

# PHOENIX

Reborn into Community

P5 PRESENTATION



Romina Gurkan Saul - 5615909

Design Tutors: Elke Miedema PhD

BT tutors: Drs. Ing. Jos Lafeber

Research Tutors: Ir. Frederique van Andel



## Introduction - Definition



*Photo by One Eighty (2017), Edited by author*

- Severe mental illness, also known as SMI, is a term used for individuals that have psychiatric problems that create functional impairment which causes problems in daily activities.

## Introduction - Problem Statement



*Photo by Garber (2021), edited by author*

- Transitioning from the isolated environment back to the community is difficult for patients discharged from psychiatric hospitalization.

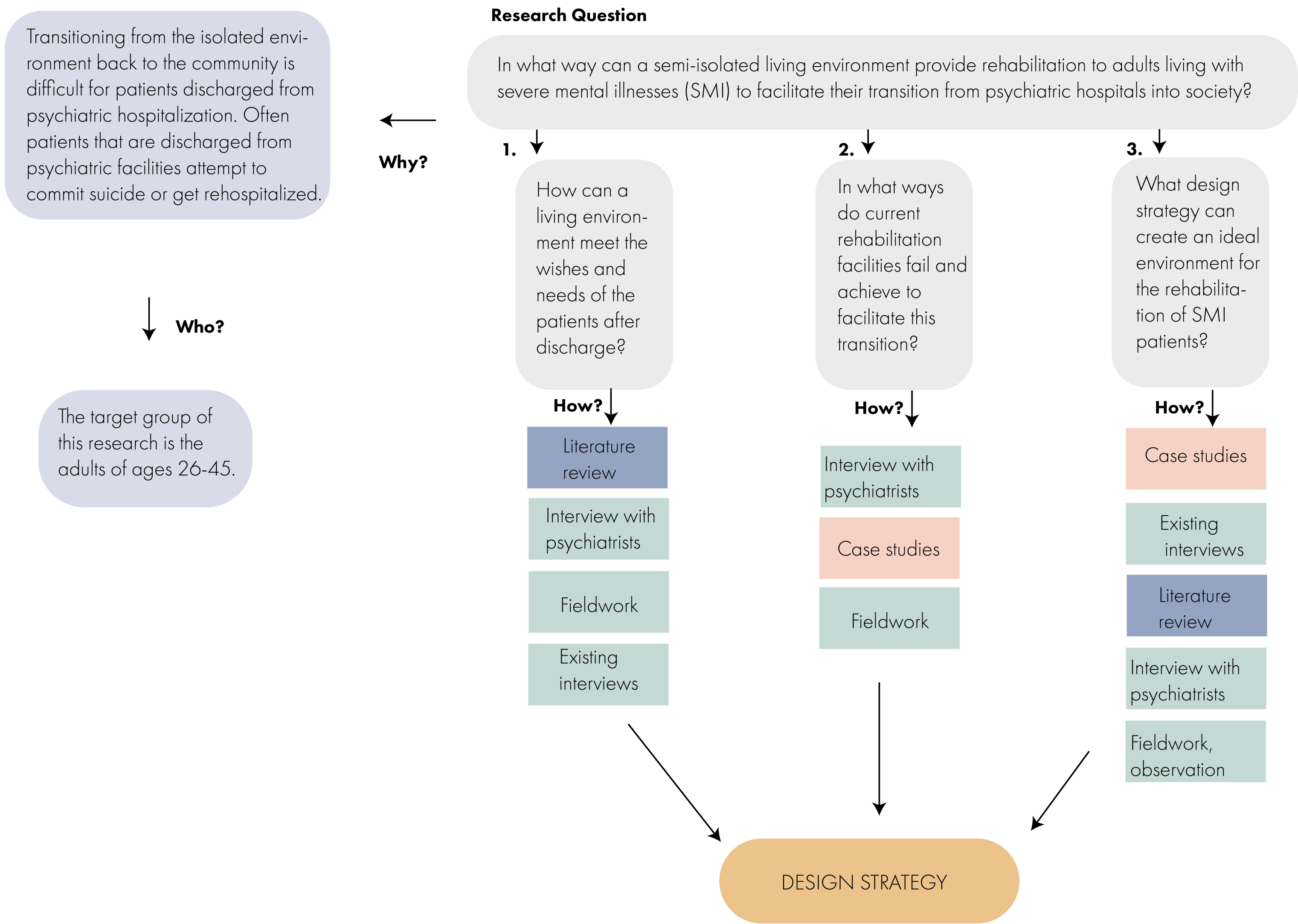
## PHOENIX - Rehabilitation

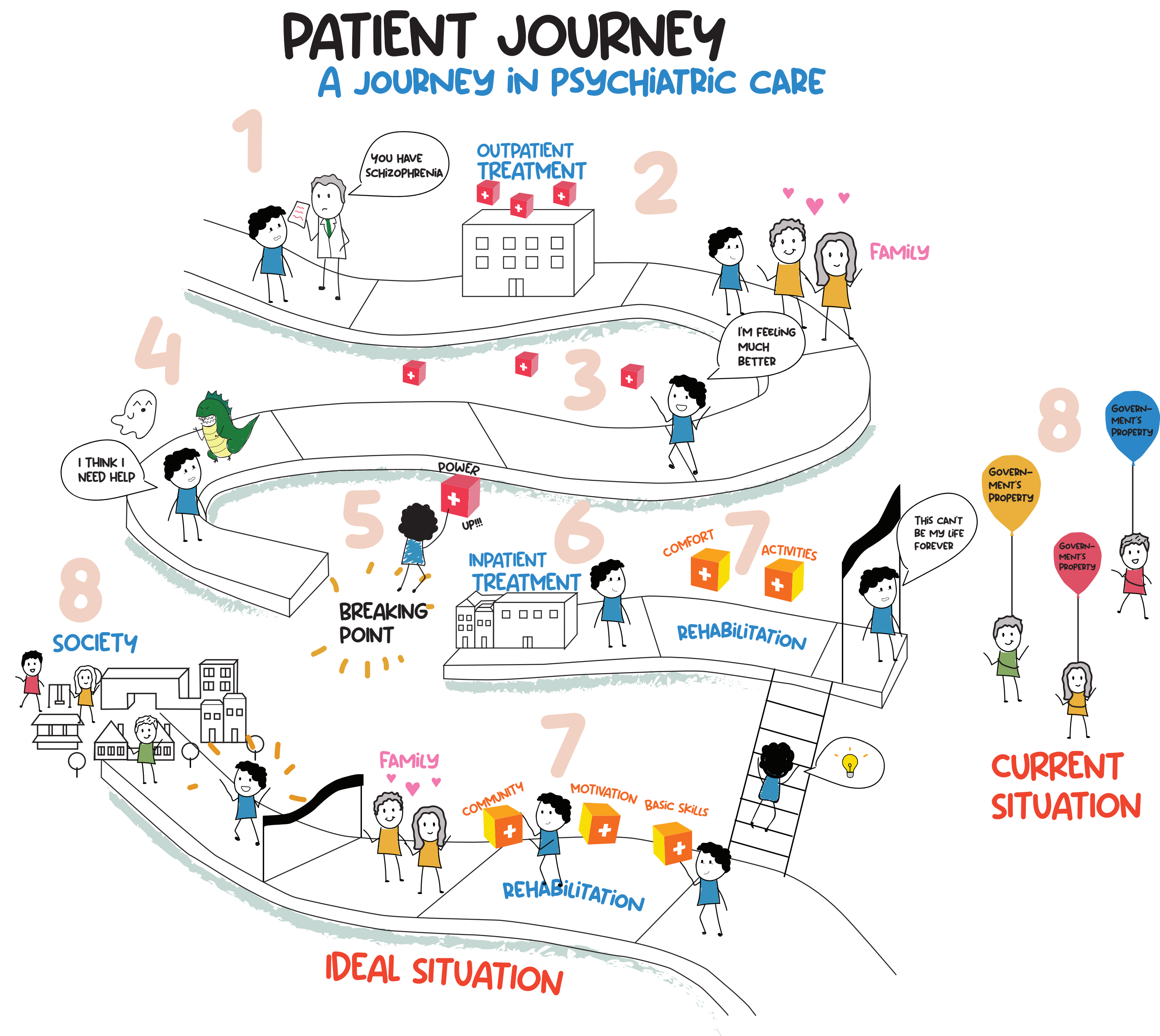


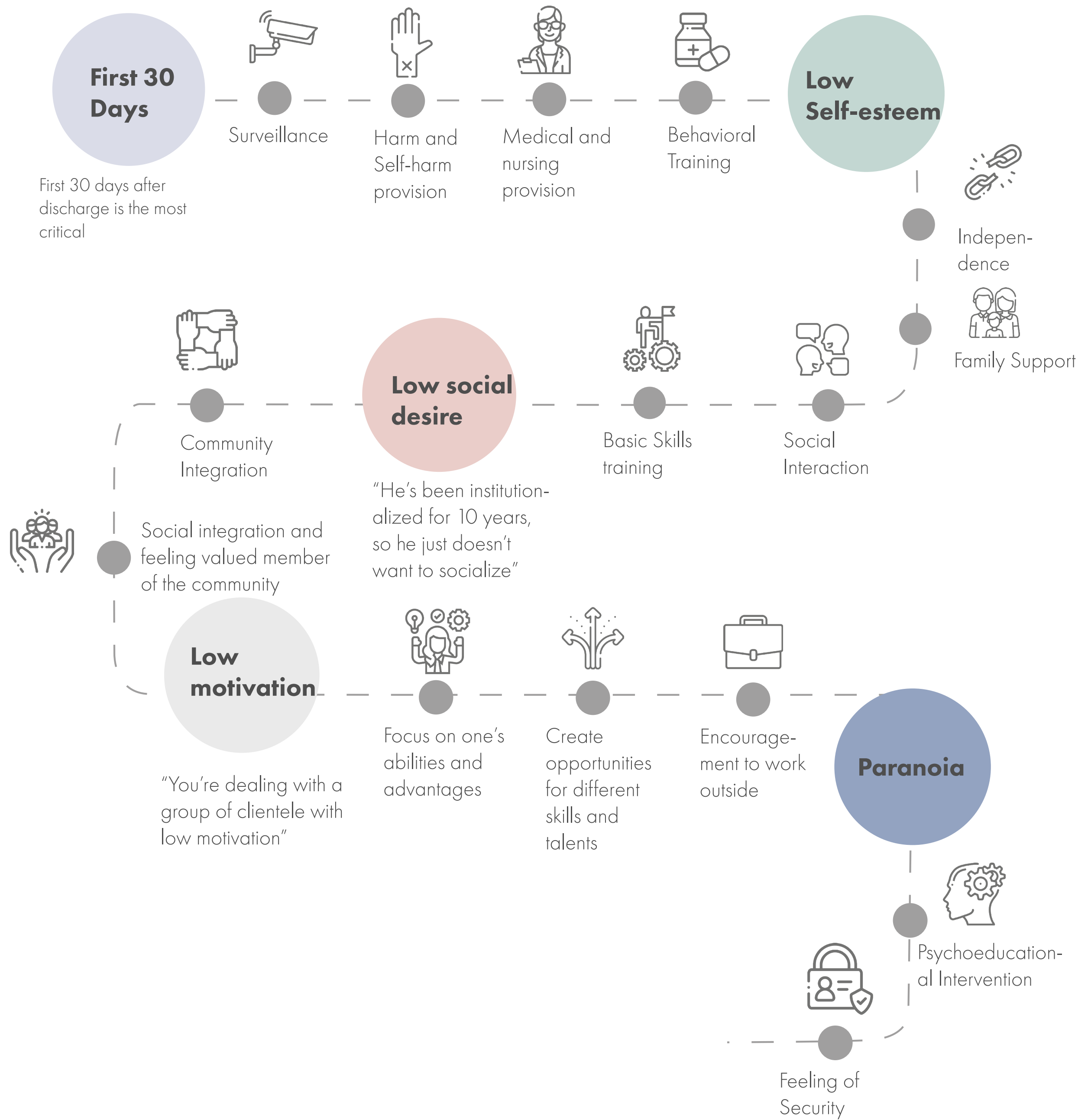
- (noun) in ancient stories, an imaginary bird that set fire to itself every 500 years and was born again, rising from its ashes - Cambridge Dictionary
- to rise like a phoenix from the ashes (= to be powerful or successful again)



# Introduction - Research Methods

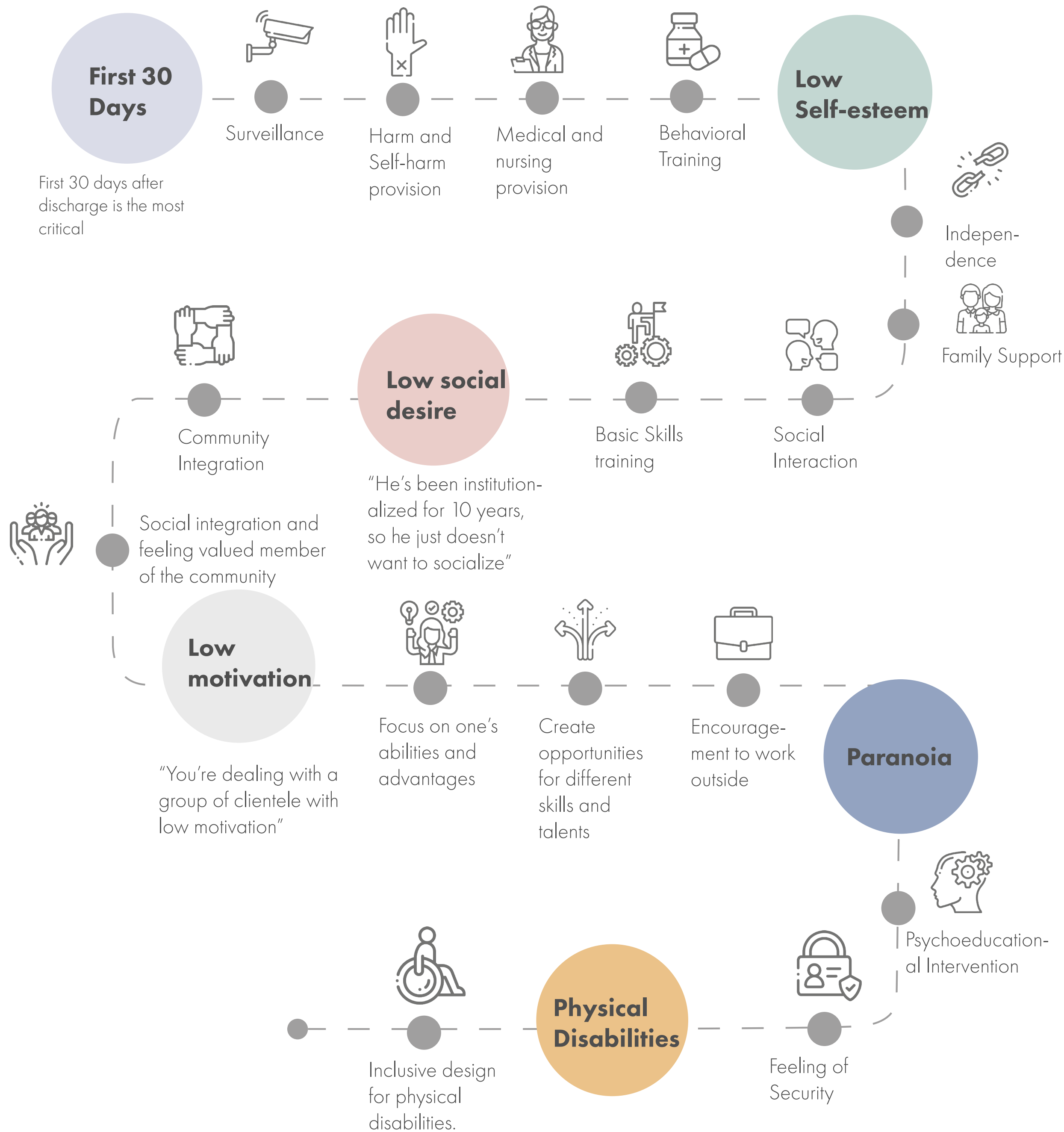






# Research - Findings

“Especially schizophrenia patients’ brain cells are being destroyed, this can result in impairment in functional mobility, lack of thinking logically, calculation, etc.” -Dr. Sevil Altinkilic





Findings - First 30 Days



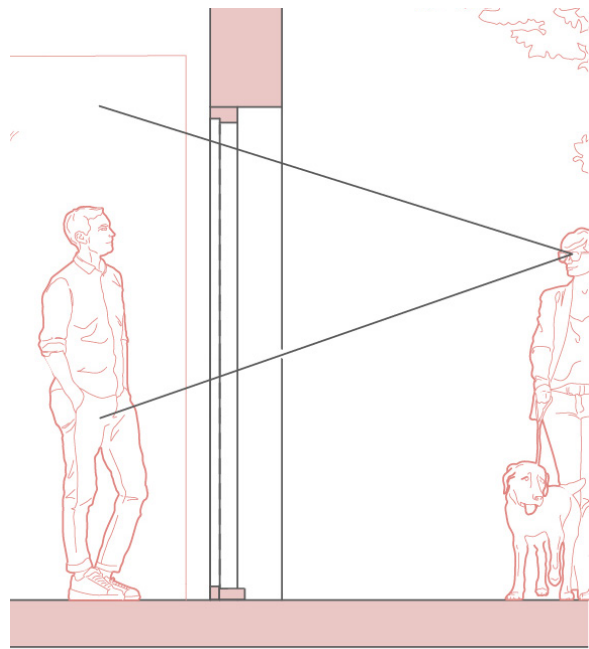
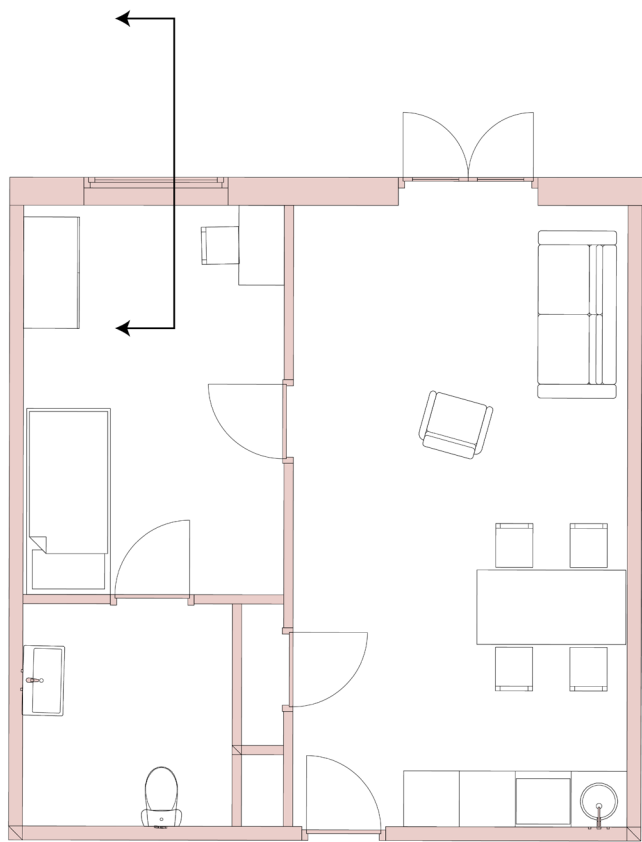
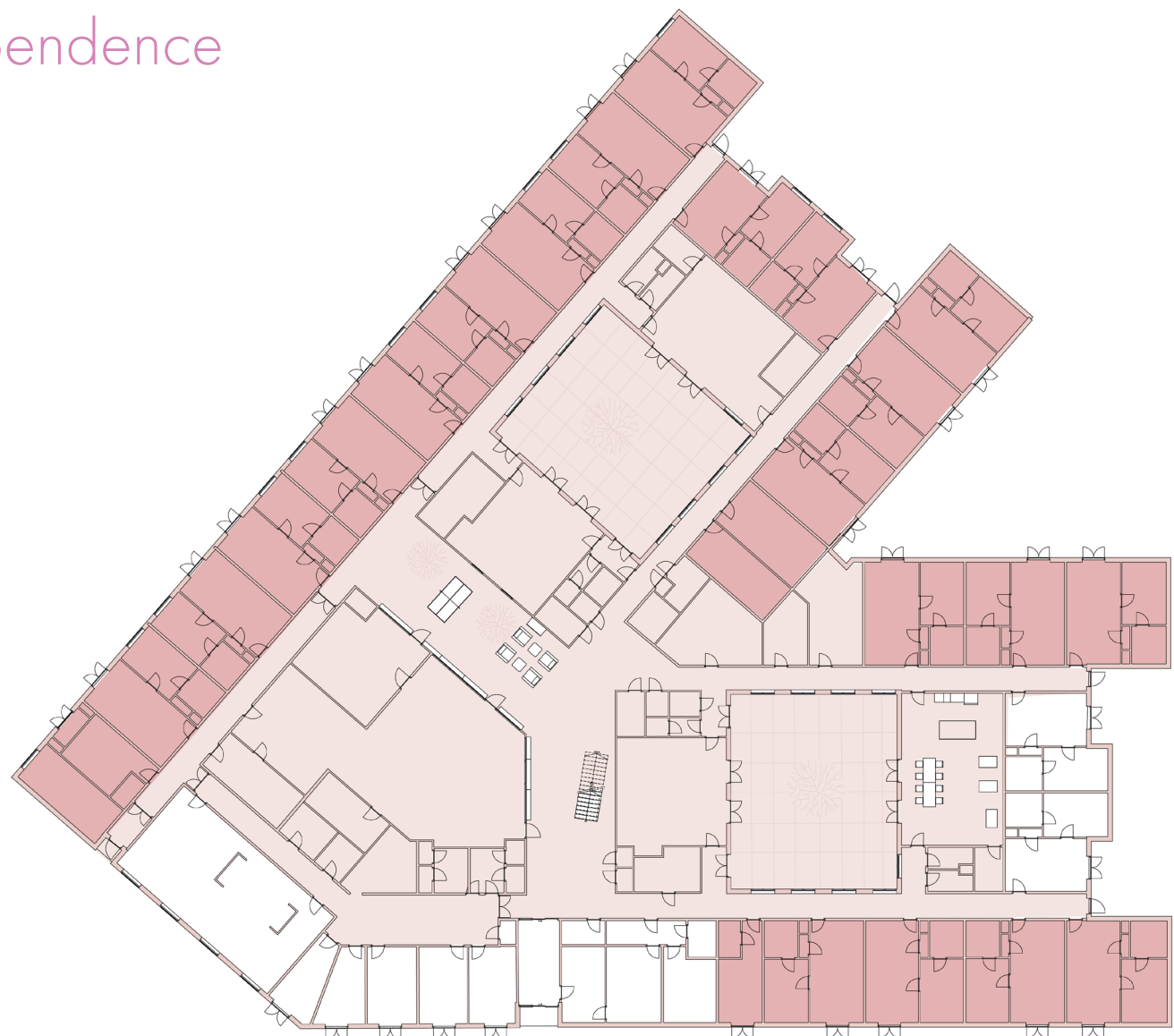
“When I notice that something is different with a patient, or he has some side effects, I report it to FACT team.” - The coach

“It’s one of the side effects of the medicine, they pace up and down” -Dr. Sevil Altinkilic, on the number of corridors.

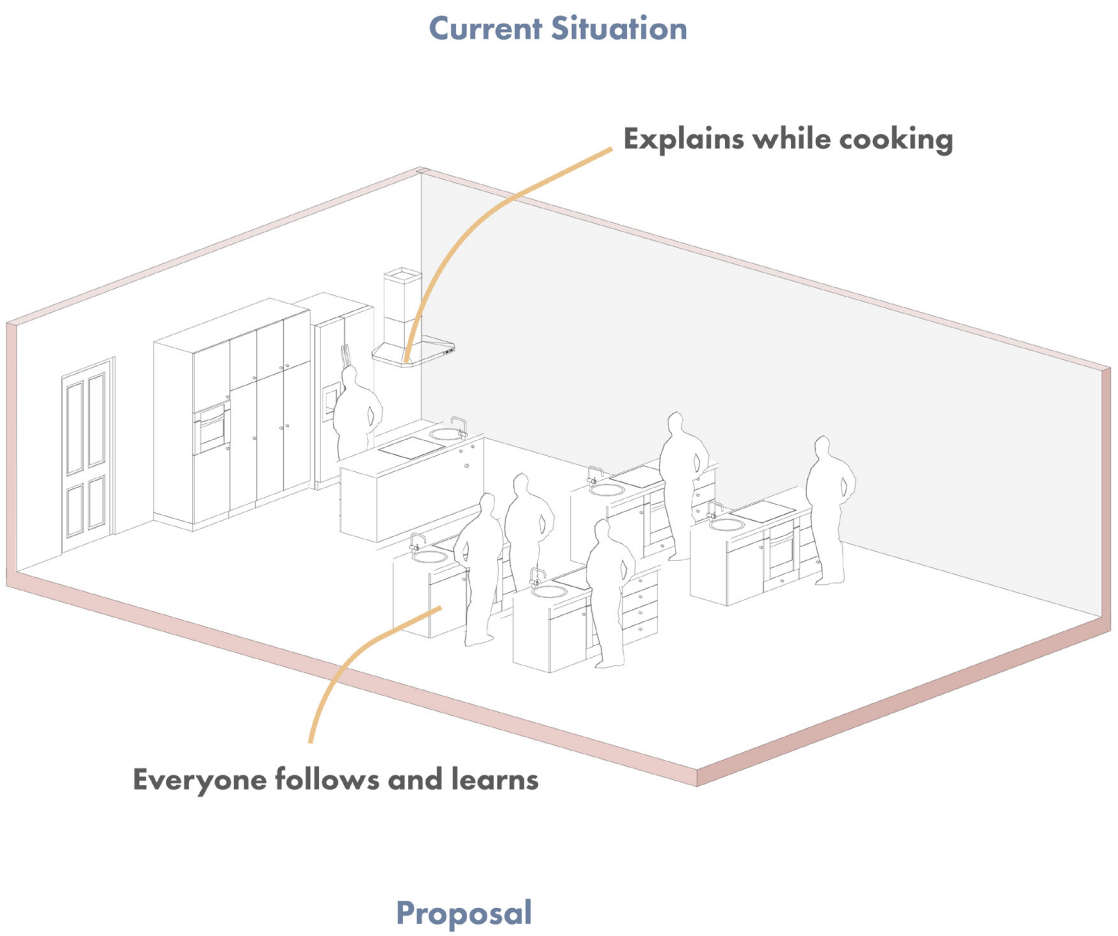
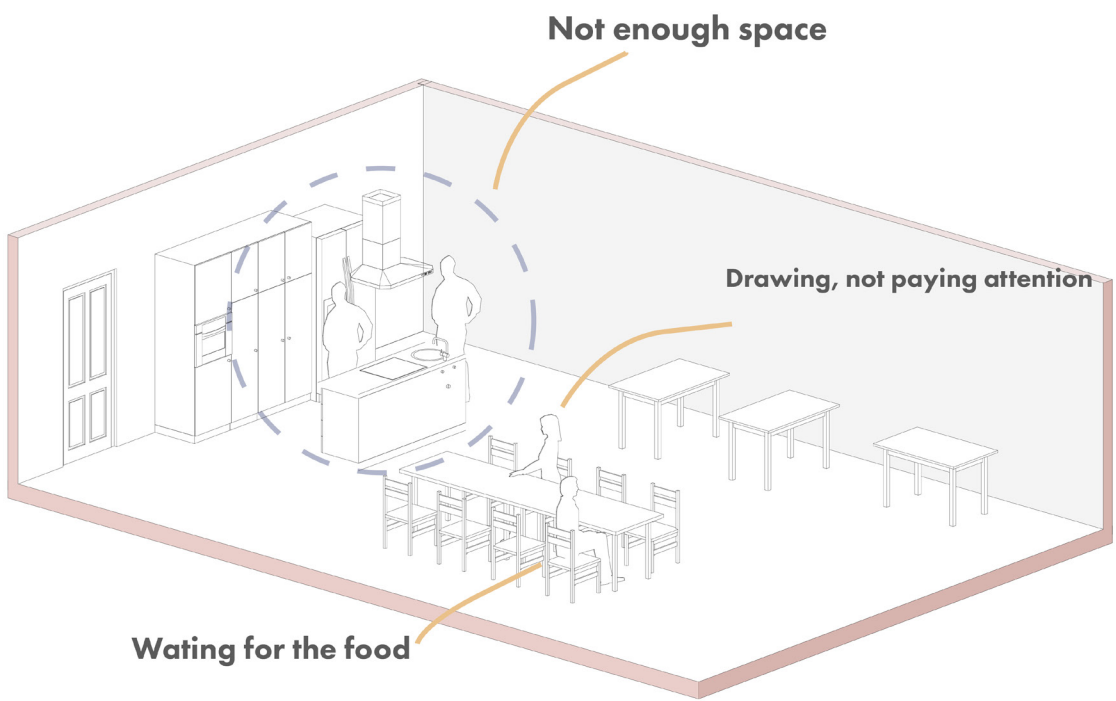


