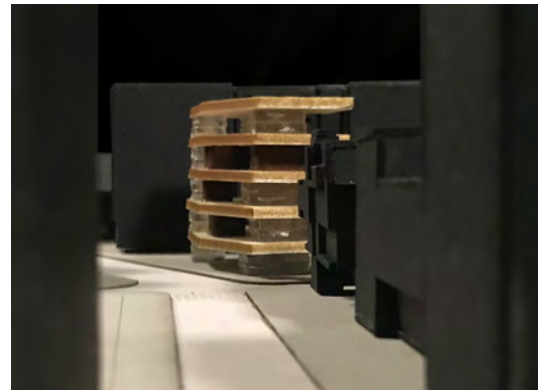
Charcoal rendering of second floor dining nook



North face of massing model



South face of massing model



View down Omotesando Street



Southwest Perspective showing public garden space and layered spaces behind the facade