Findings - Low Self-Esteem

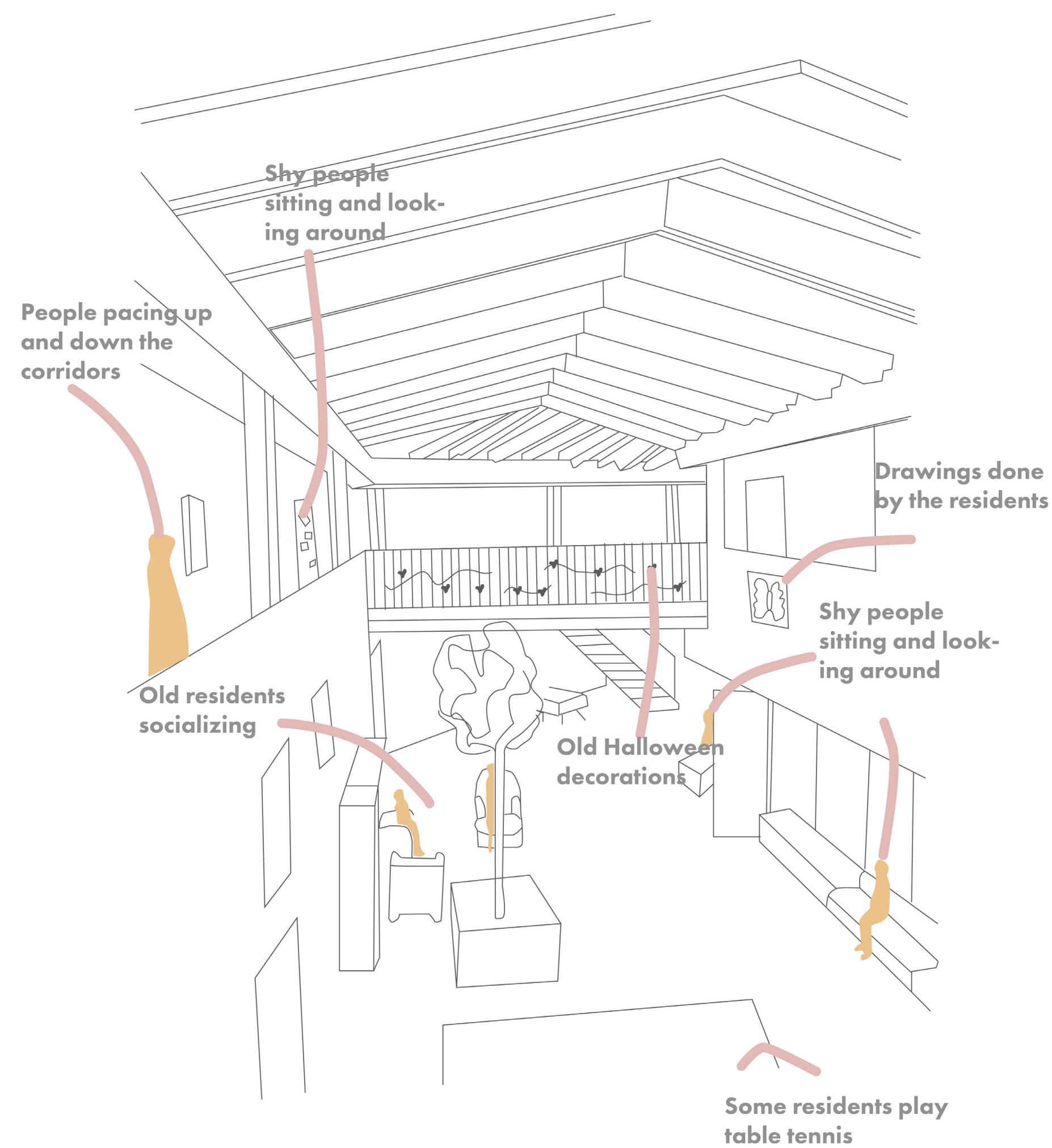
Independence



Basic Skills



Findings - Paranoia

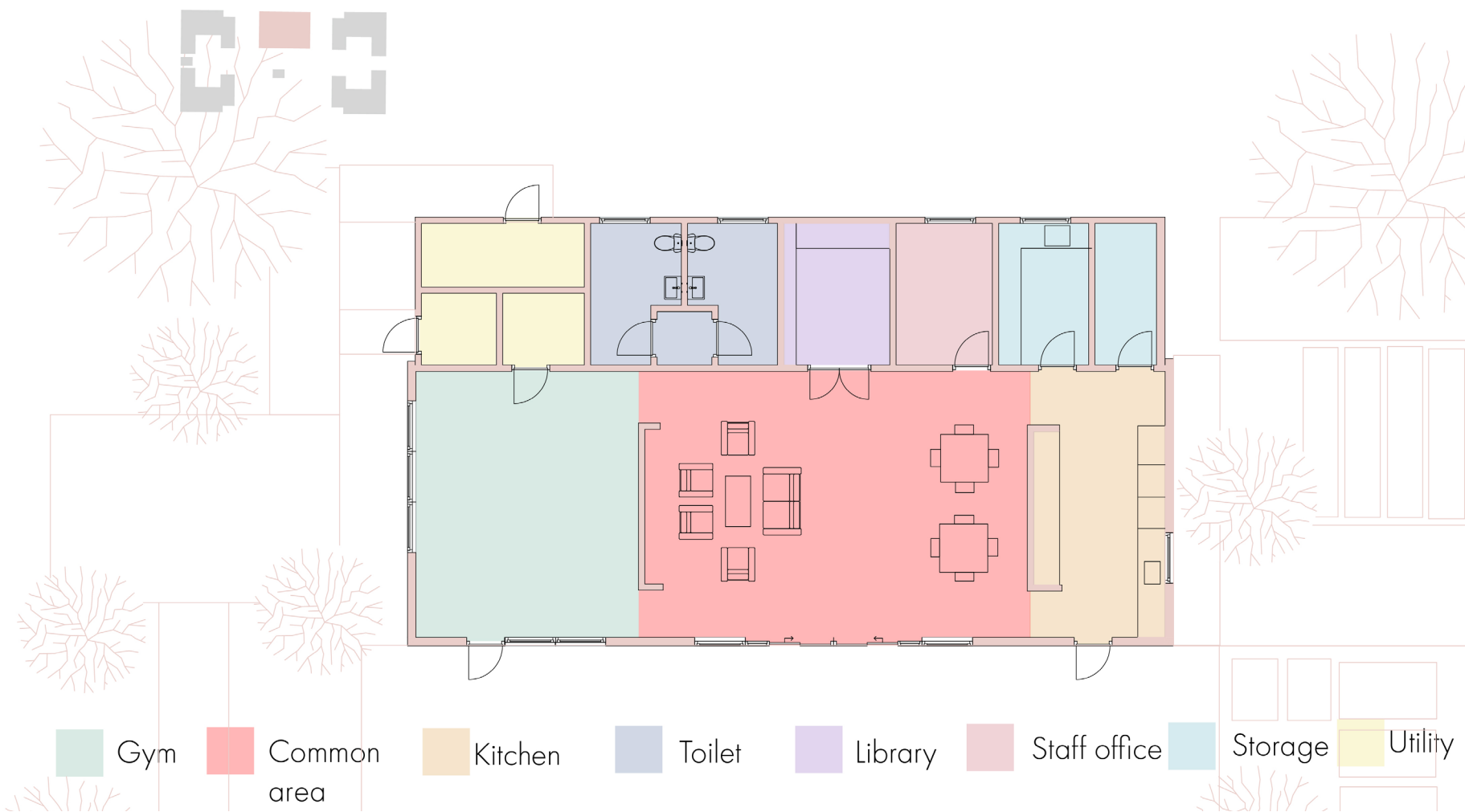


“When they have delusions and see some figures, we try to tell them things like ‘I’m sure it’s scary for you to see such things’ and never look at the direction they are pointing... It is also important to explain to them that the things they are seeing are caused by the imbalance in their brain, knowing the reason behind their psychosis decreases the fear.” -Coach

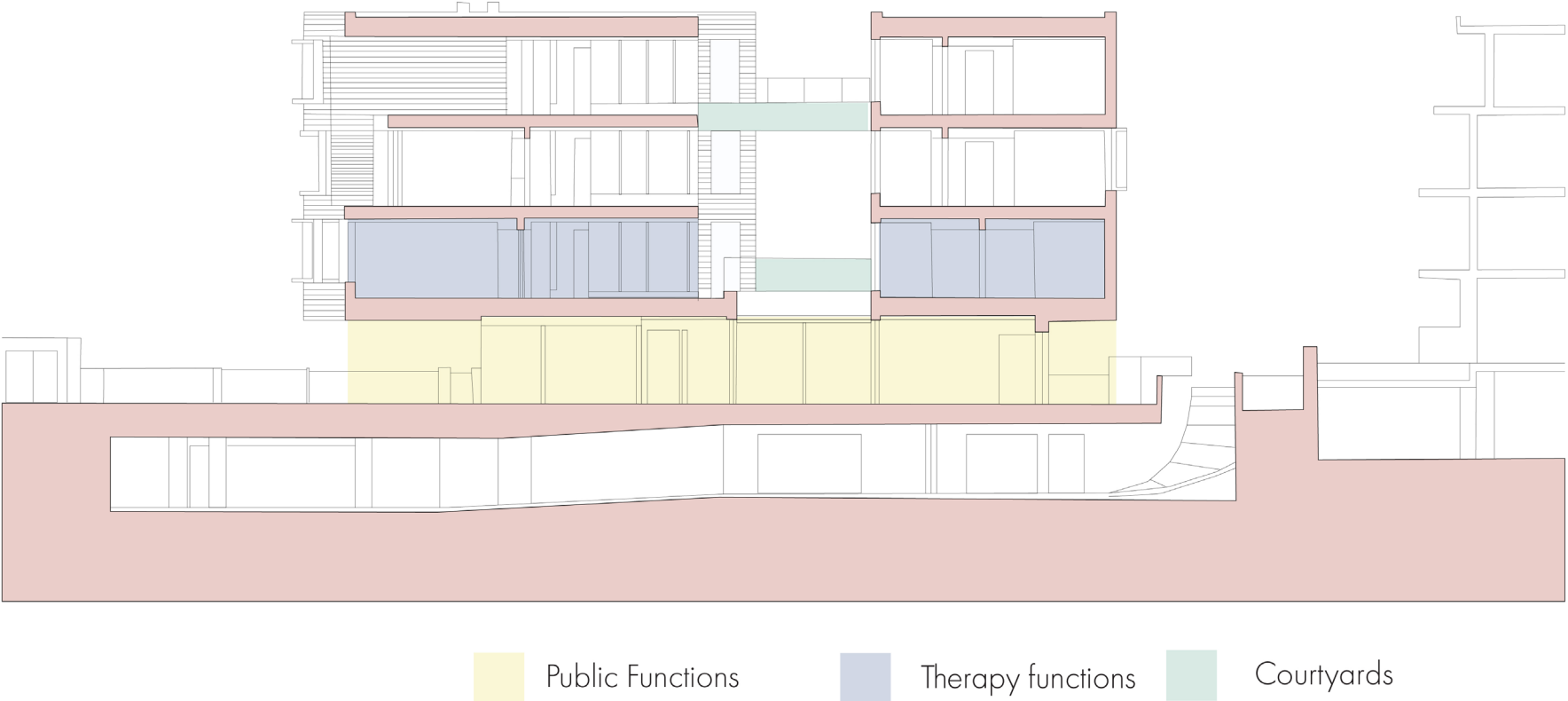
“I like to join the walks in the forest on wednesdays, it makes me forget about my problems.” -Client

Findings - Low Social Desire

Activity for the Residents



Activity for the Neighborhood



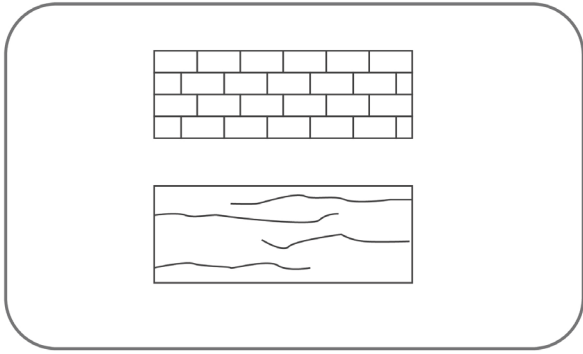
"It's not unrealistic at all to make them integrated in mixed neighborhoods, this is how you integrate them into society. If you are protective and let them socialize just with other patients, they never become a member of society." -Dr. Sevil Altinkilic



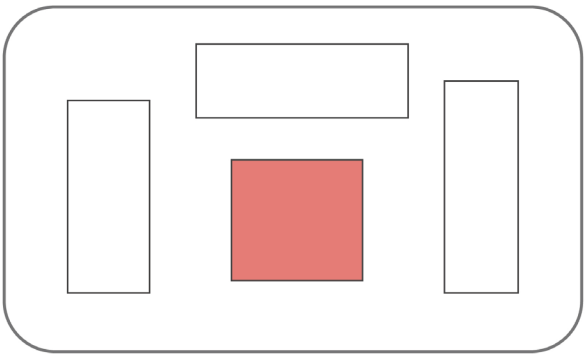
Illustration from: [www.dreamstime.com](http://www.dreamstime.com), edited by author.



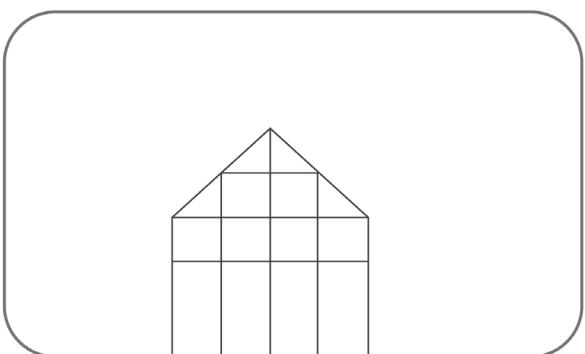
# Research - Landscape Guidelines



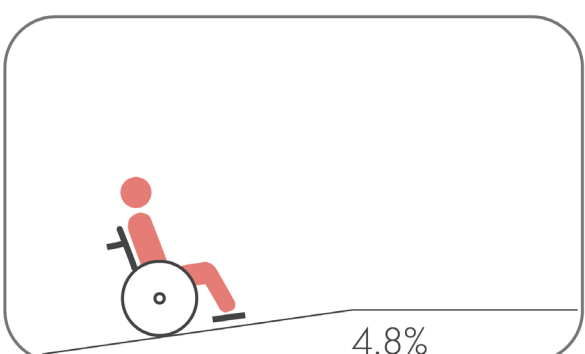
Natural and Familiar materials



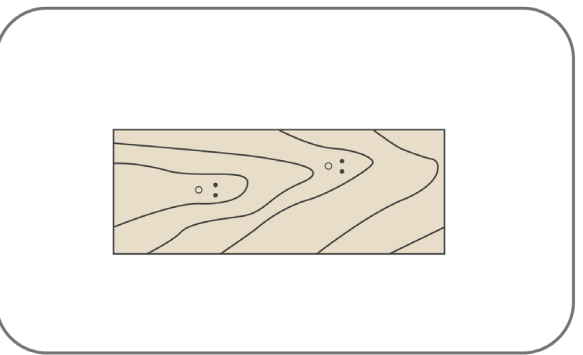
Avoiding Isolation



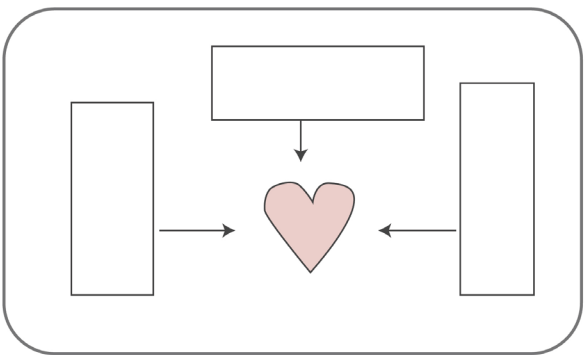
Work Opportunities



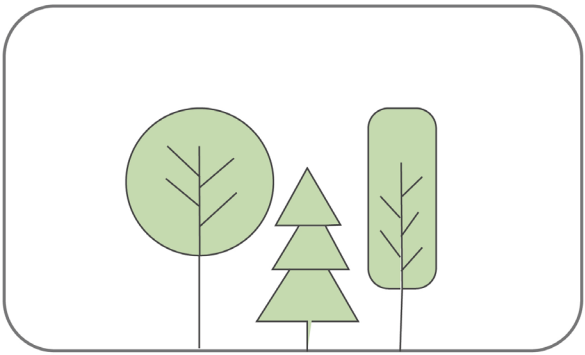
Access for physically disabled people



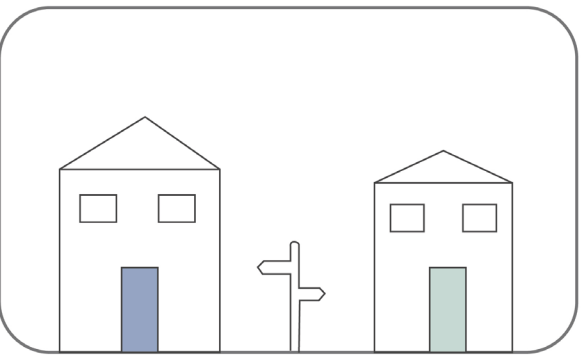
Avoid materials that can cause psychosis



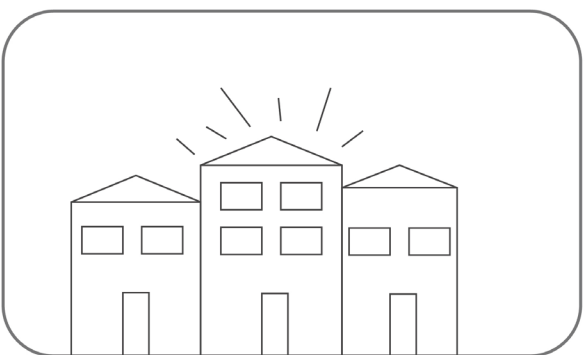
Creating Interaction Points



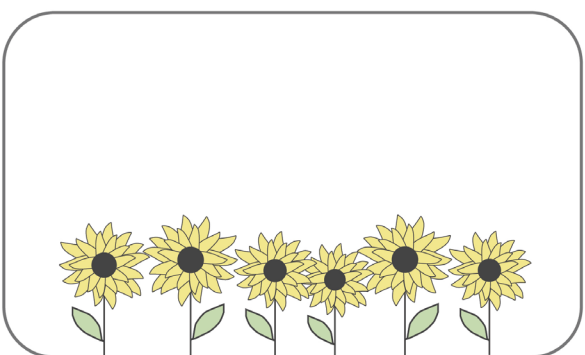
Connection with nature and animals



Wayfinding

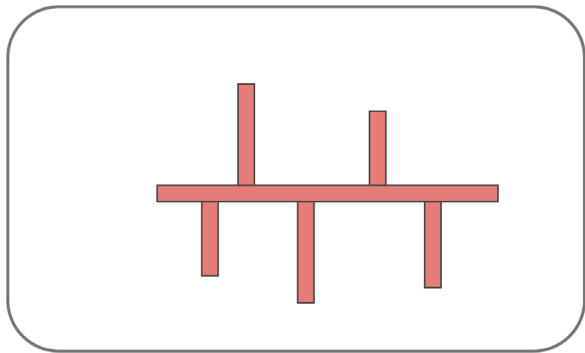


Similar Architecture

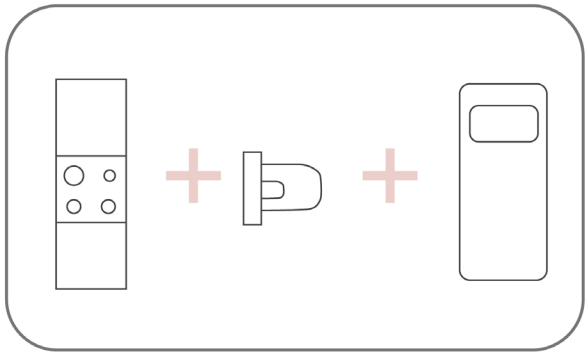


Temporal clues

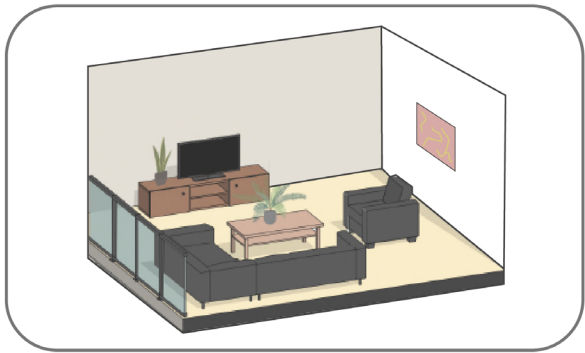
Research - Architectural Guidelines



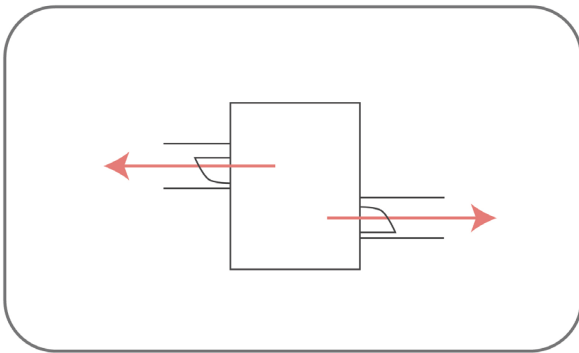
Important Corridors



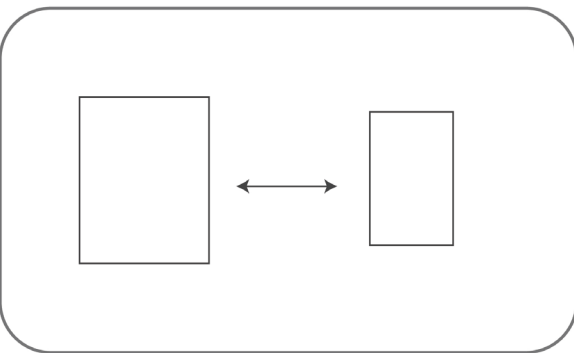
Private Apartments



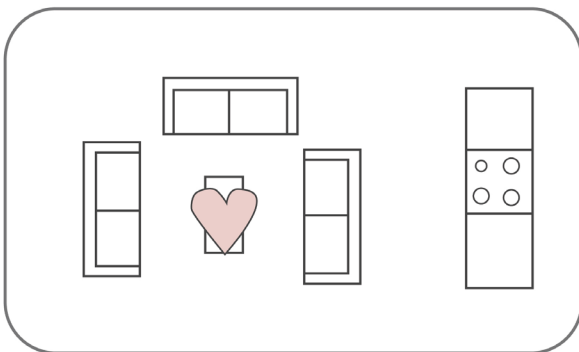
Avoiding institutional architecture



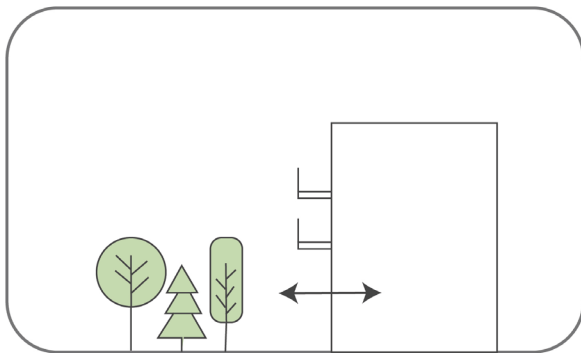
Safety



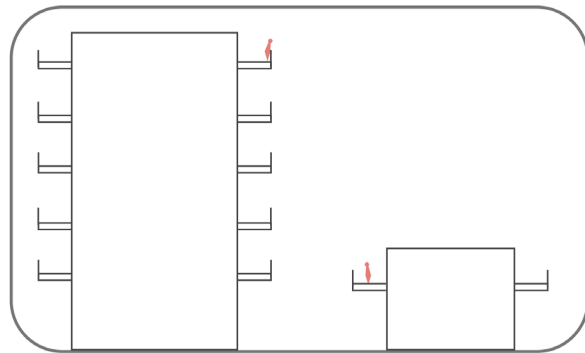
Separate staff and patient areas



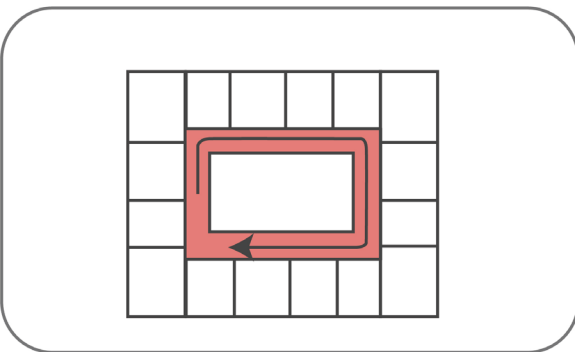
Activity



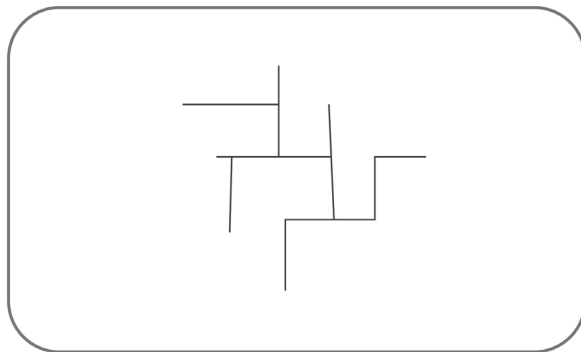
Connection with outside



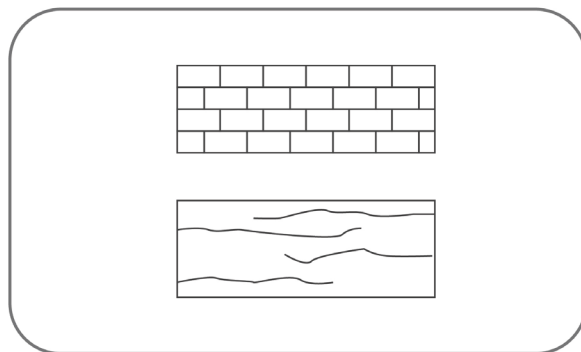
Low-rise



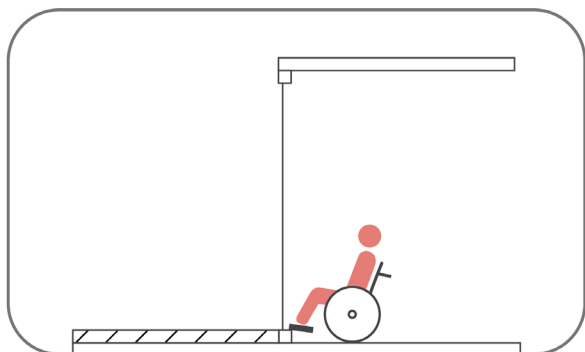
Circulation for surveillance



Wayfinding

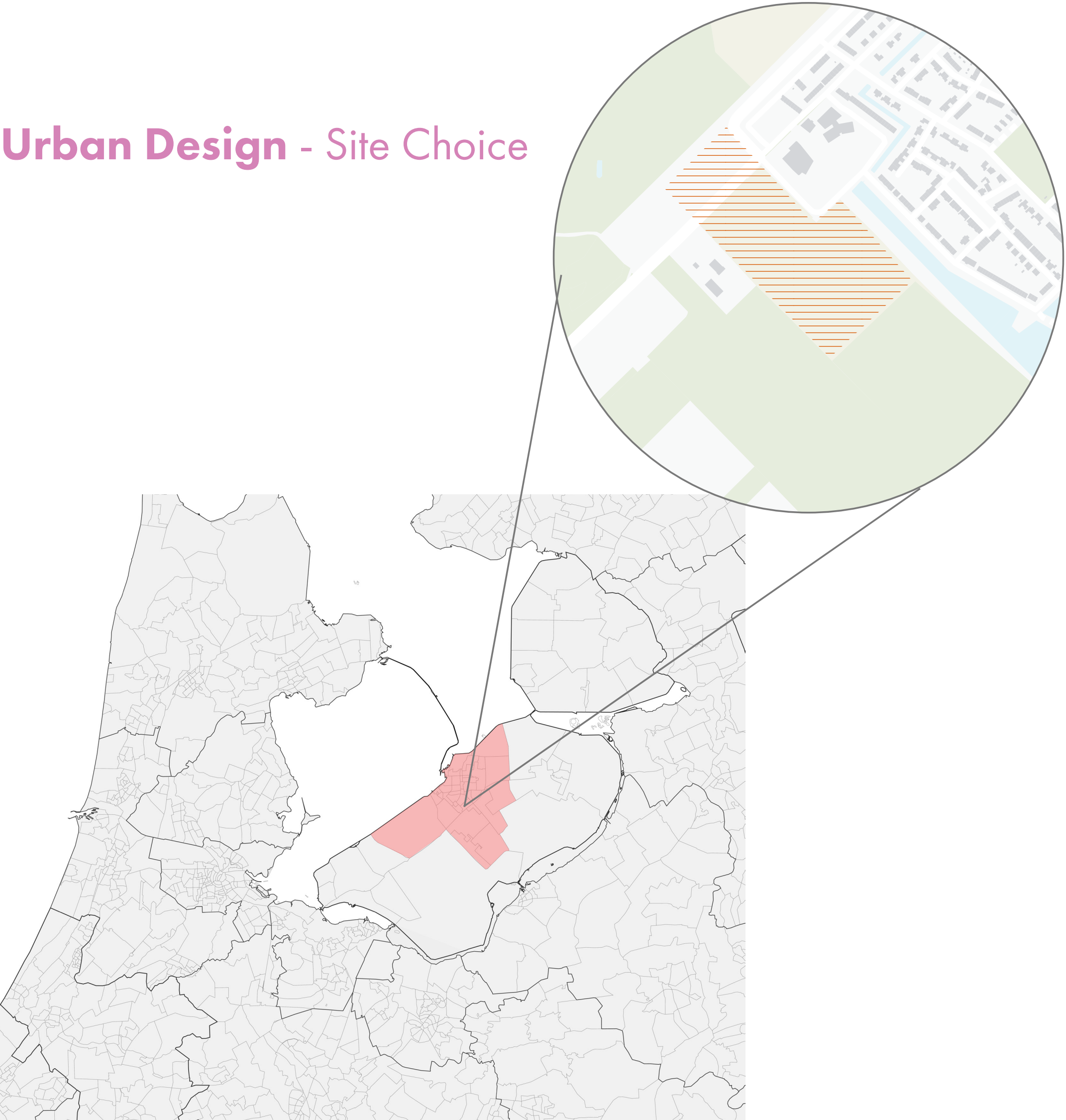


Natural and familiar materials



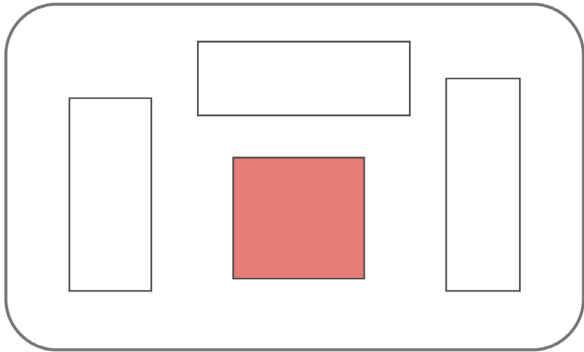
Physical disabilities

# Urban Design - Site Choice

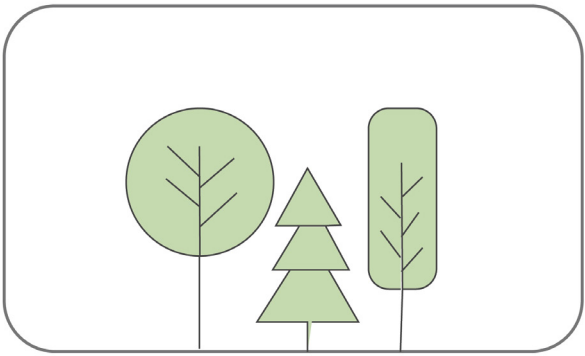


Location: Warande, Lelystad/ The Netherlands

- The proximity to high-quality nature with forests, water, and animals is an important aspect of the choice of the site.
- The second most important aspect is the fact that the area is residential and currently is empty. This creates a chance of designing a non-isolated neighborhood that is both close to nature and somewhat urban area.
- Lastly, the low density that Warande offers can first, be beneficial to create a close community where both mentally healthy and sick people can grow together, and second, is good for some mentally ill residents that are not ready to be overstimulated after treatment.



Avoiding Isolation



Connection with nature and animals



Urban Design - Location



Group work

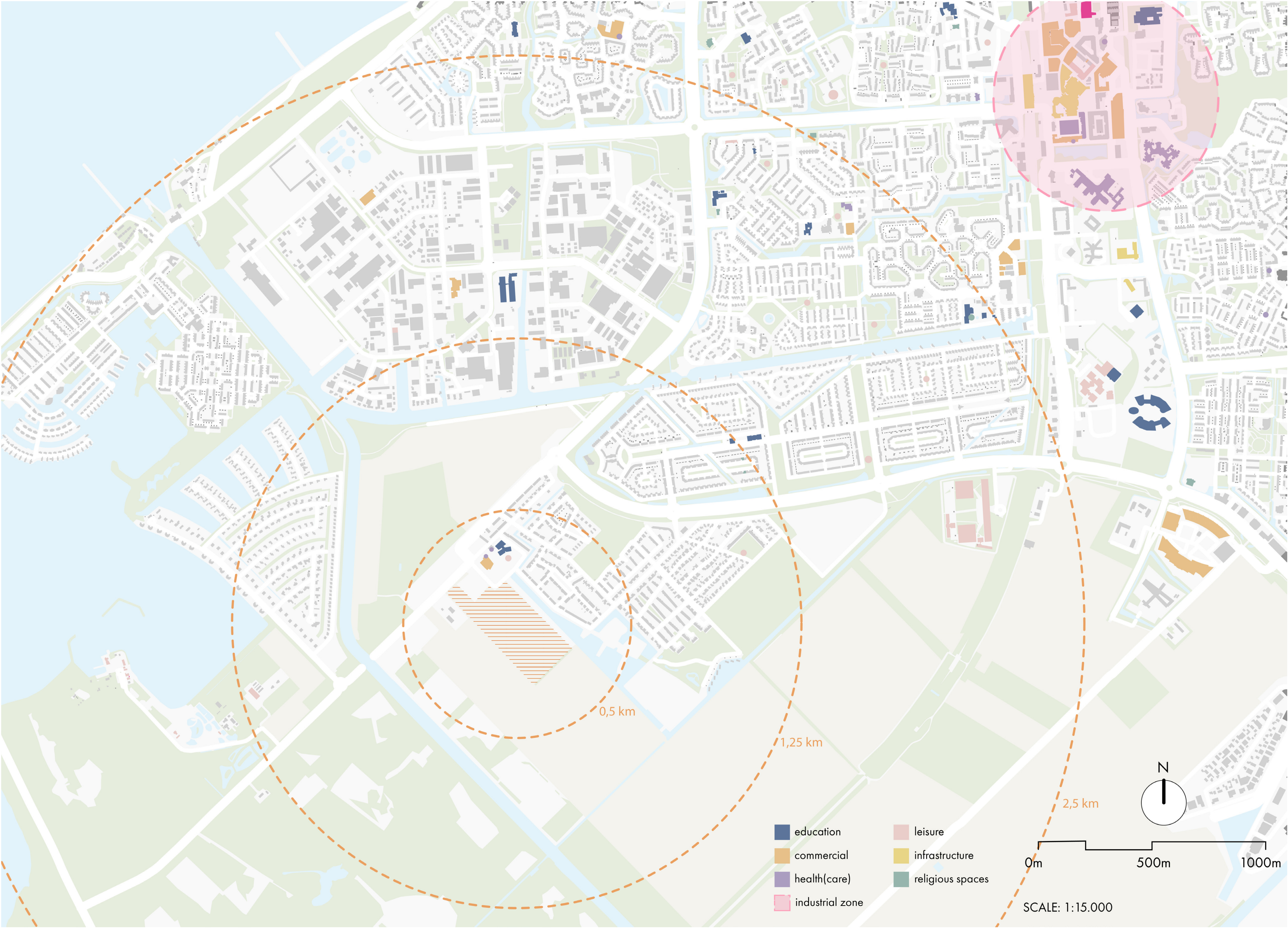


Urban Design - Location



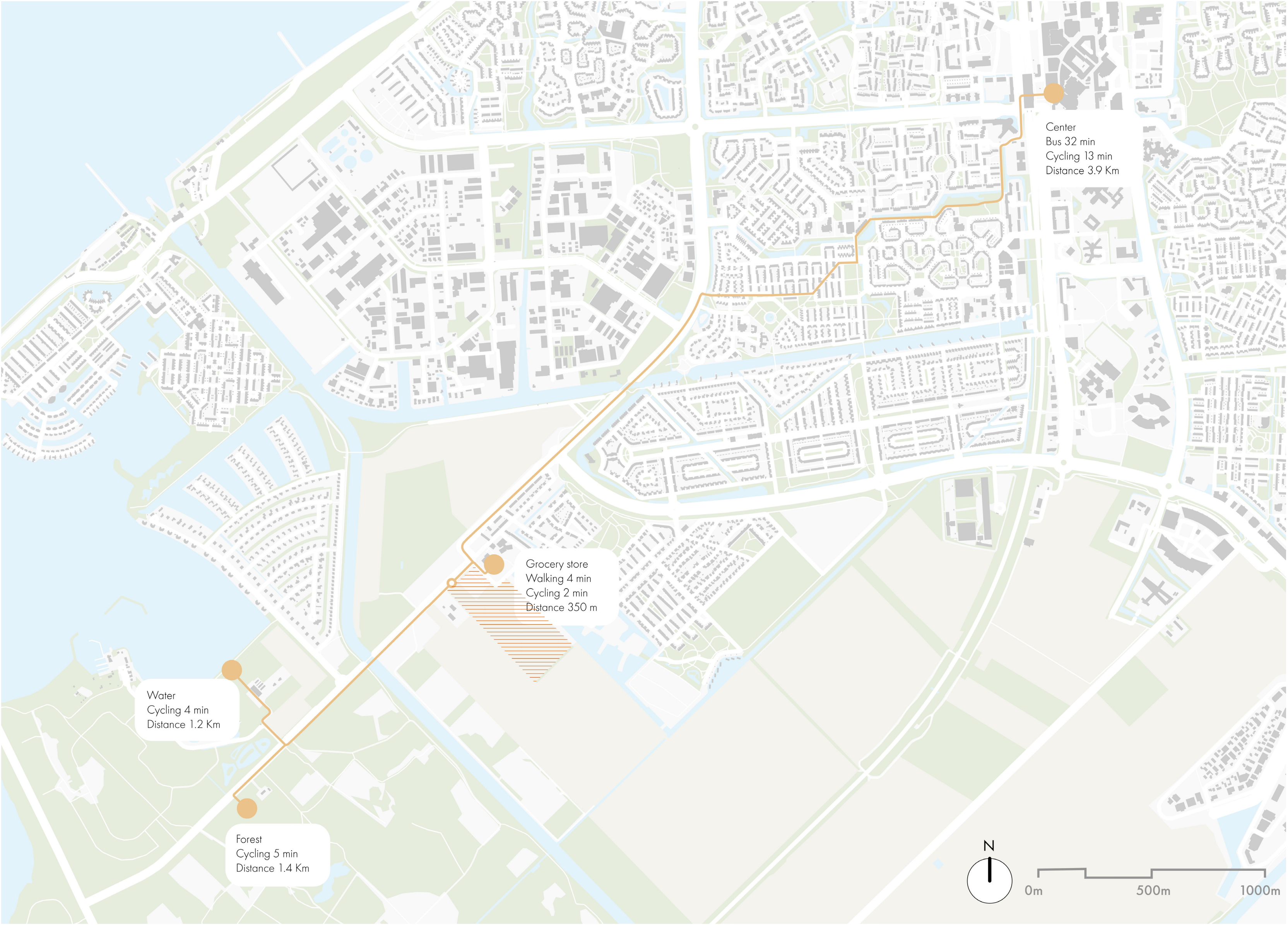


Urban Design - Functions





Urban Design - Proximity





## Urban Design - Future



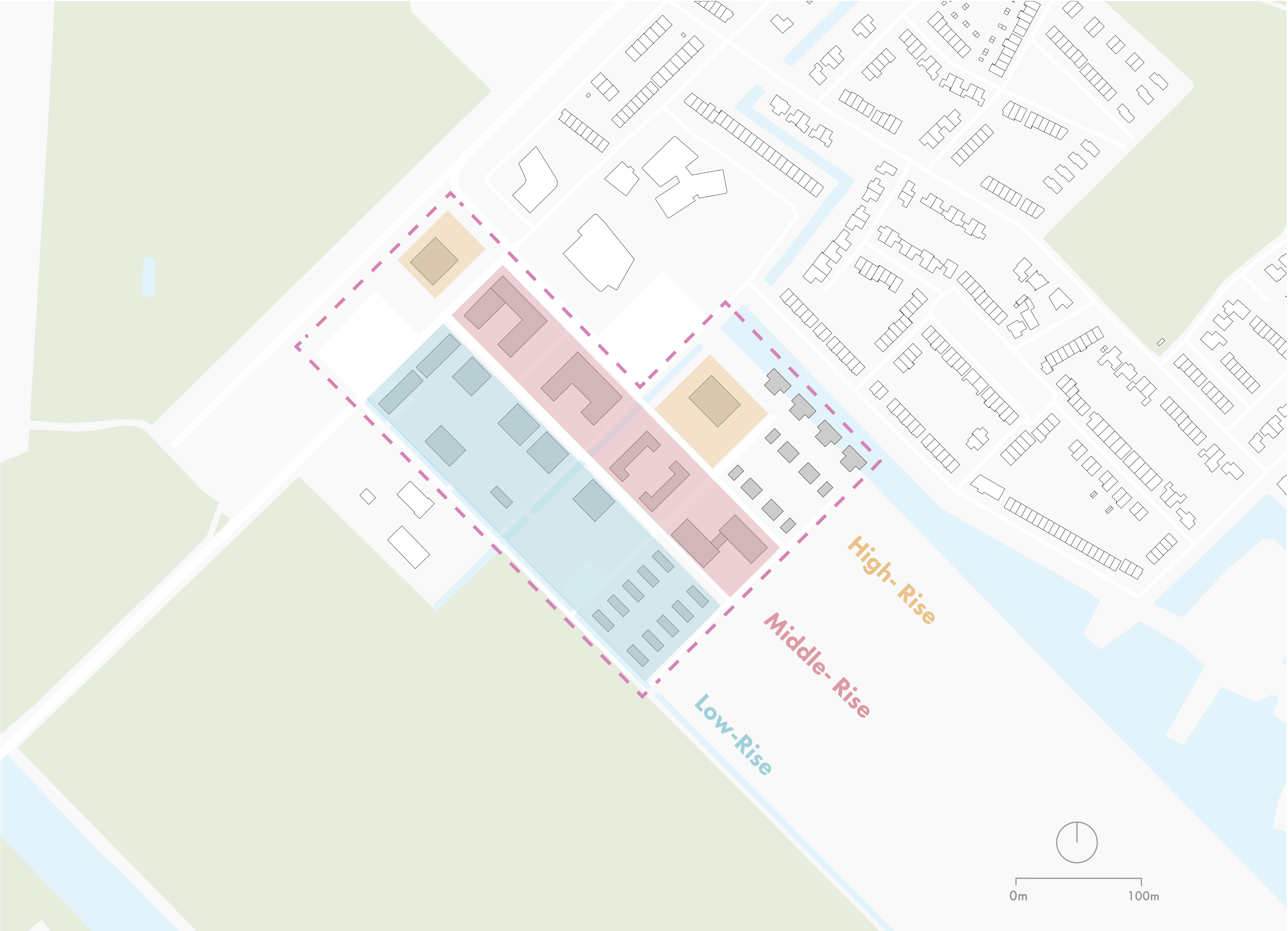


Cittanova - Typologies



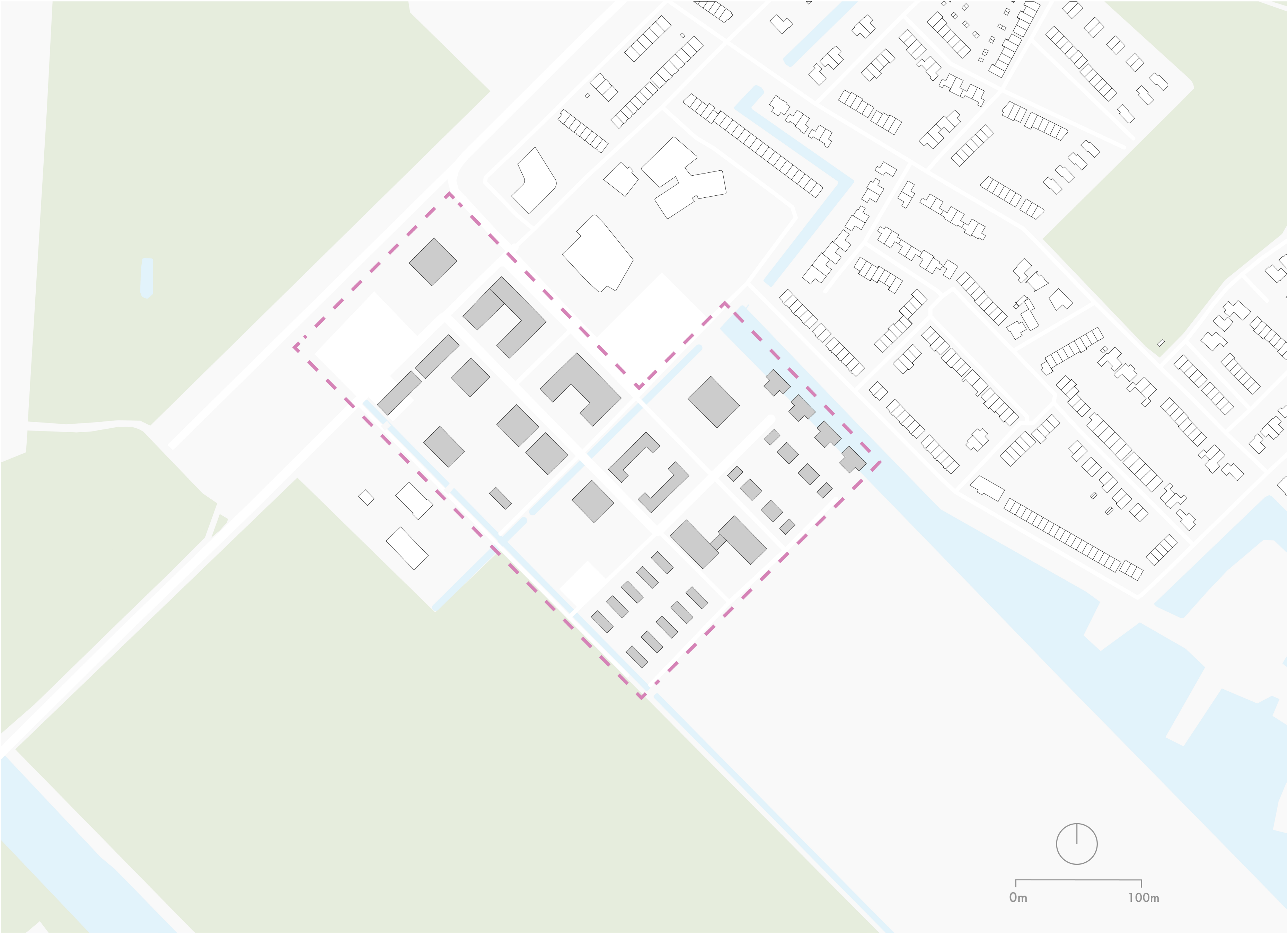


Cittanova - Zones



# Cittanova - Problem

- Many different building typologies keep the area from becoming one and each parcel is perceived as a different neighborhood.
- Not enough greenery.
- Car dependent, not enough public transport.
- Good start to bringing green and public functions.
- Good zoning in terms of sun path and vision lines.



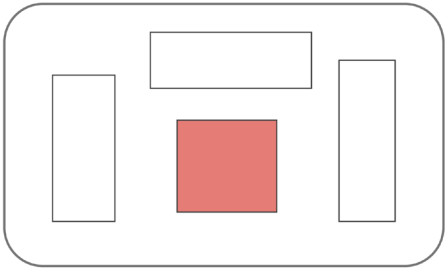
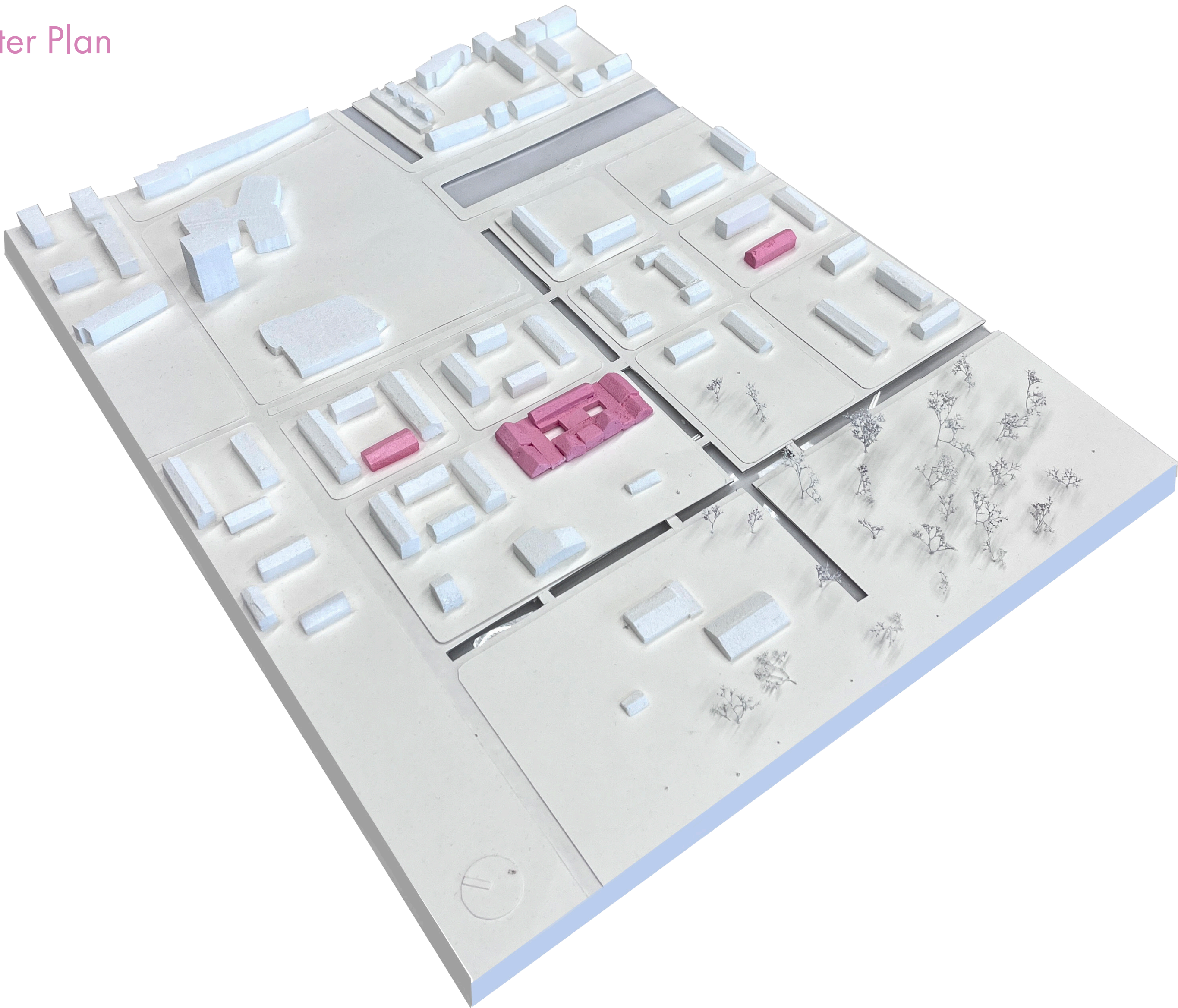


Urban Design - New Master Plan

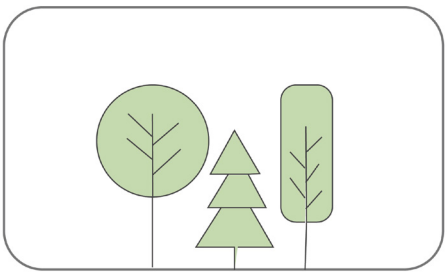




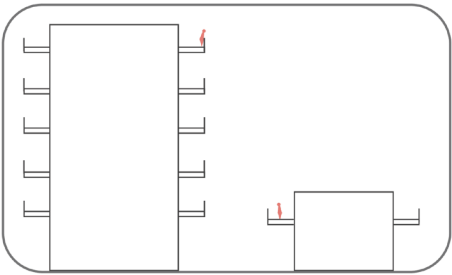
Urban Design - New Master Plan



Avoiding Isolation



Connection with nature and animals



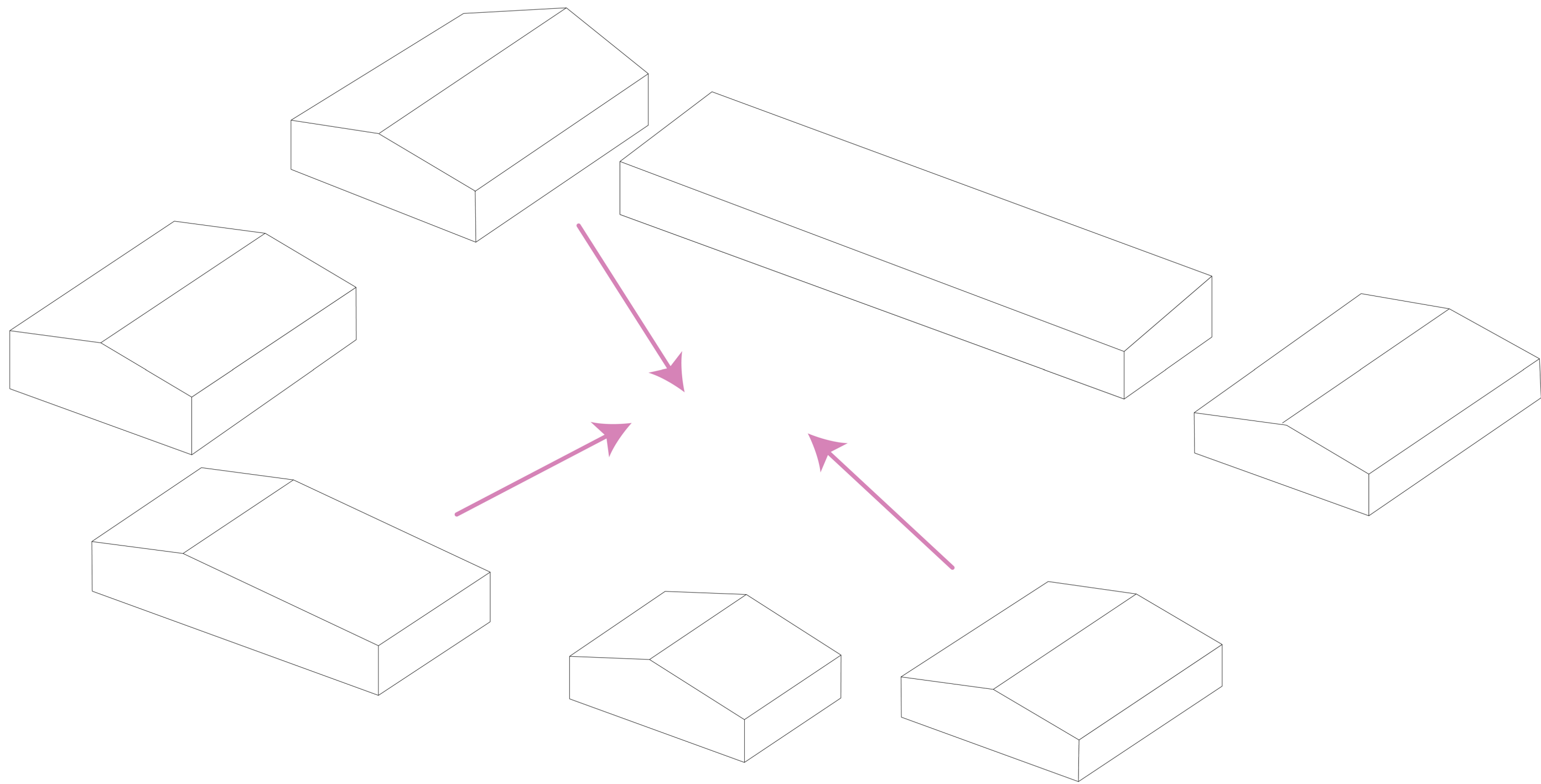
Low-rise



# Building Design - Form of the Building

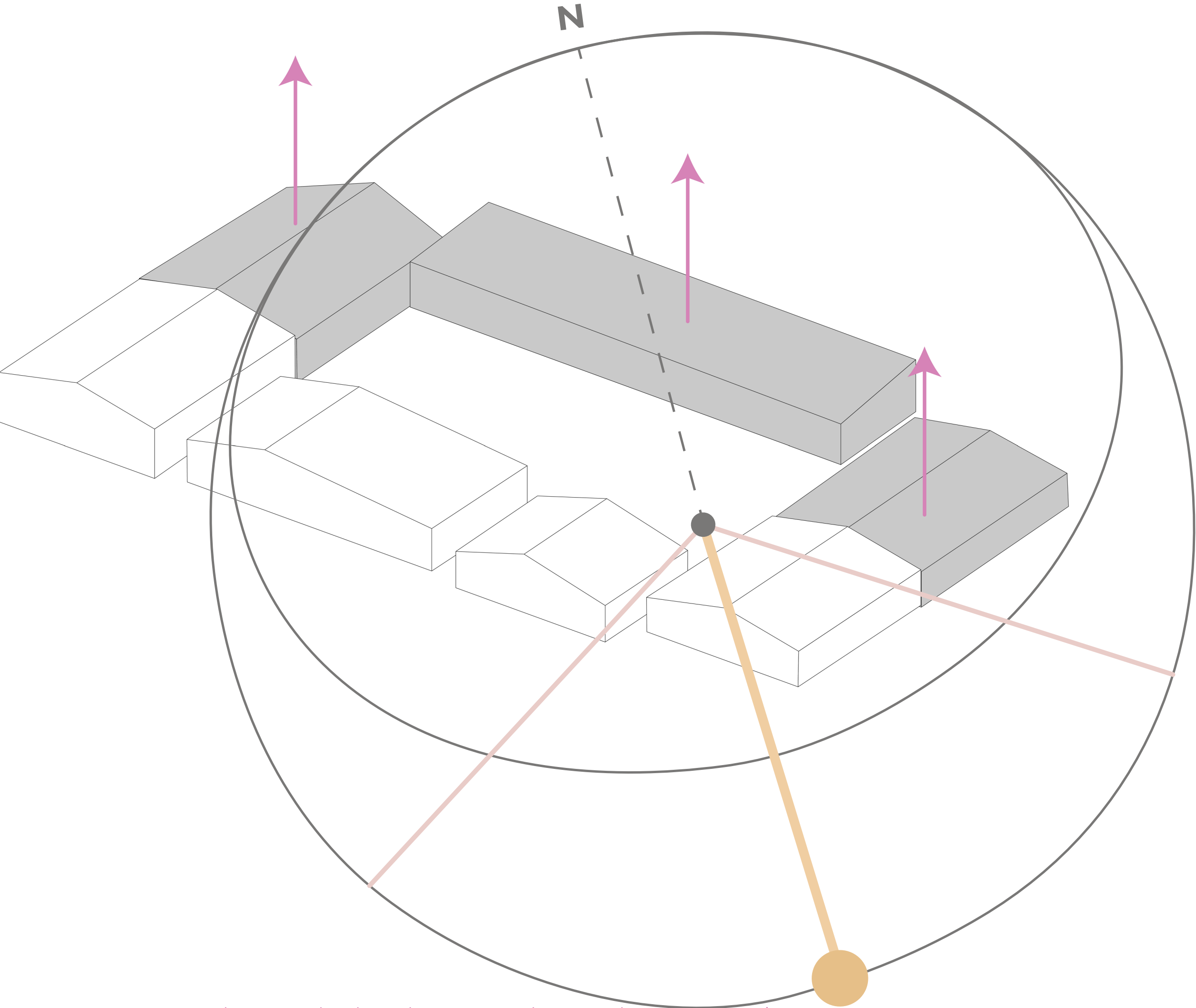


Similar Architecture



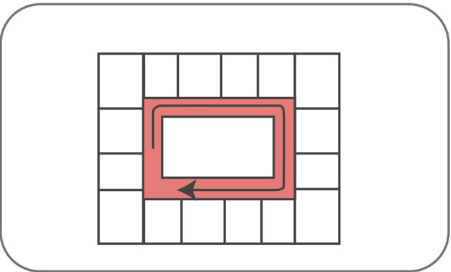
Putting similar typologies together

Building Design - Form of the Building

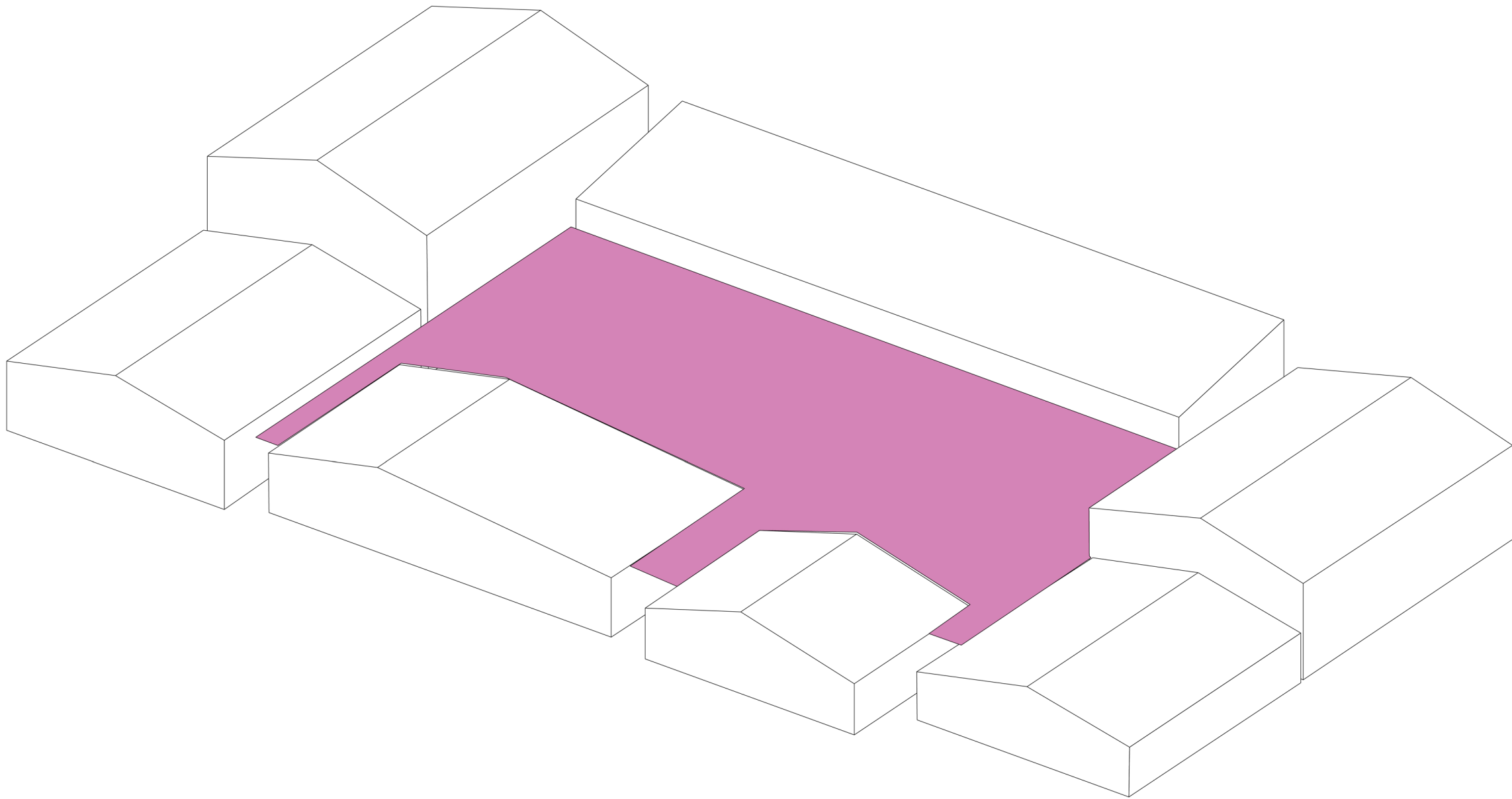


Adjusting the heights According to the zoning plan

# Building Design - Form of the Building

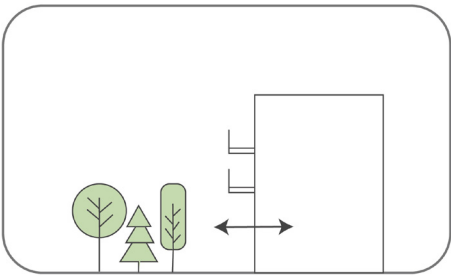


Circulation for surveillance

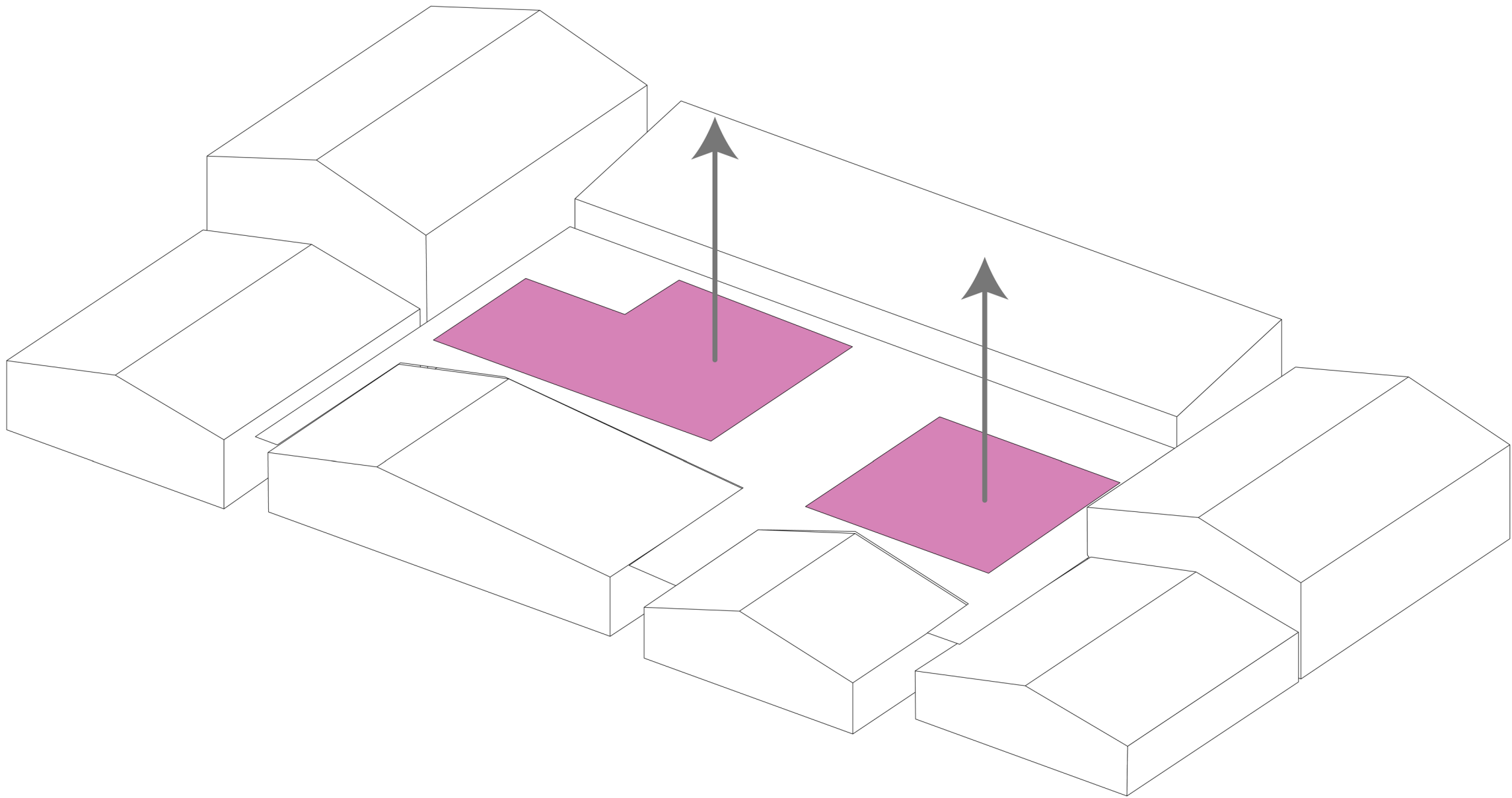


Creating a connection between the buildings by creating outside walking paths

# Building Design - Form of the Building

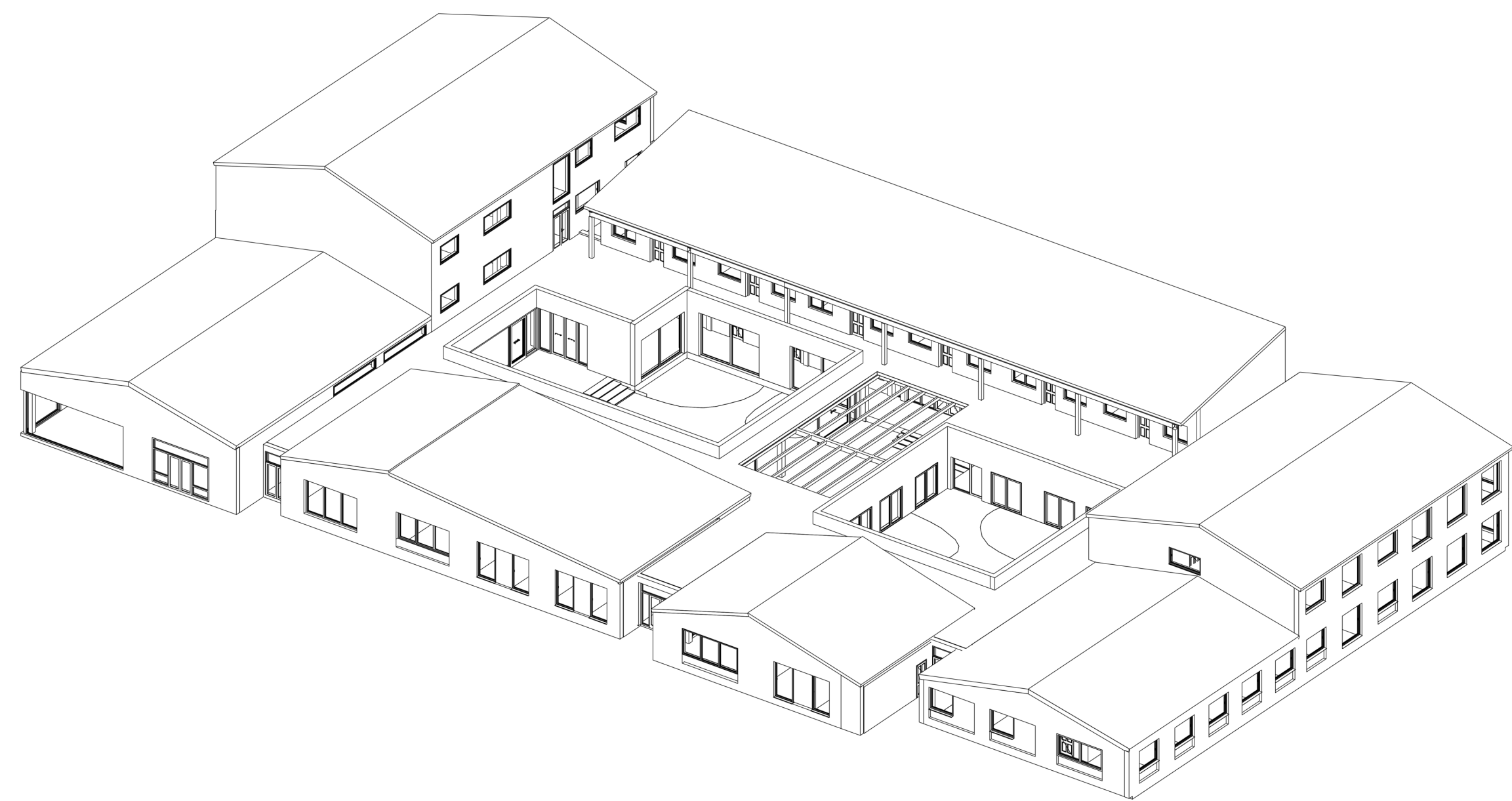


Connection with outside

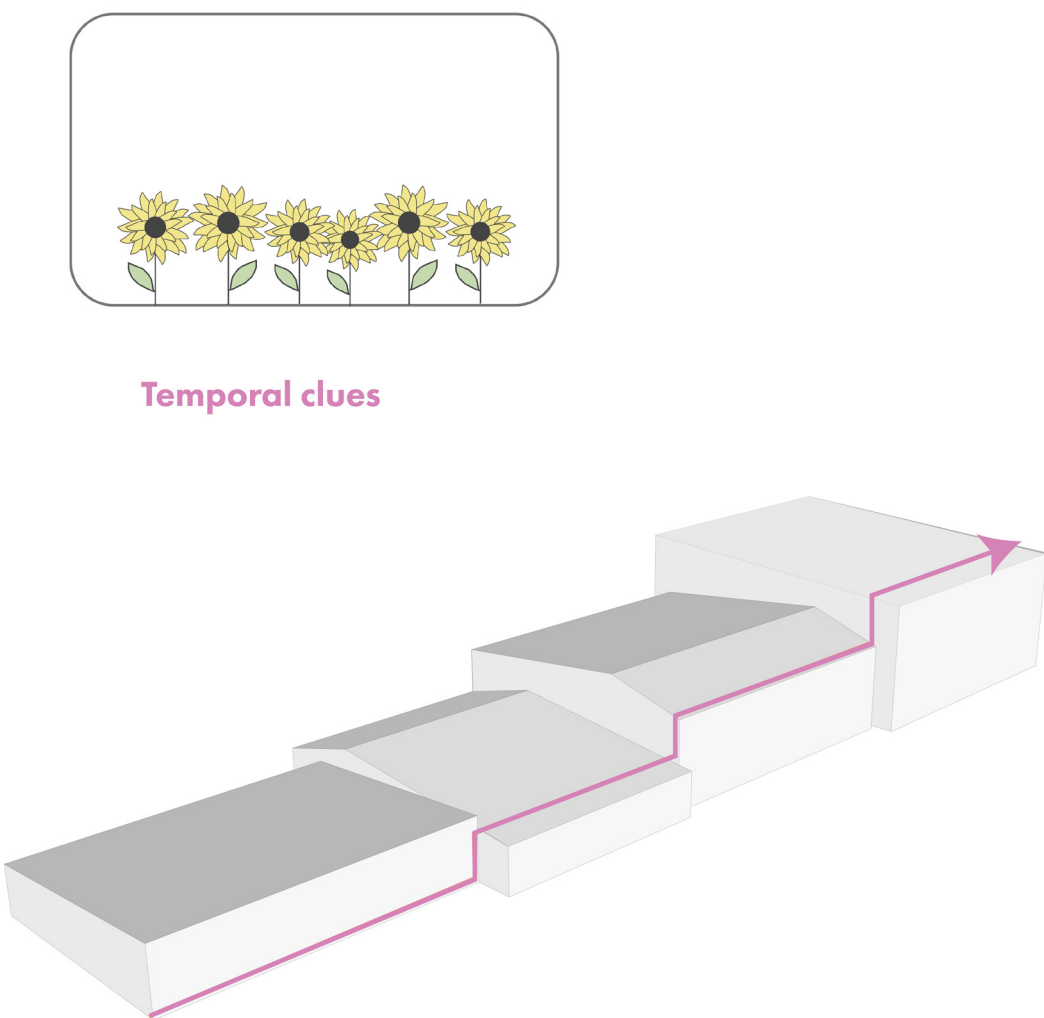
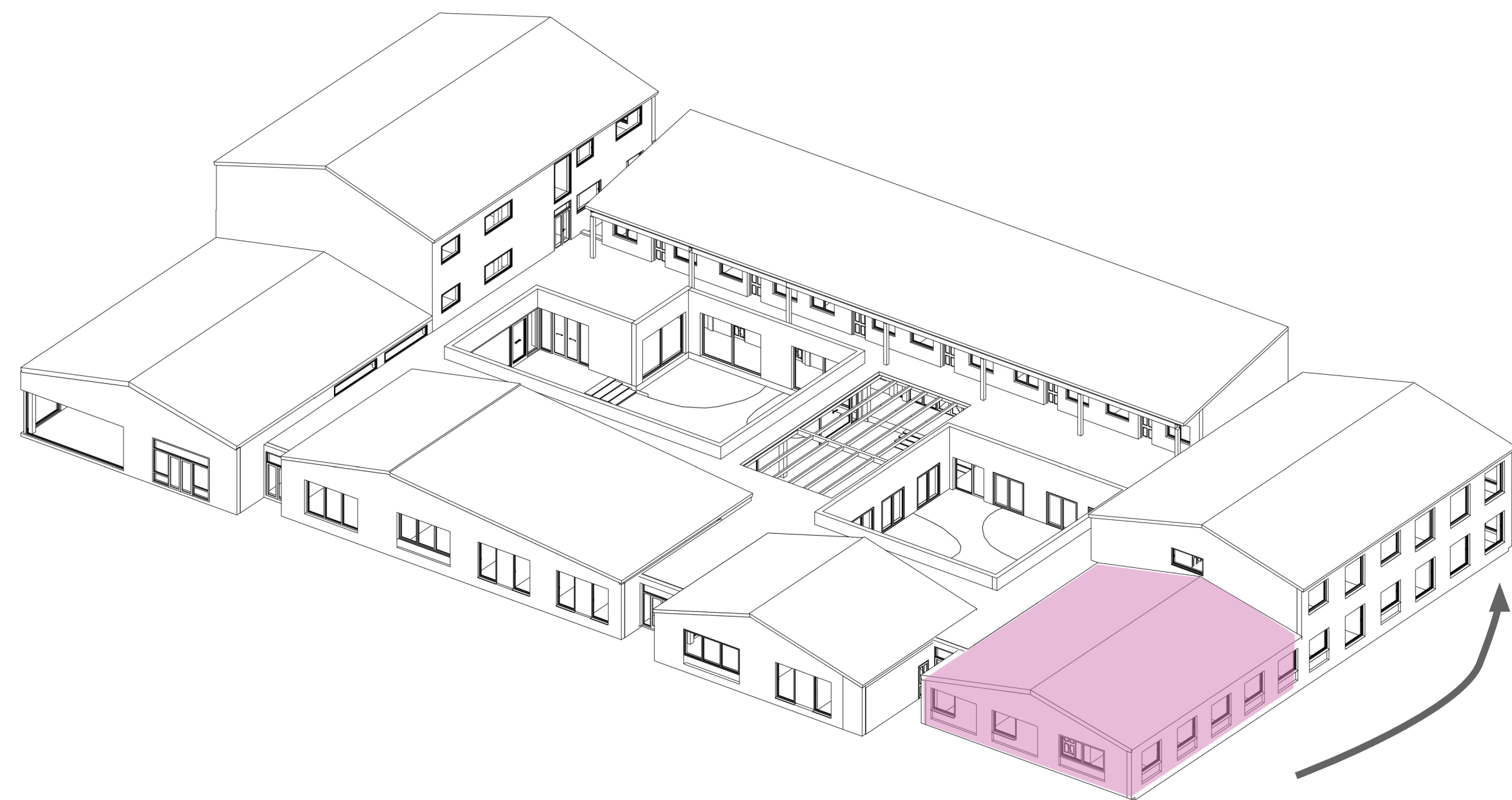


Taking out some parts to create inner courtyards

Building Design - Form of the Building



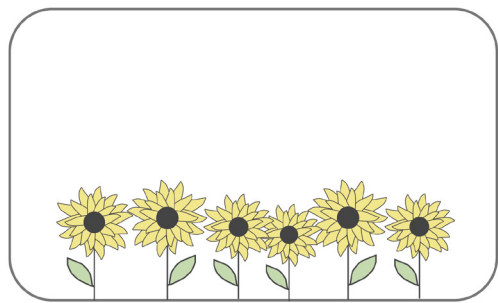
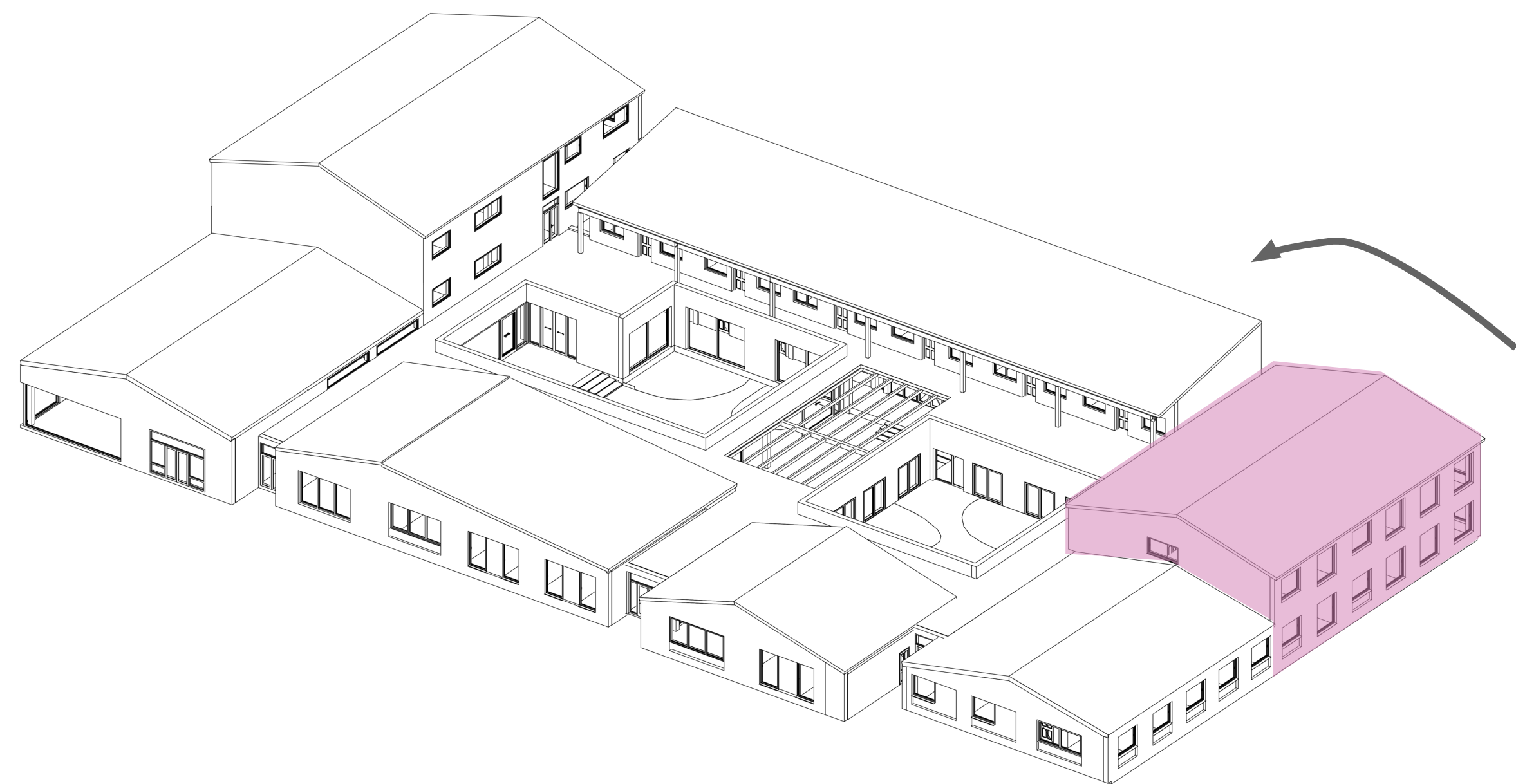
# Building Design - Concept



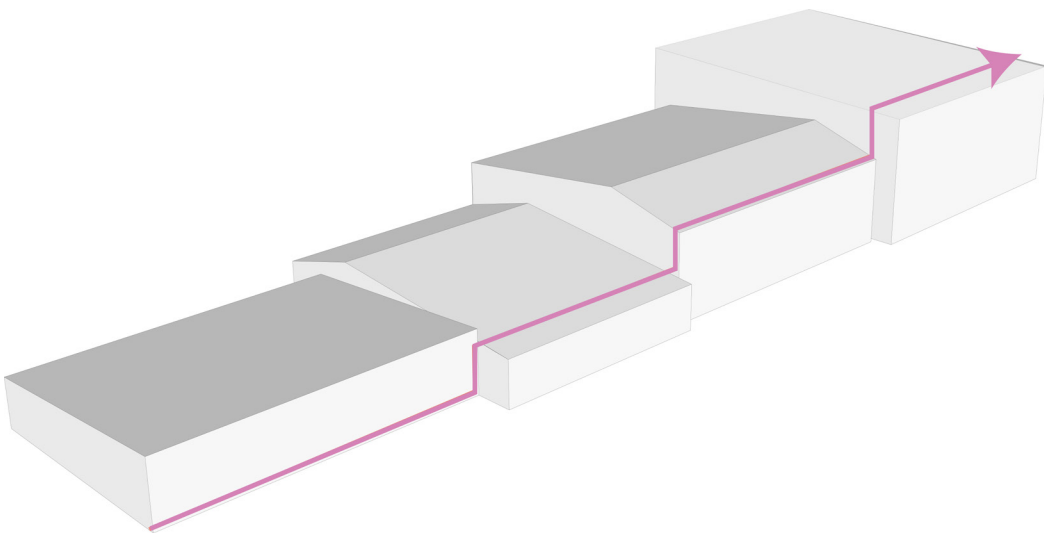
Moving Up the Building



Building Design - Concept

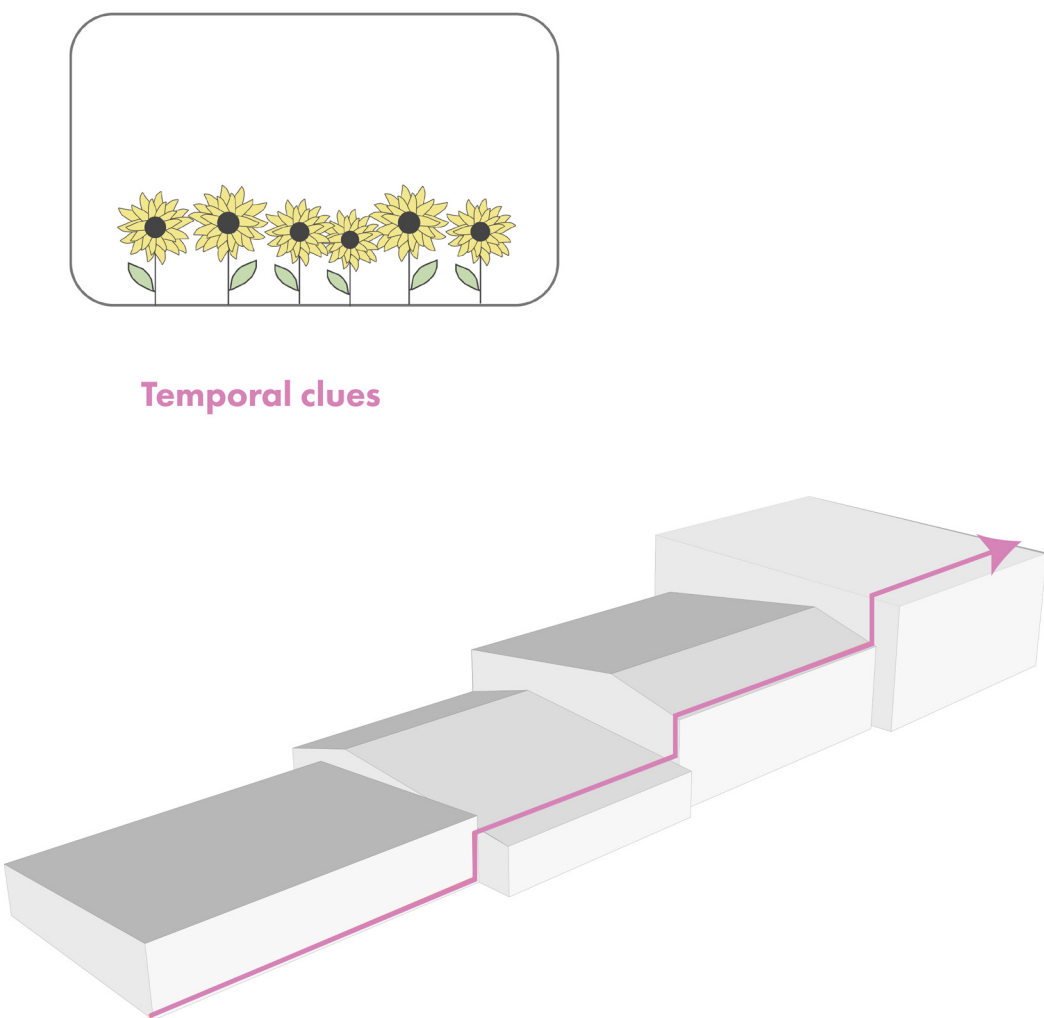
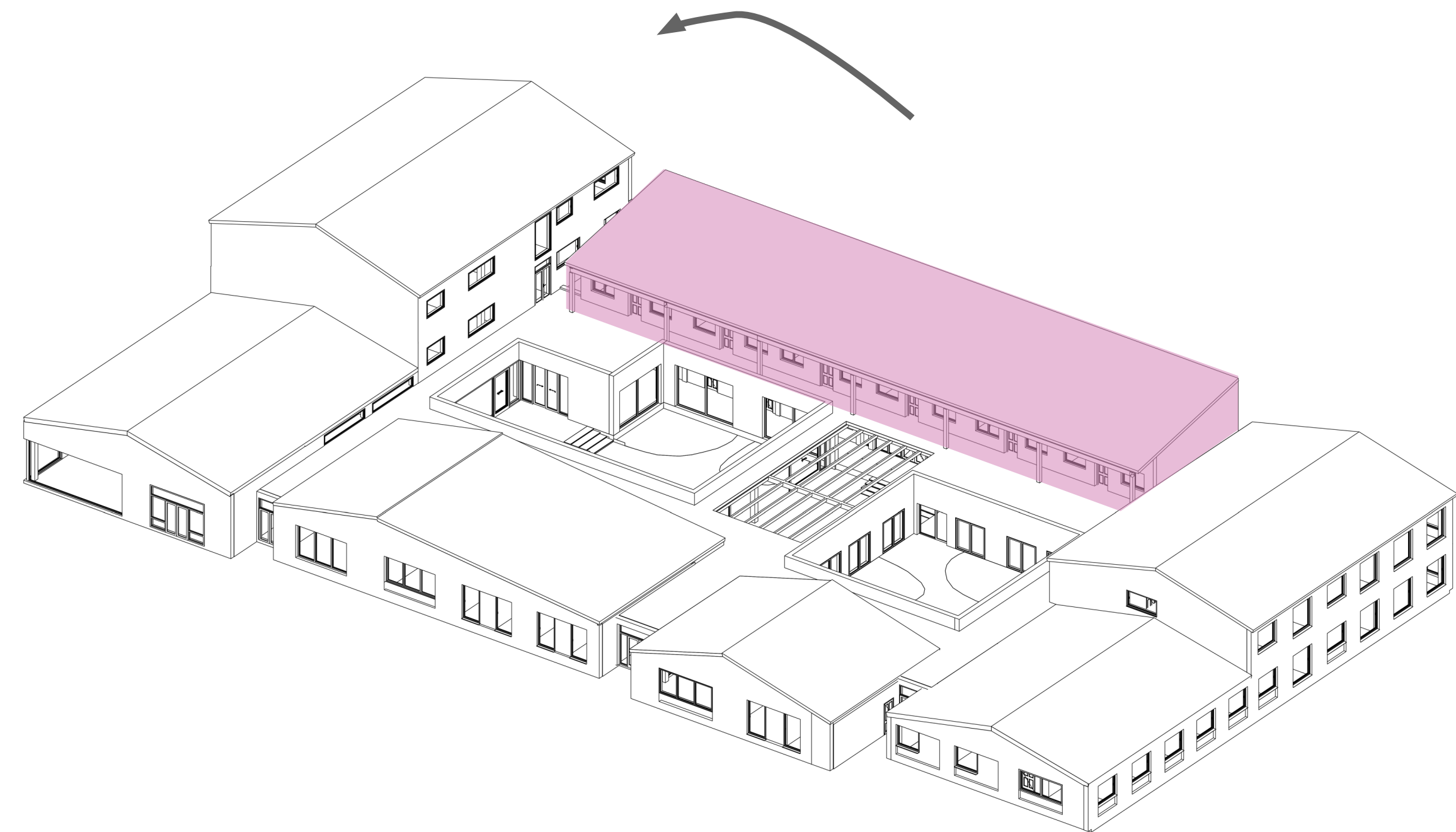


Temporal clues



Moving Up the Building

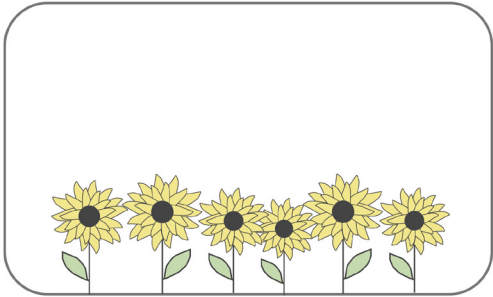
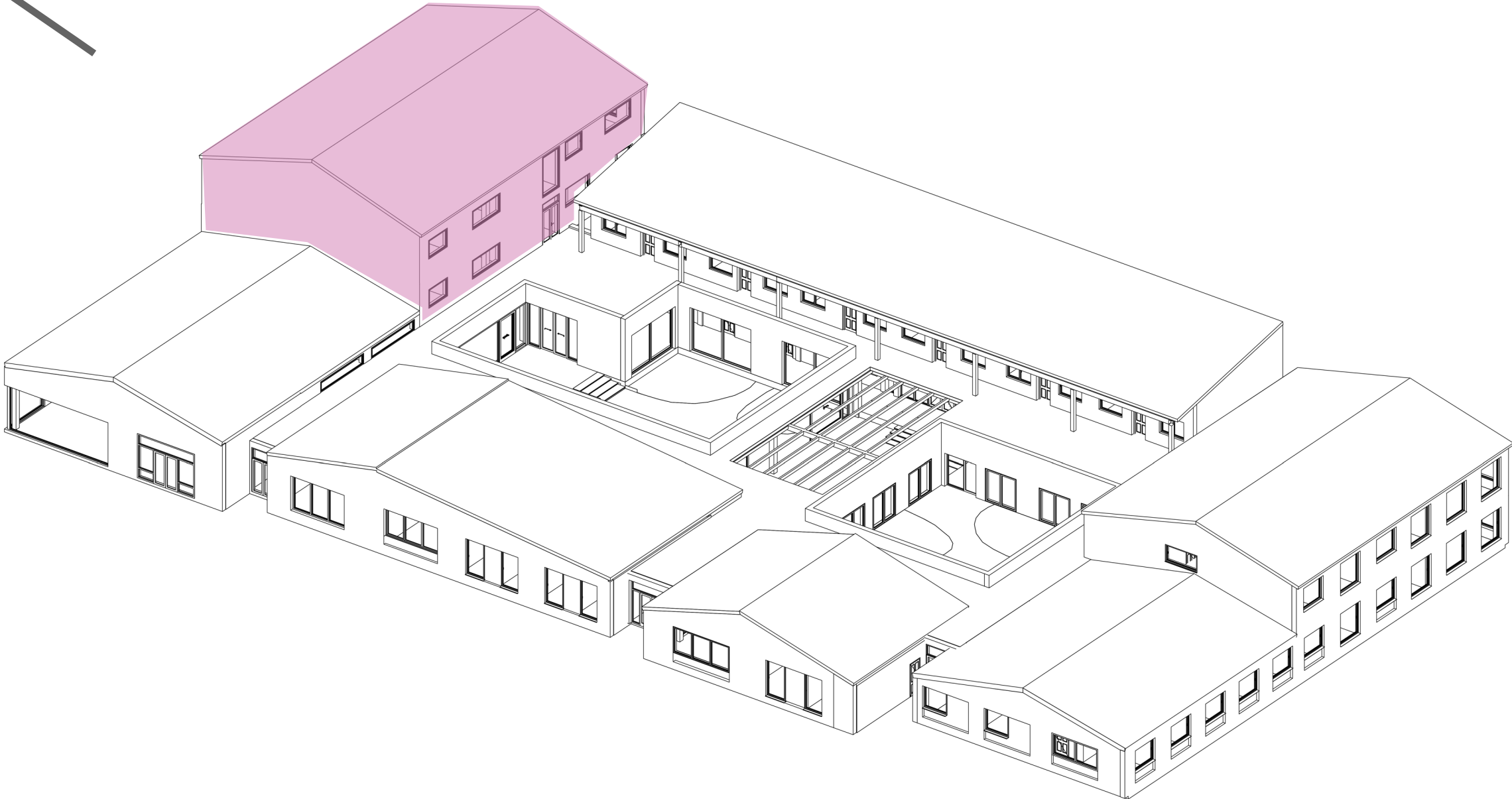
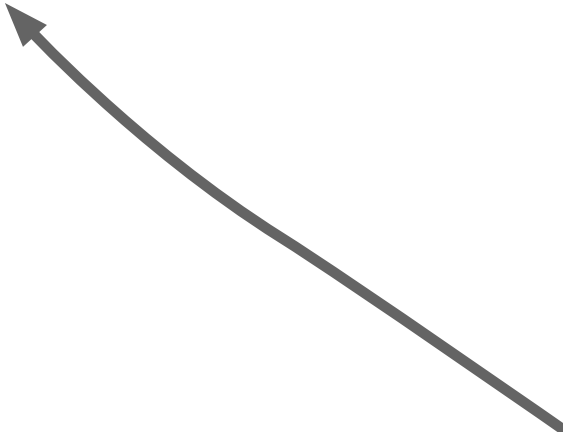
# Building Design - Concept



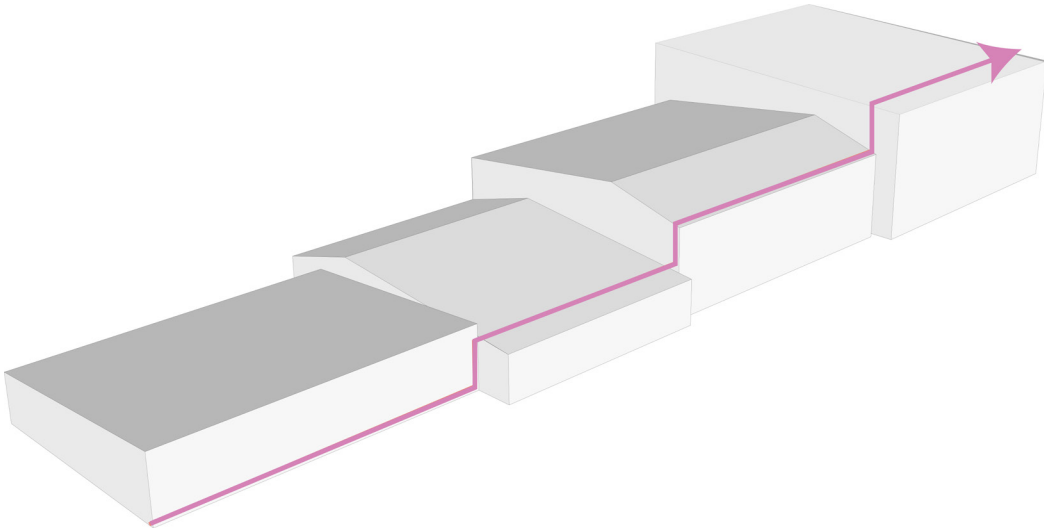
Moving Up the Building



Building Design - Concept



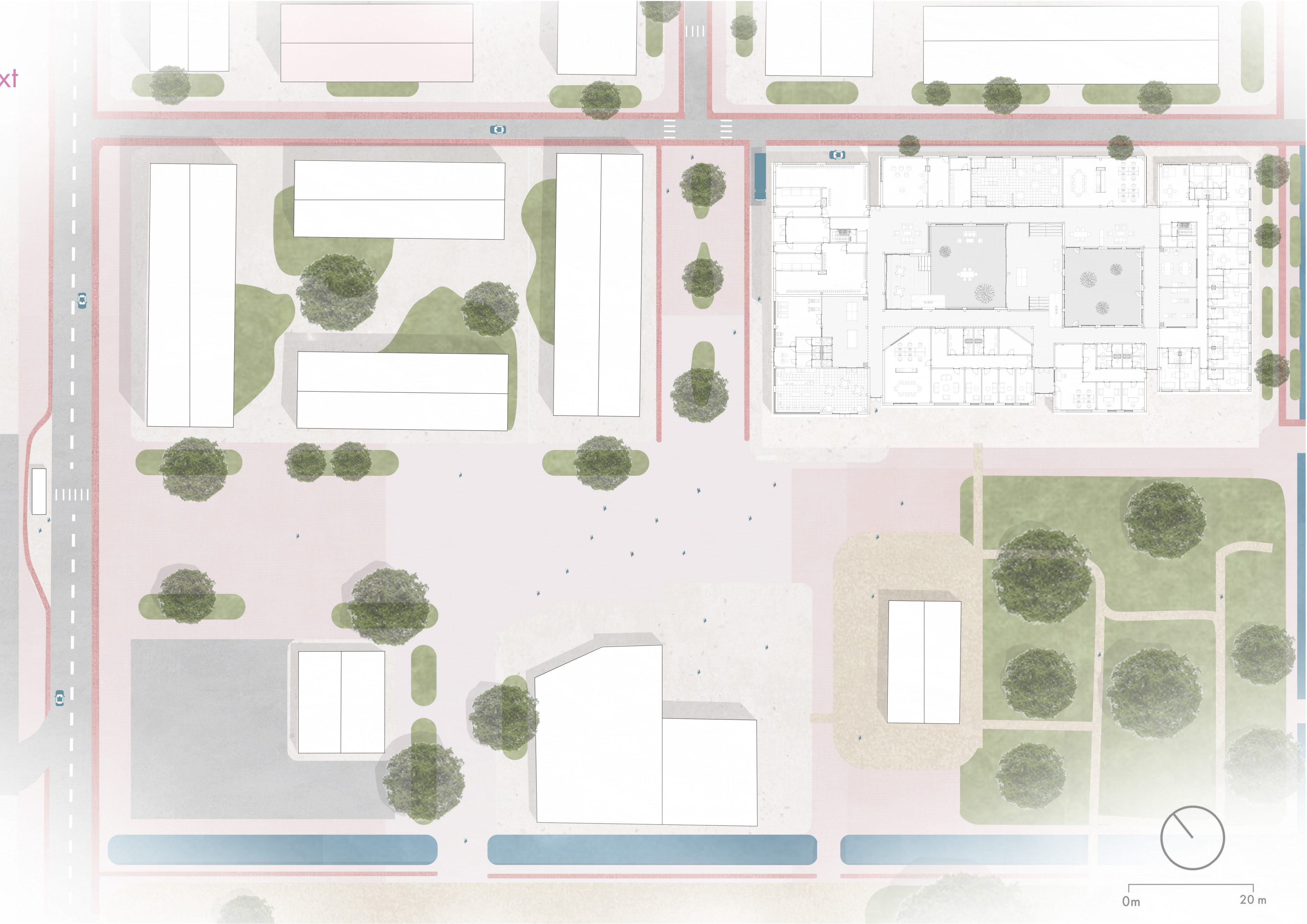
Temporal clues



Moving Up the Building

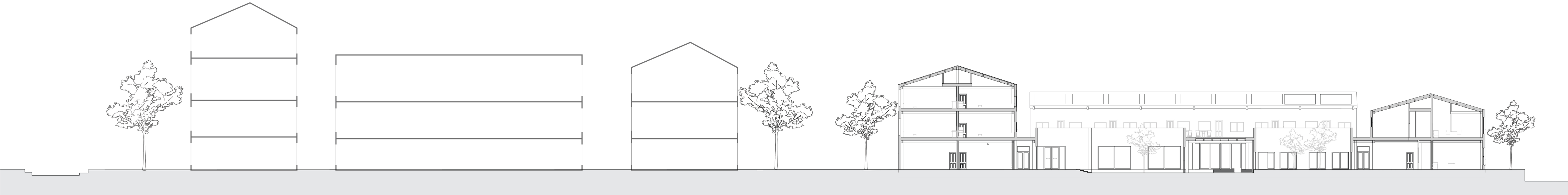
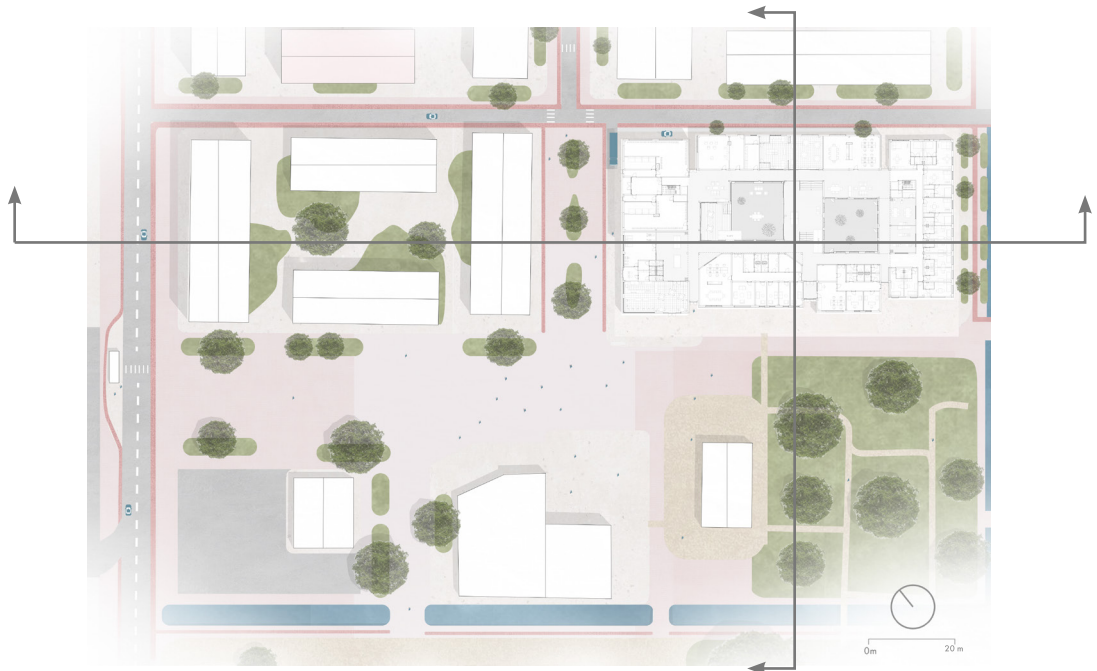


Building Design - Context



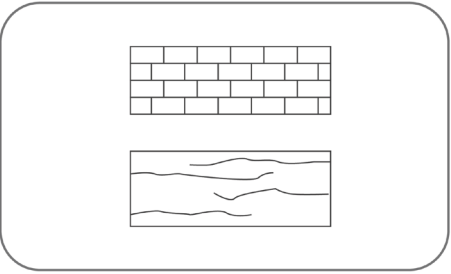


Building Design - Context



Urban Sections

# Building Design - Materials



Natural and familiar materials



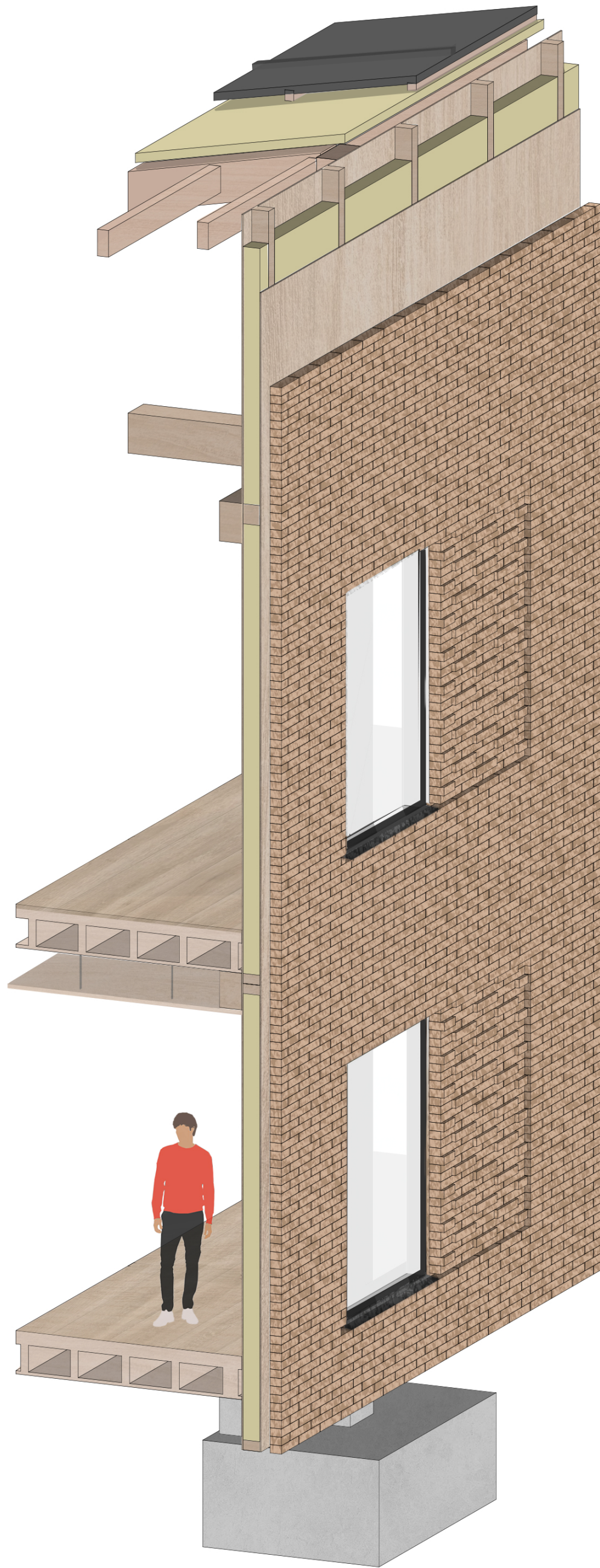
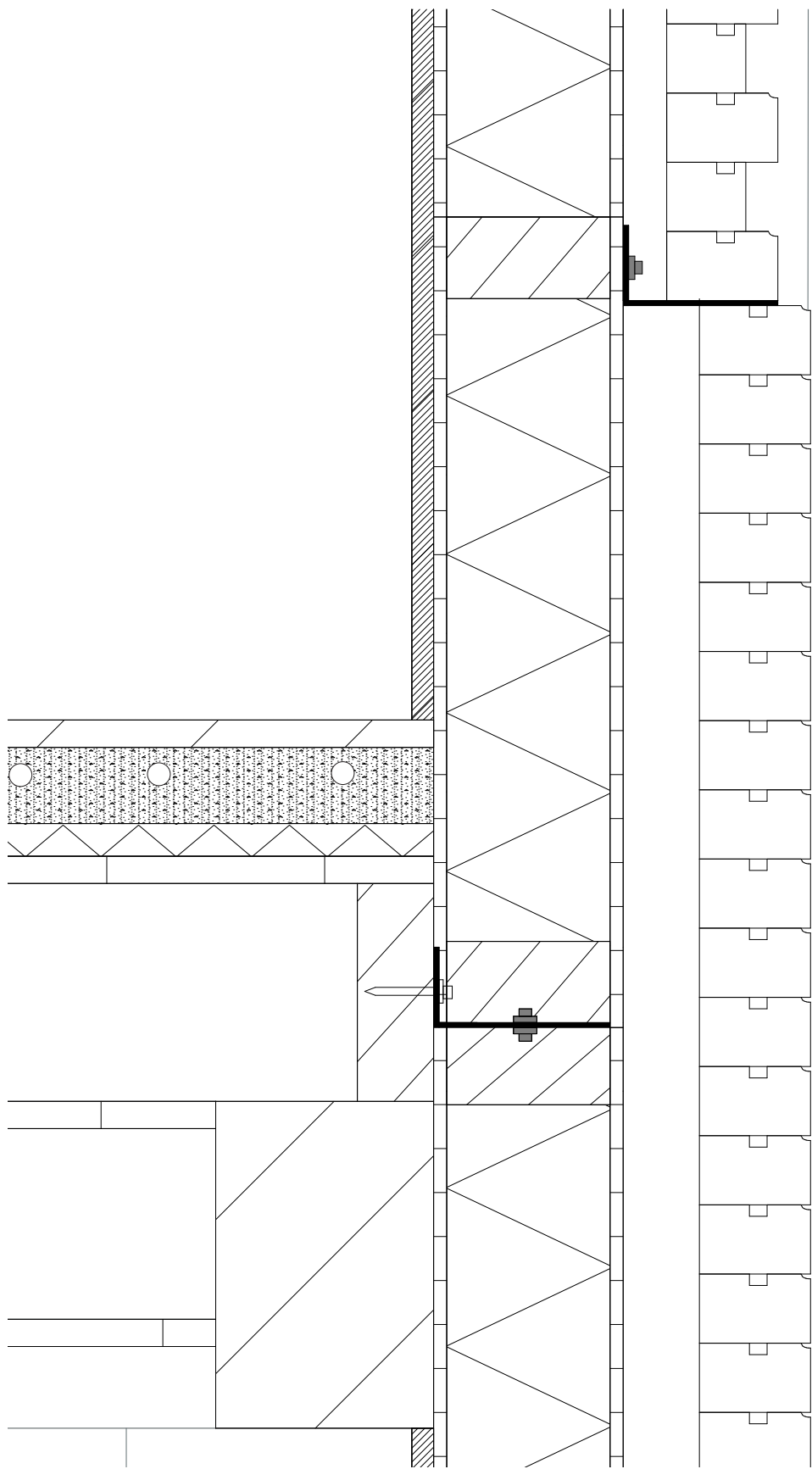
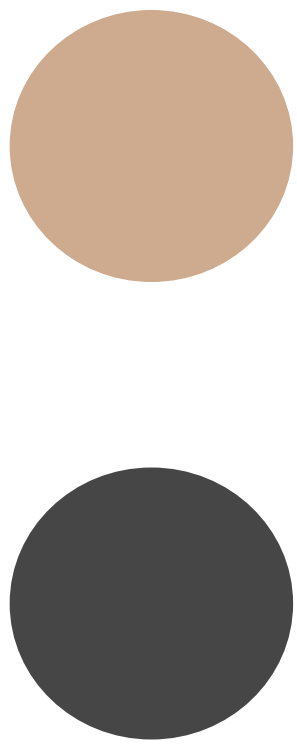
South- West Facade



South- East Facade

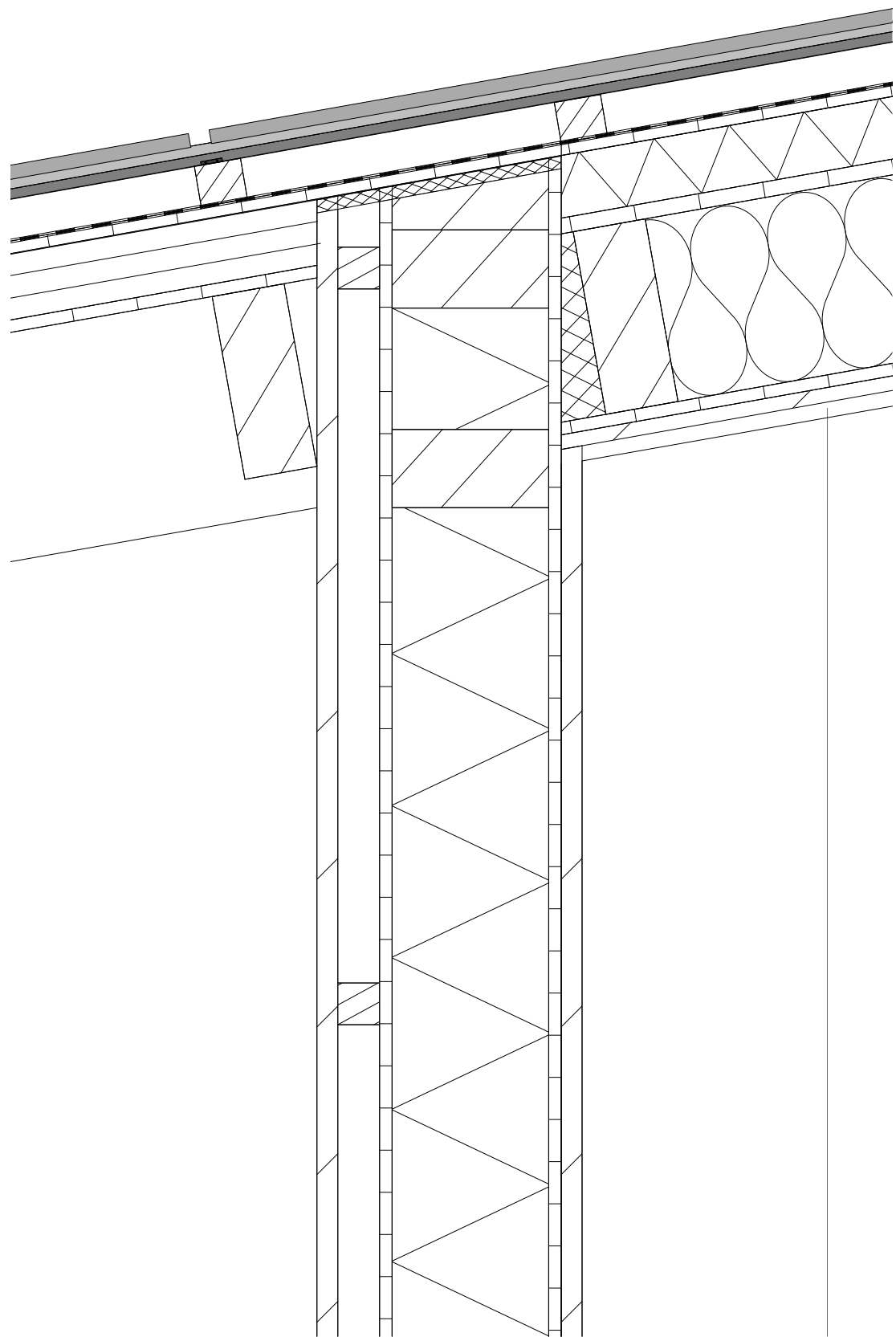
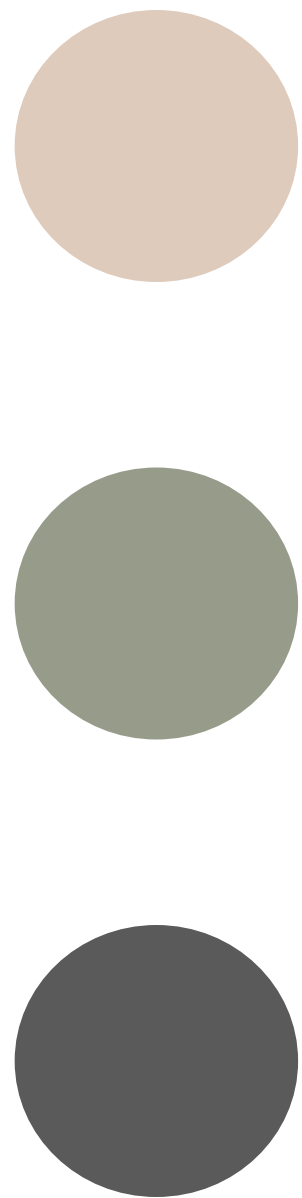


Building Design - Materials/ Exterior





Building Design - Materials/ Courtyard





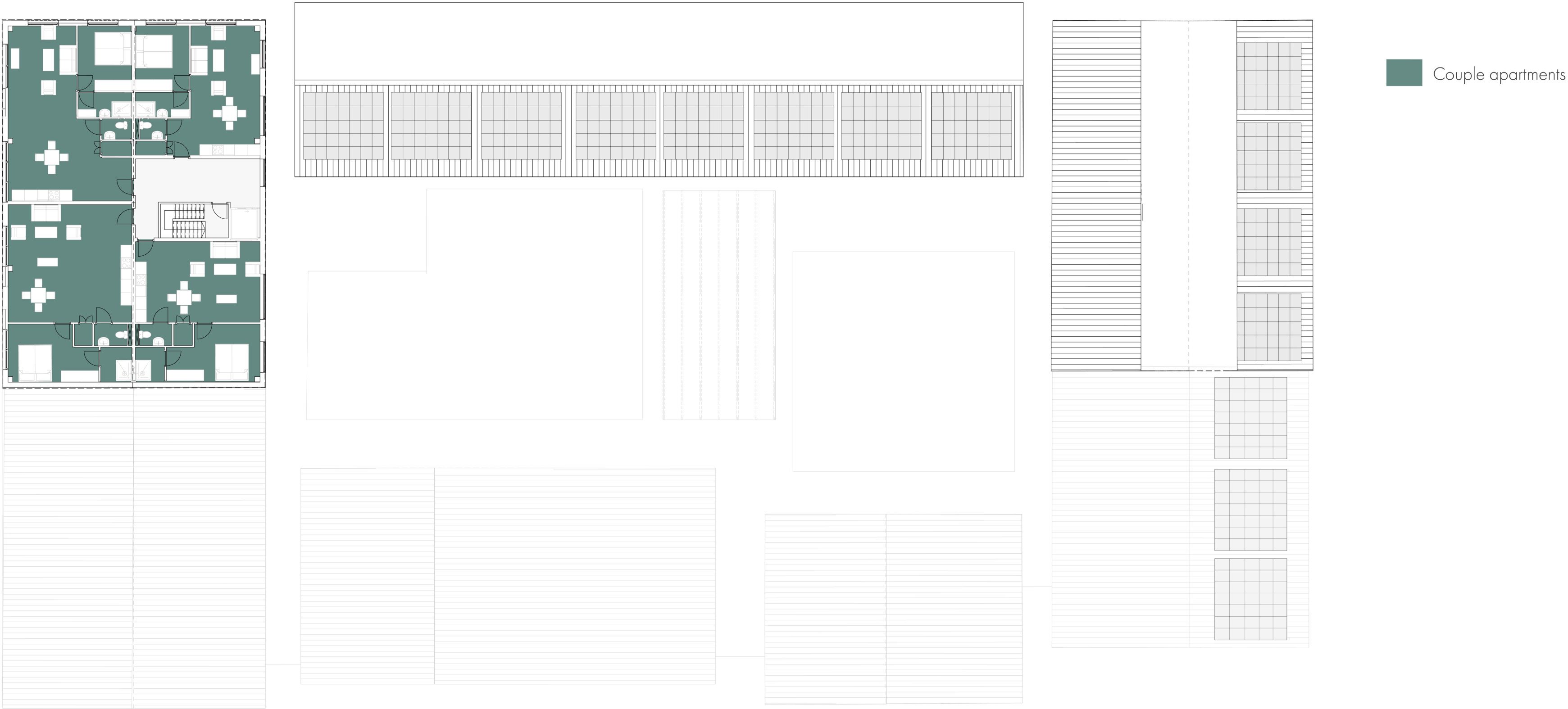
# Building Design - Functions



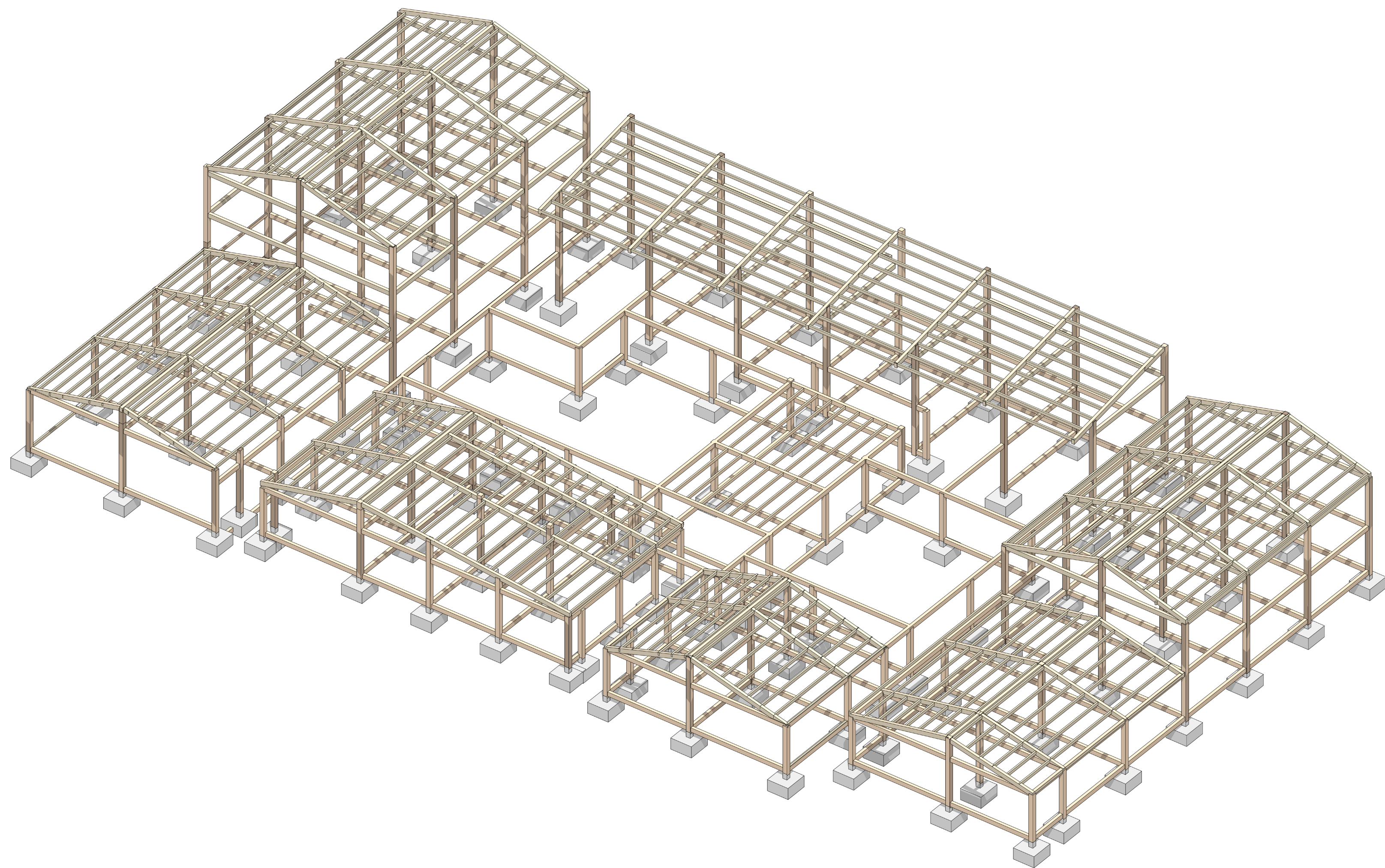
Building Design - Functions



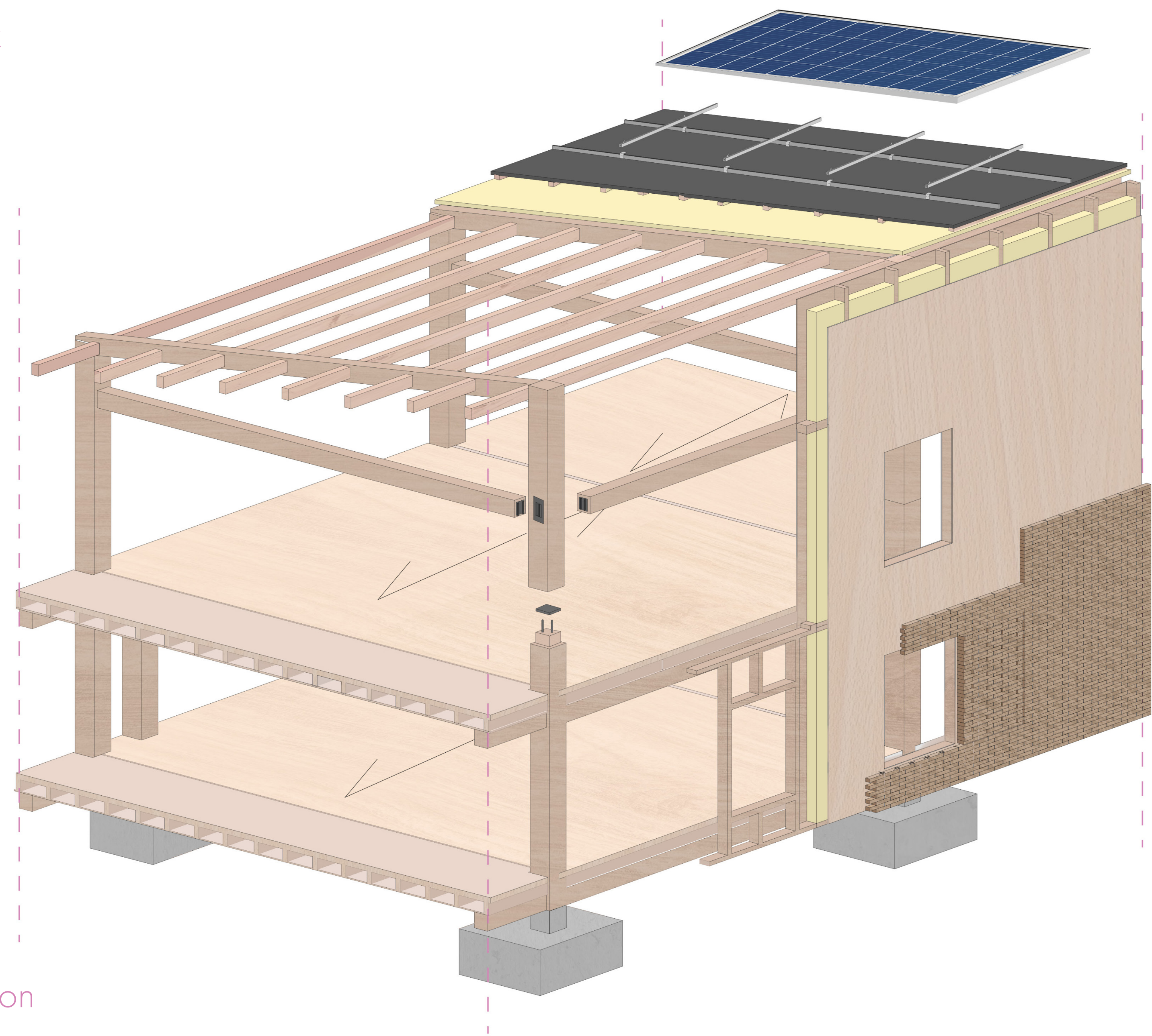






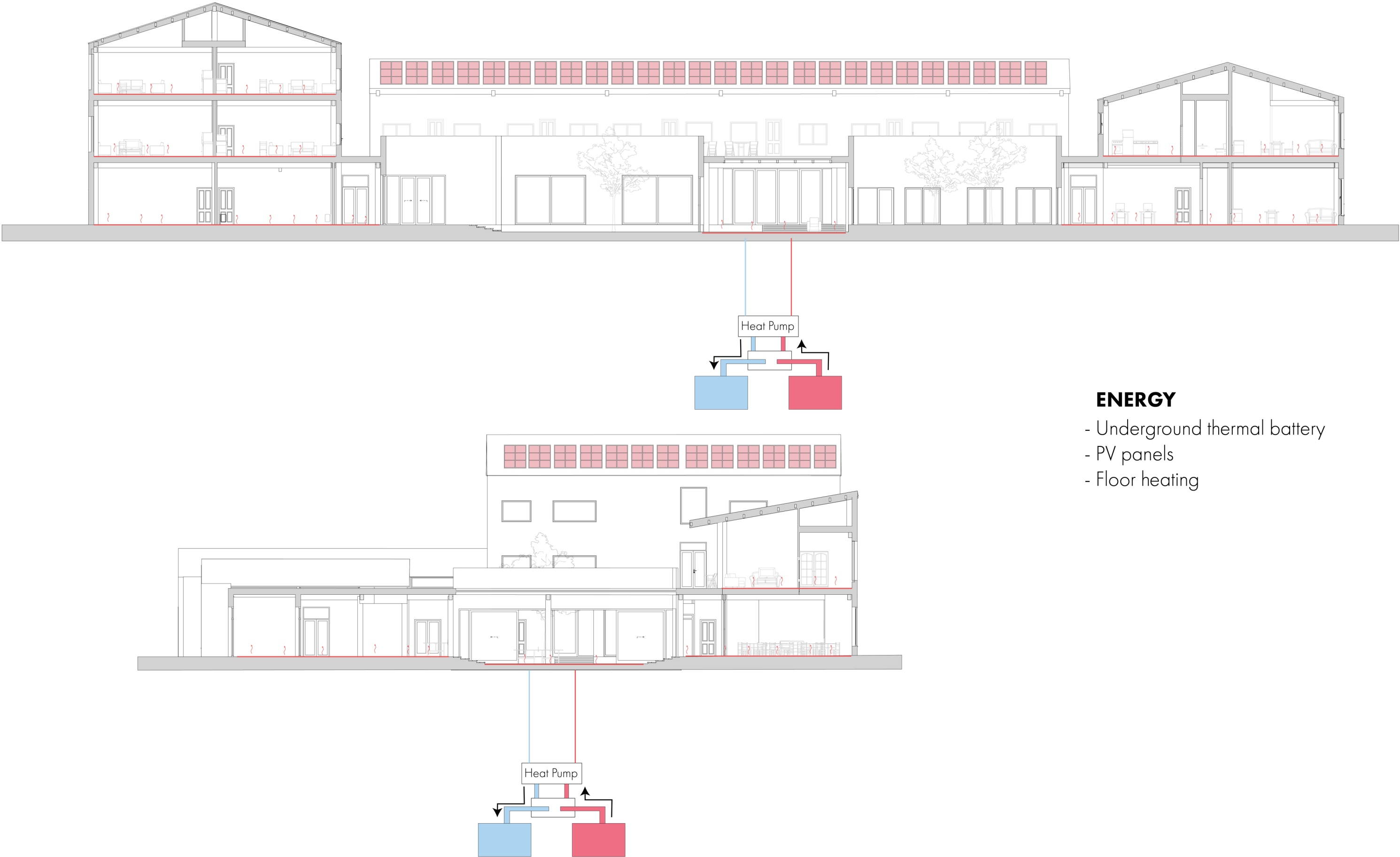








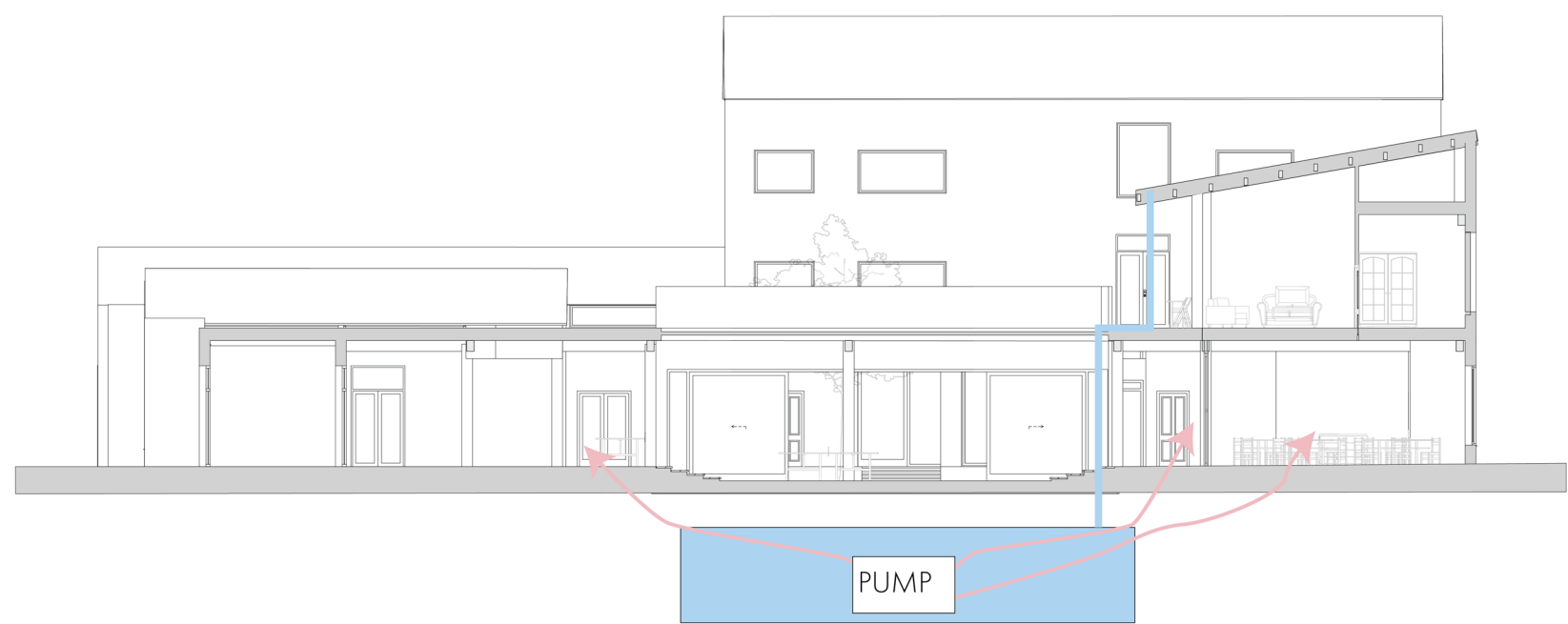
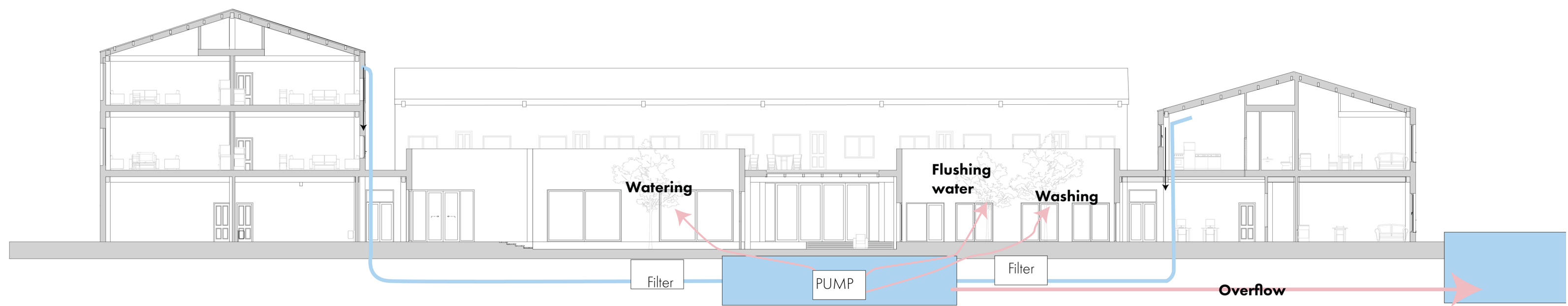
# Building Technology- Climate Diagrams



- ENERGY**
- Underground thermal battery
  - PV panels
  - Floor heating



# Building Technology- Climate Diagrams



## WATER MANAGEMENT

- Rainwater Storage
- Reusing for flushing and watering plants
- Surplus water is mixeded into the canal

# Building Technology- Climate Diagrams



## VENTILATION

- Mechanical ventilation
- Heat recovery system

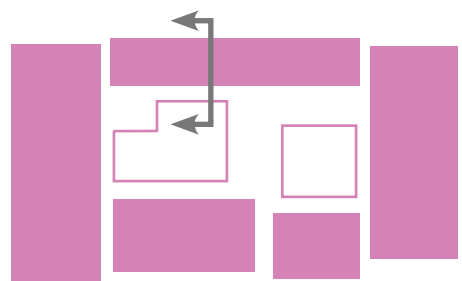
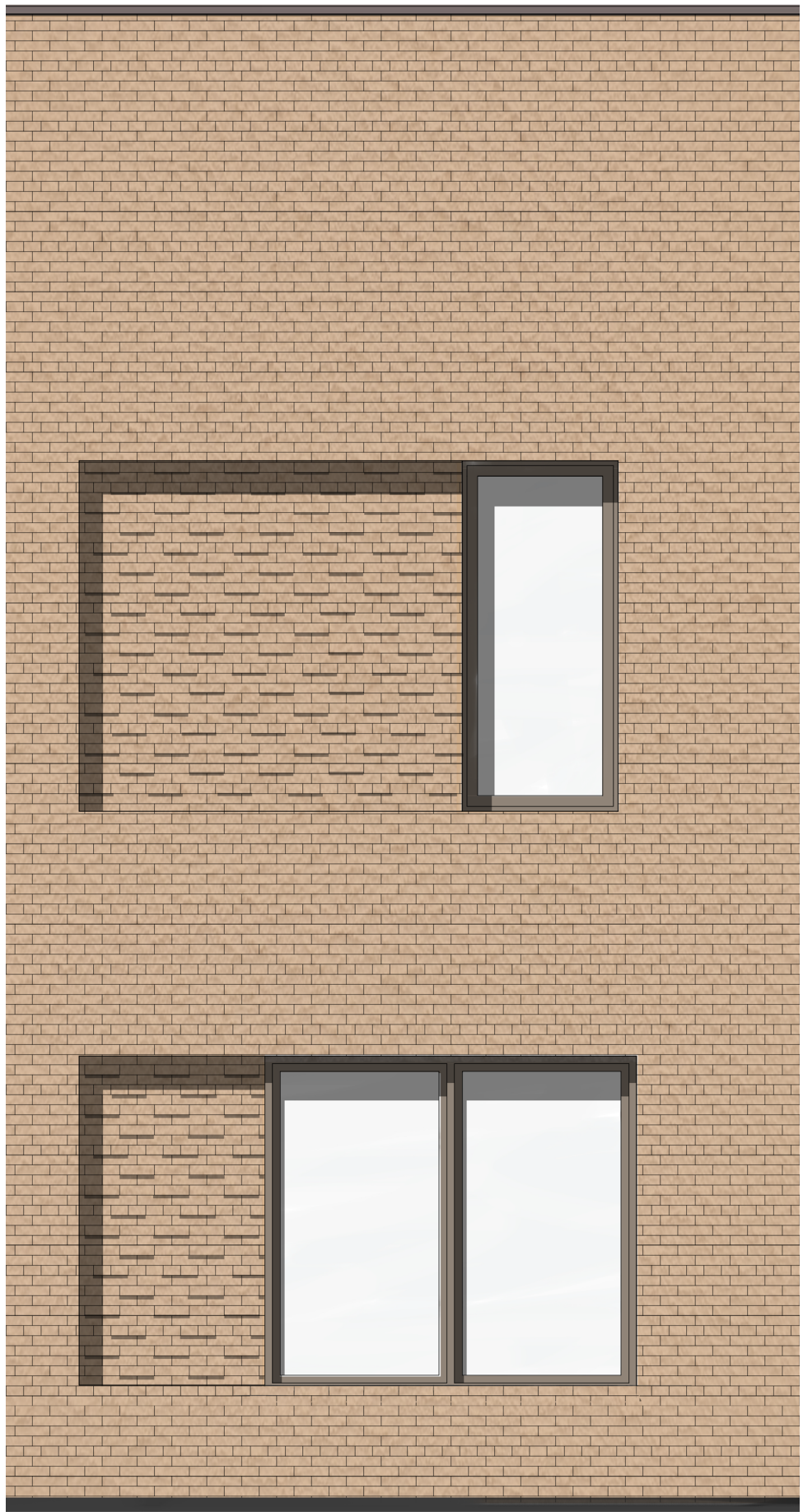
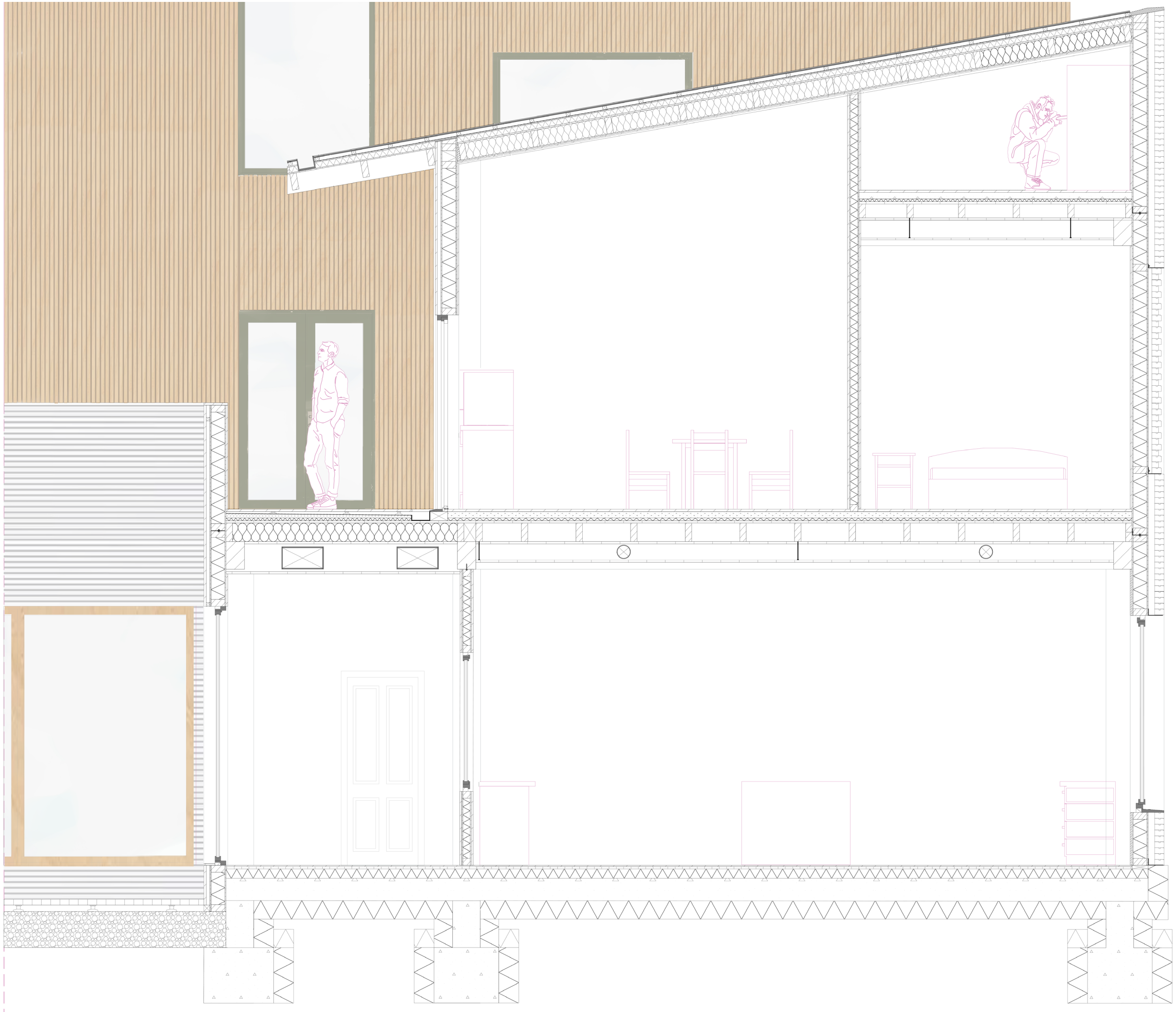






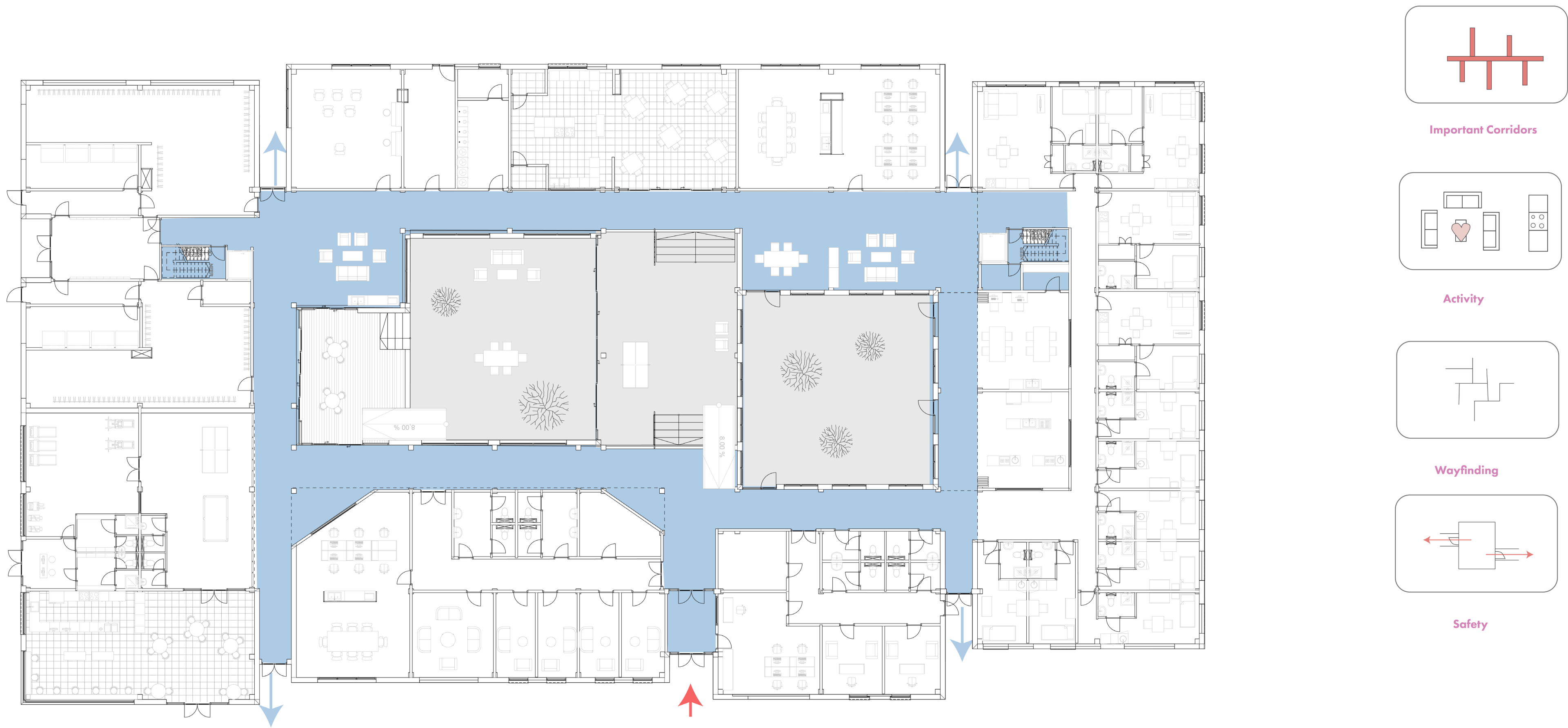


Building Technology- Segment Drawing



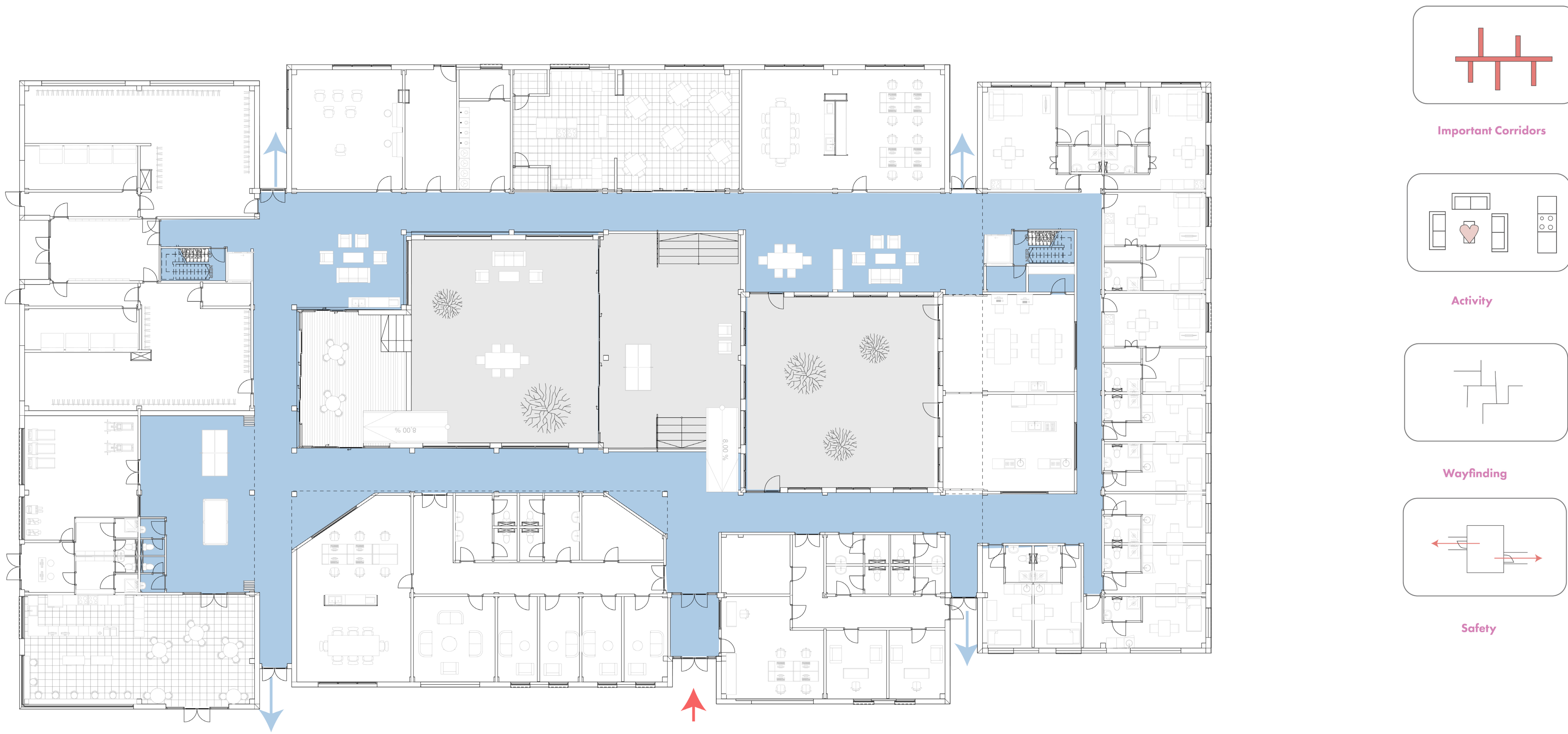


# Building Design - Circulation





Building Design - Alternate Circulation



# Building Design - Interaction

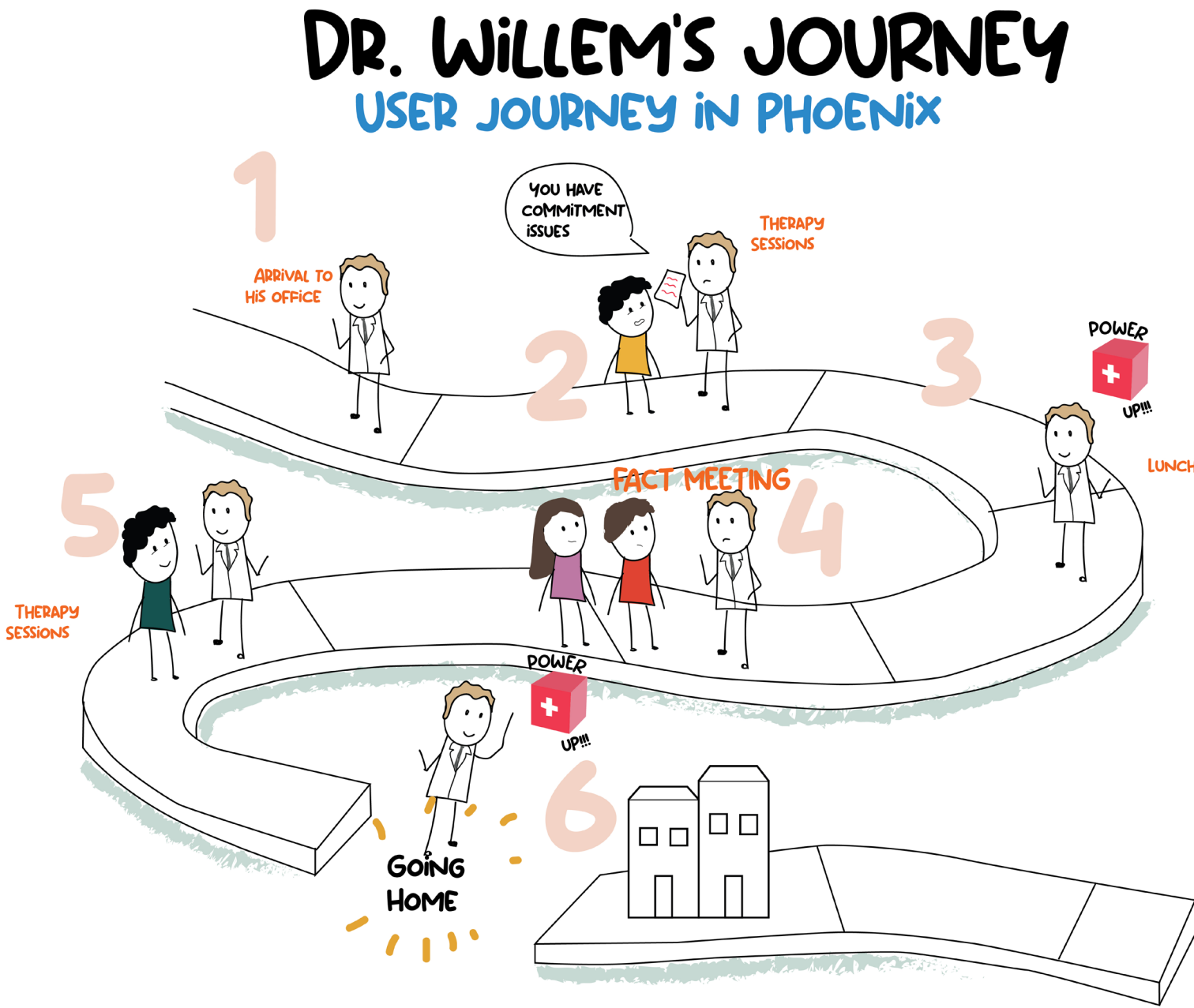




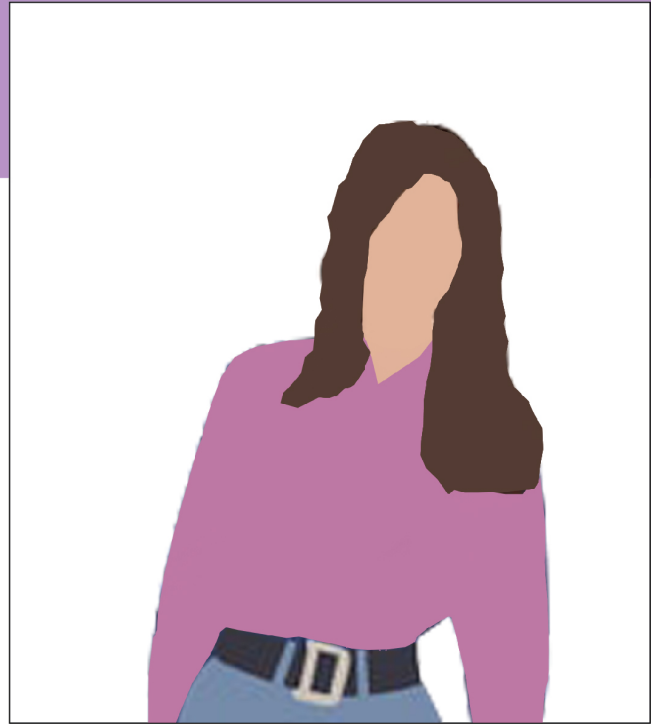
Building Design - User Journey



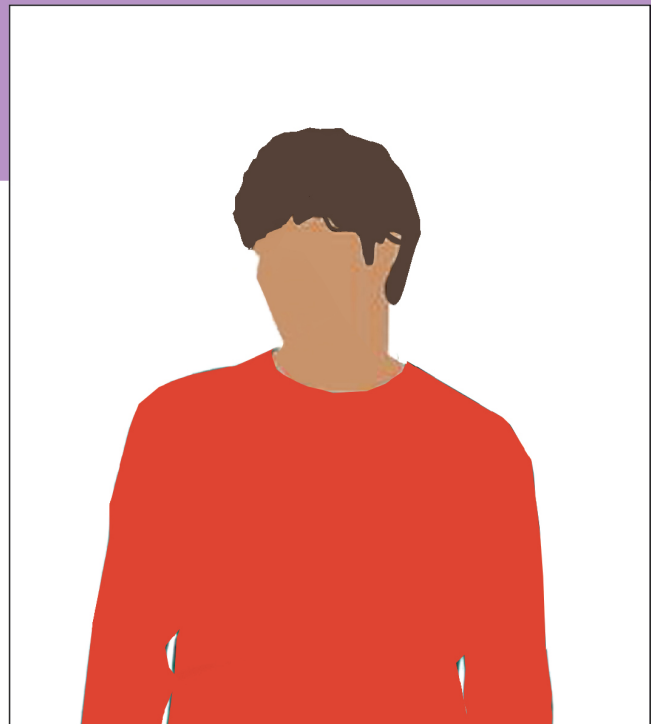
Dr. Willem de Vries  
Psychiatrist



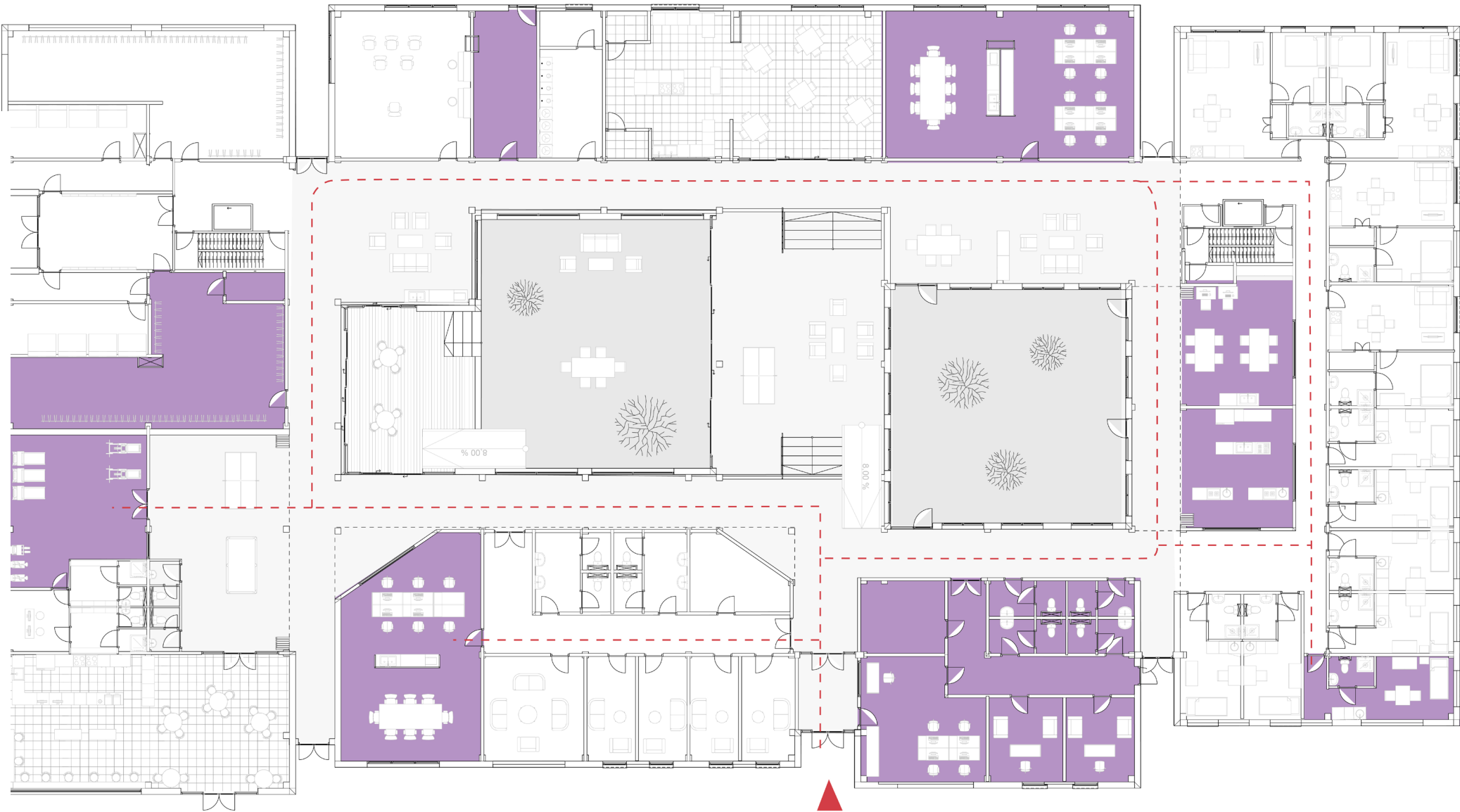
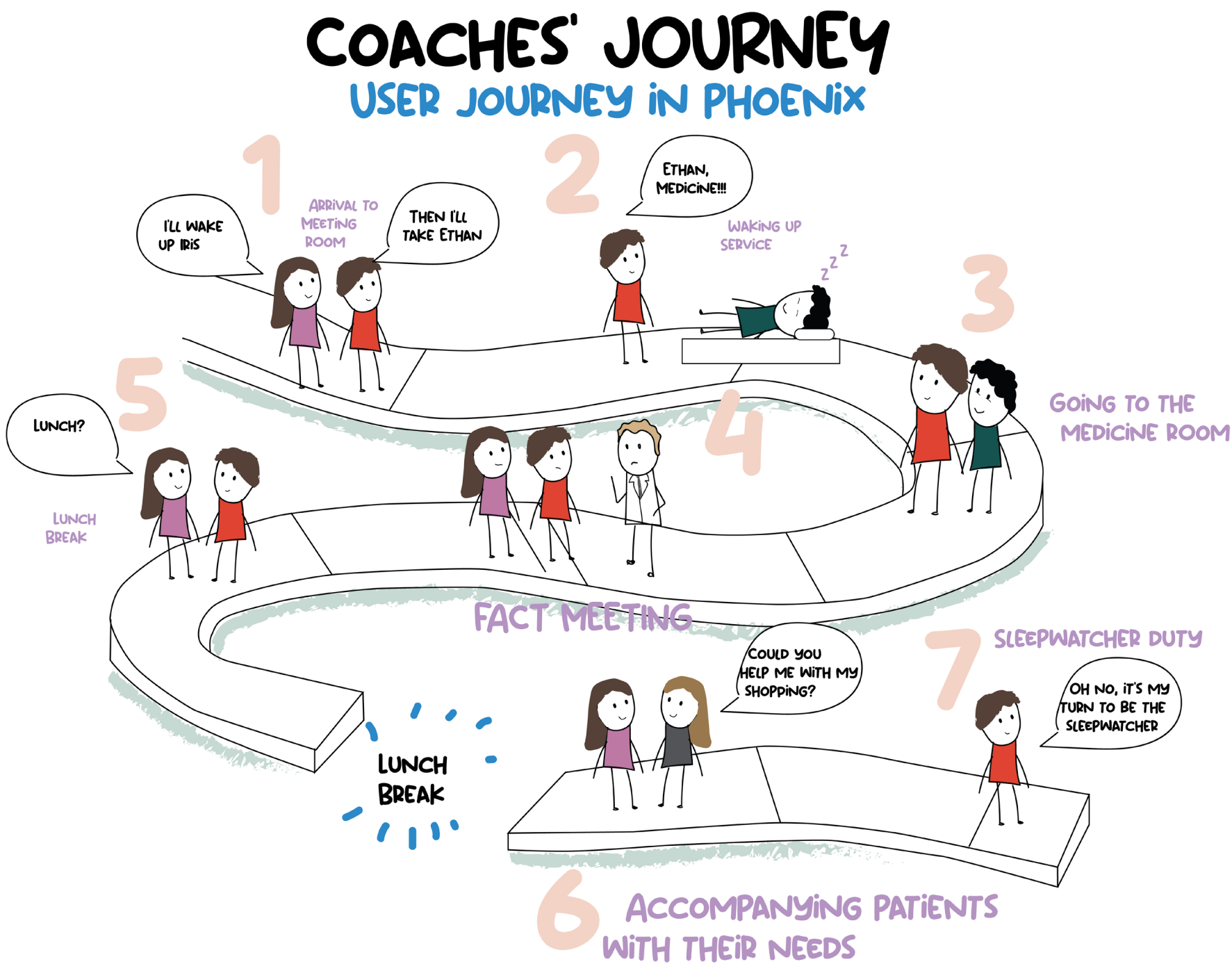
Building Design - User Journey



Esther Levi  
Coach

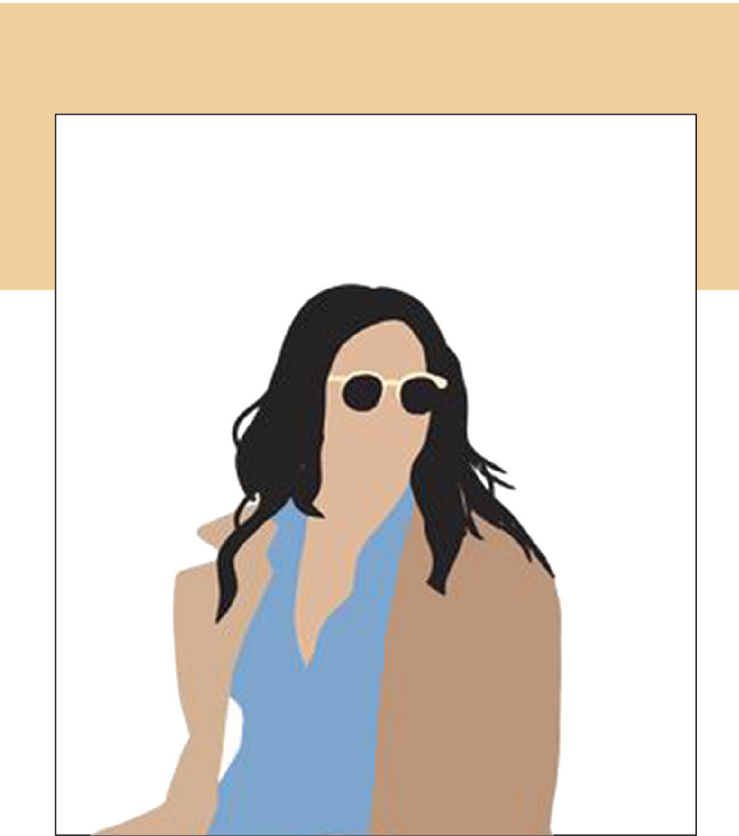


Mark Thompson  
Coach

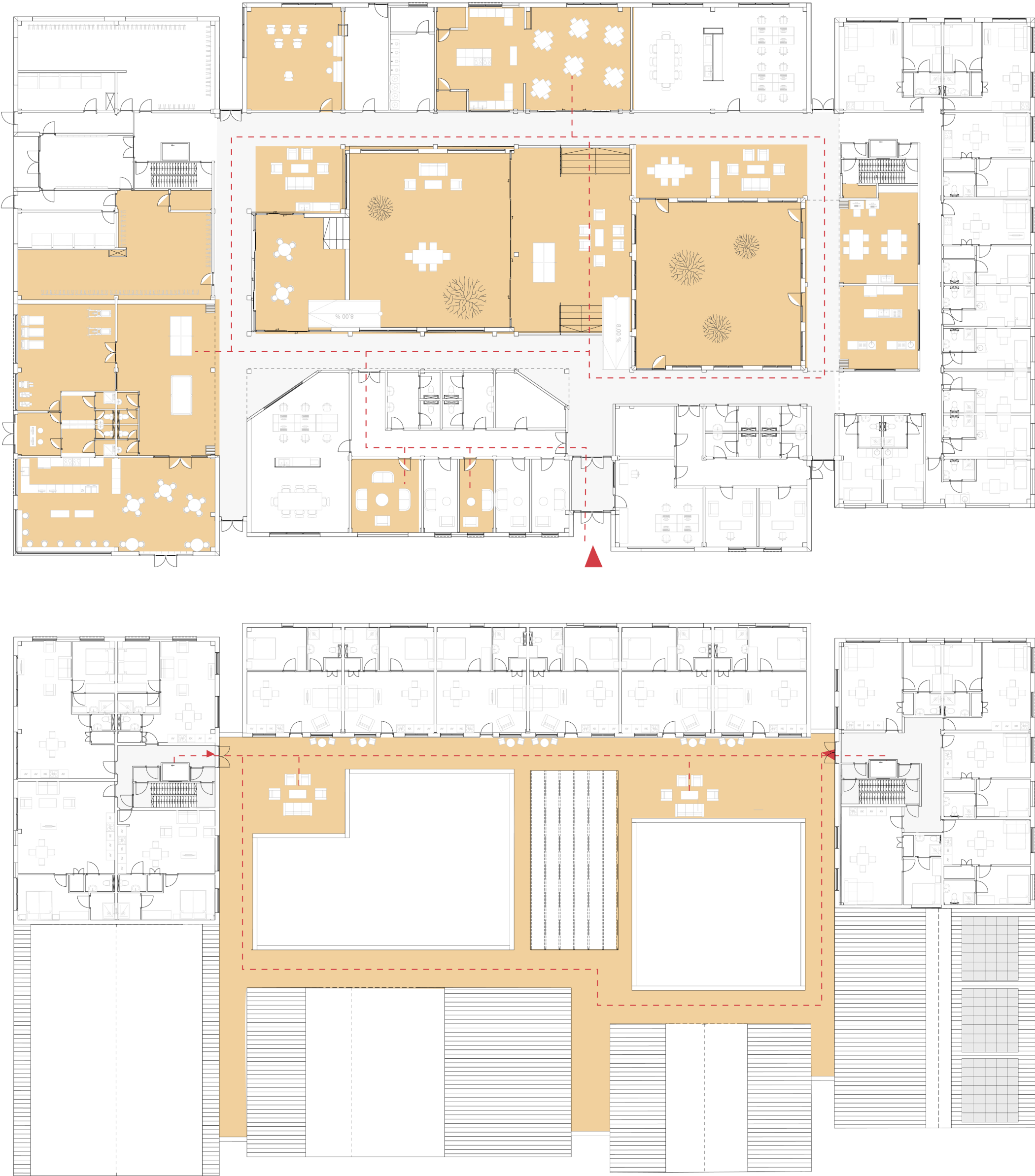
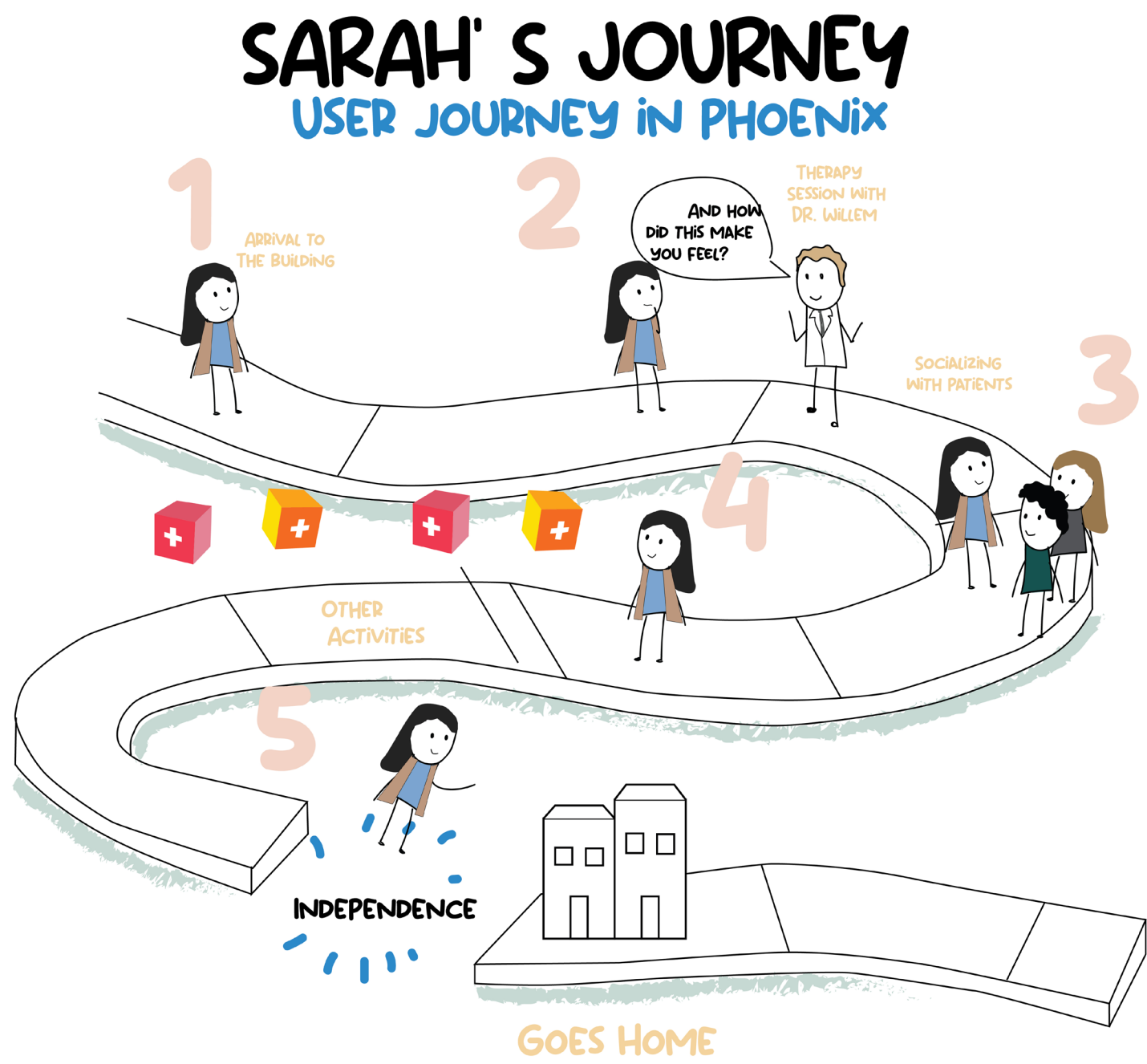





Building Design - User Journey



Sarah Jansen  
Patient in recovery

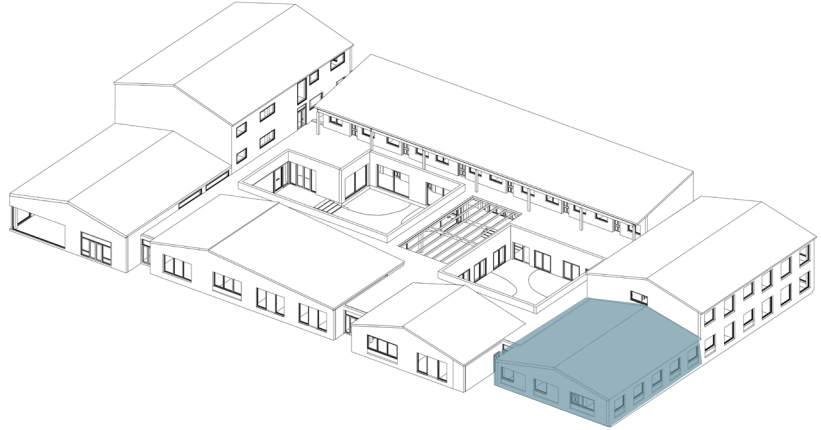


Building Design - Apartment Types



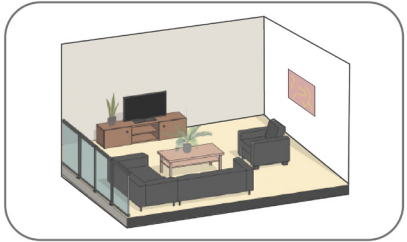
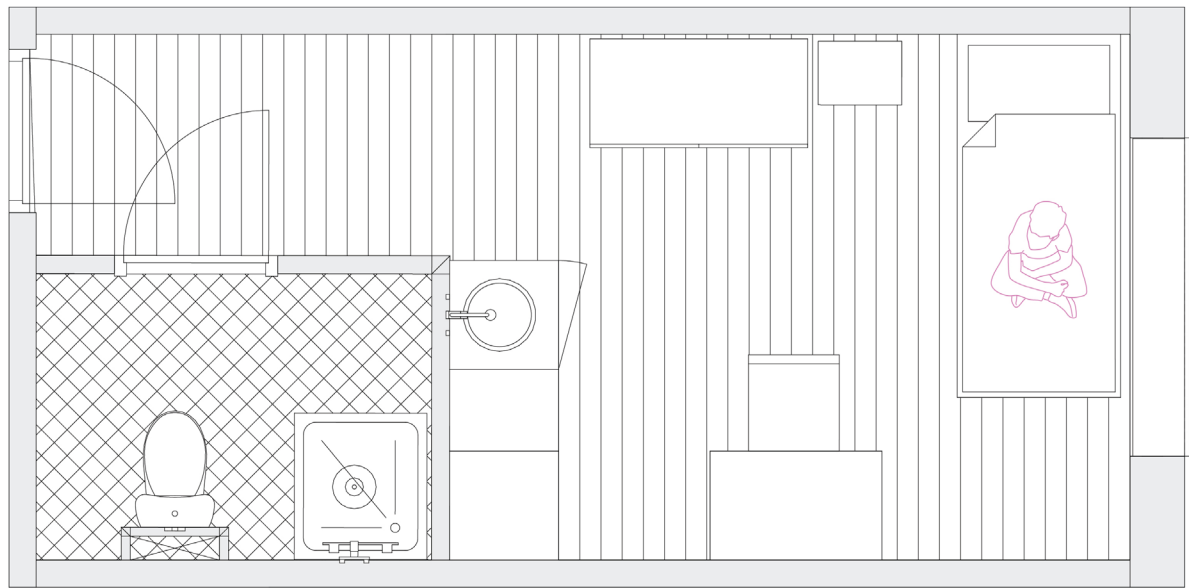
Ethan Goldberg

Patient

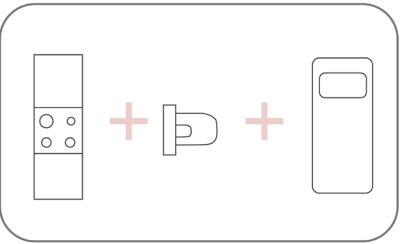


Type A- Small Starter Rooms

18 m2  
Studio  
Designed for 1  
Small kitchen  
Single bed  
No tv or couch



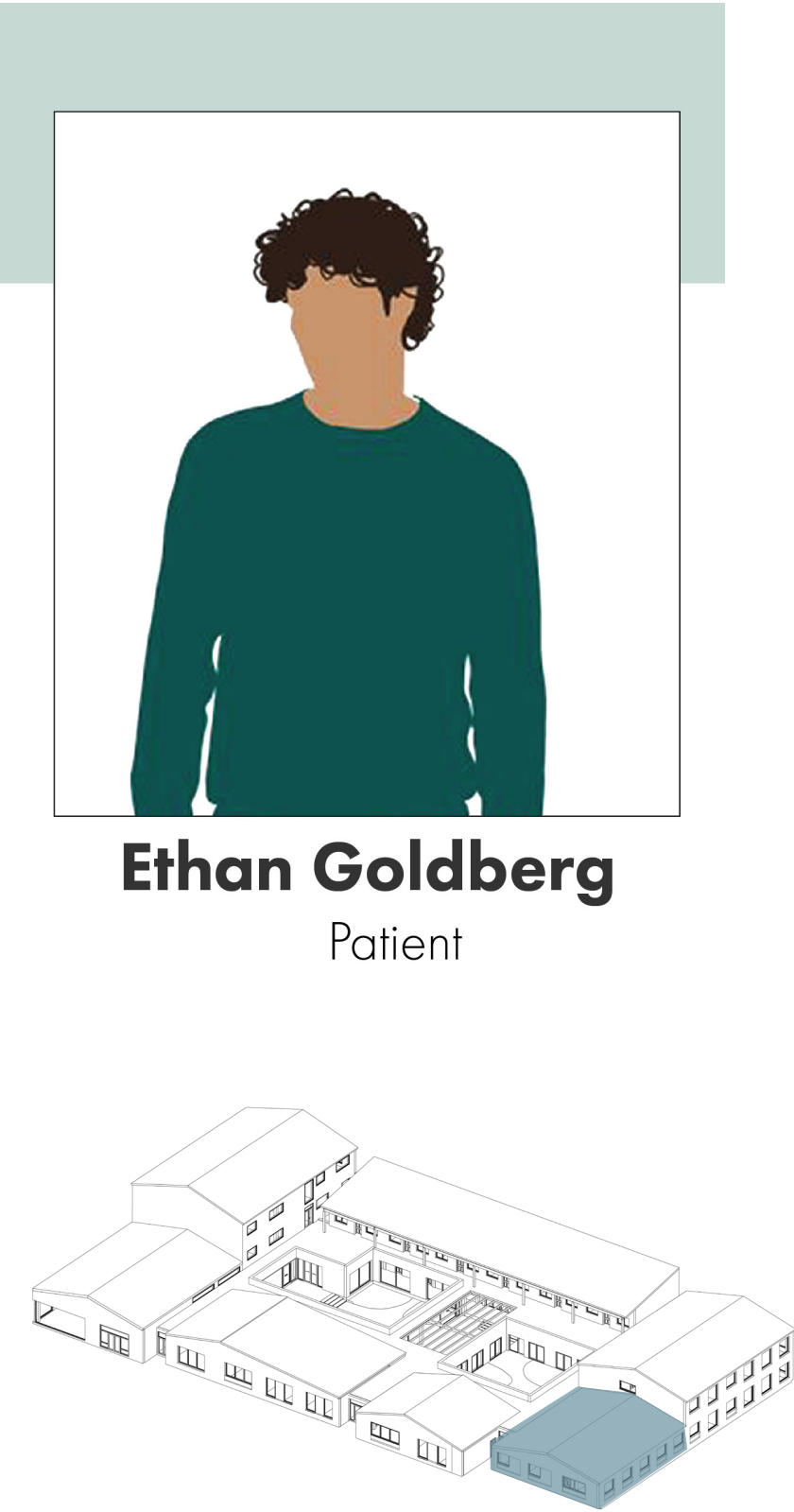
Avoiding institutional architecture



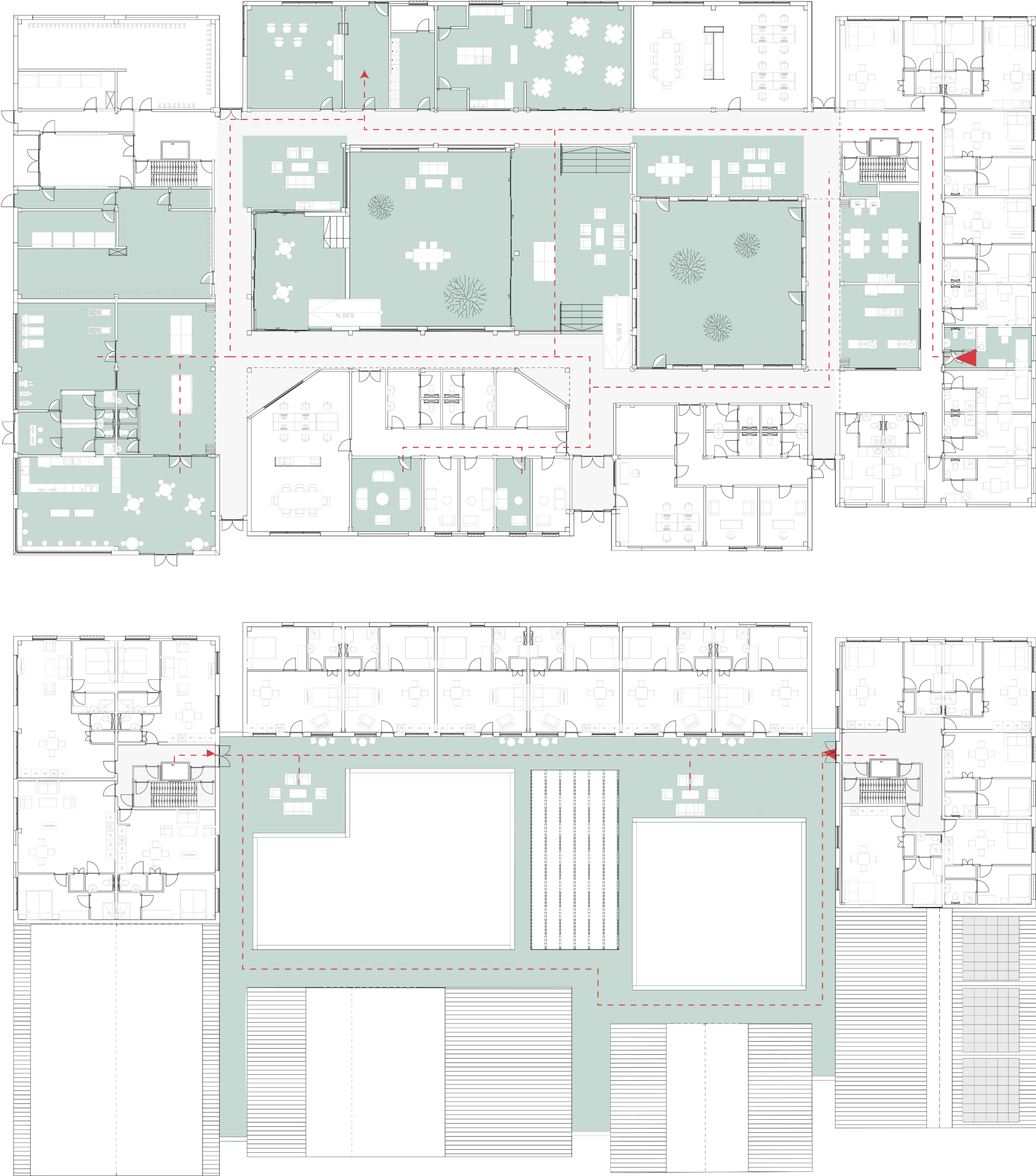
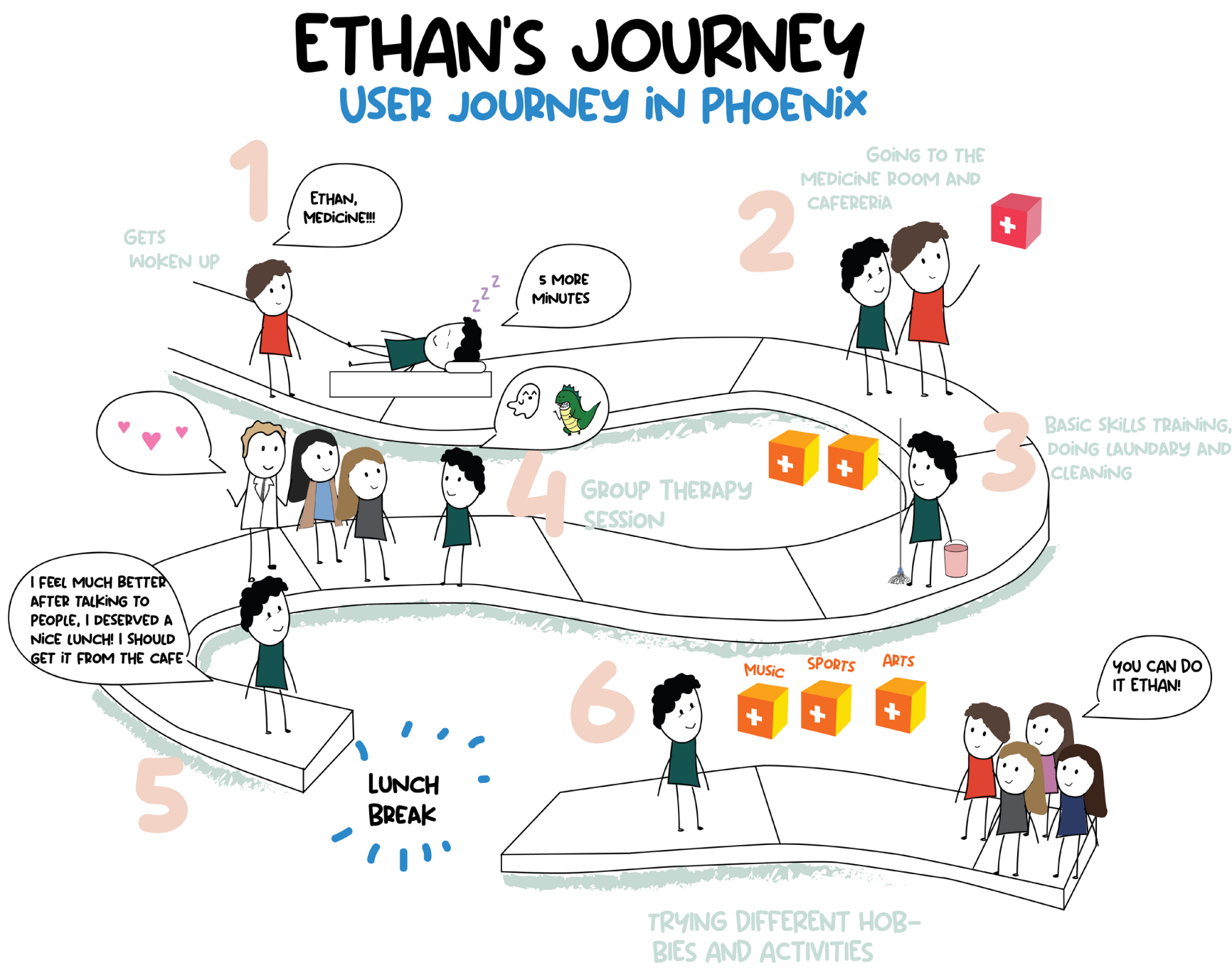
Private Apartments



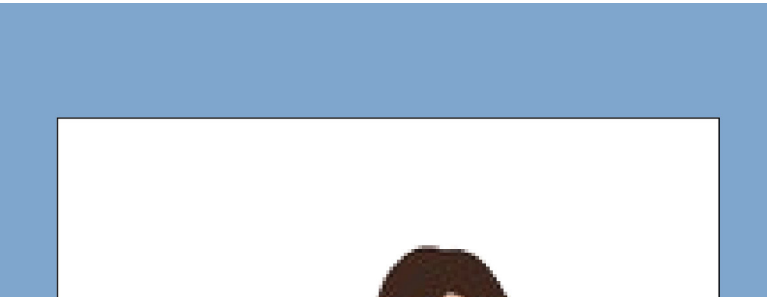
Building Design - User Journey



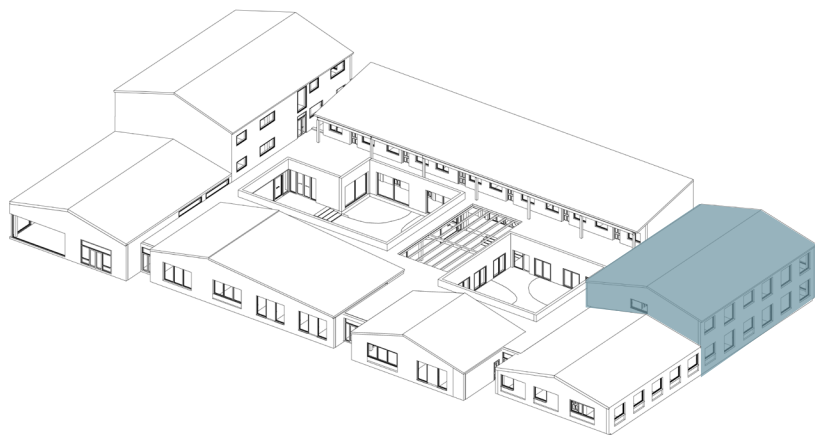
Ethan Goldberg  
Patient



# Building Design - Apartment Types

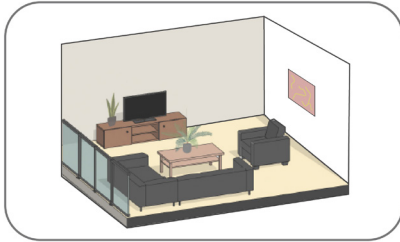
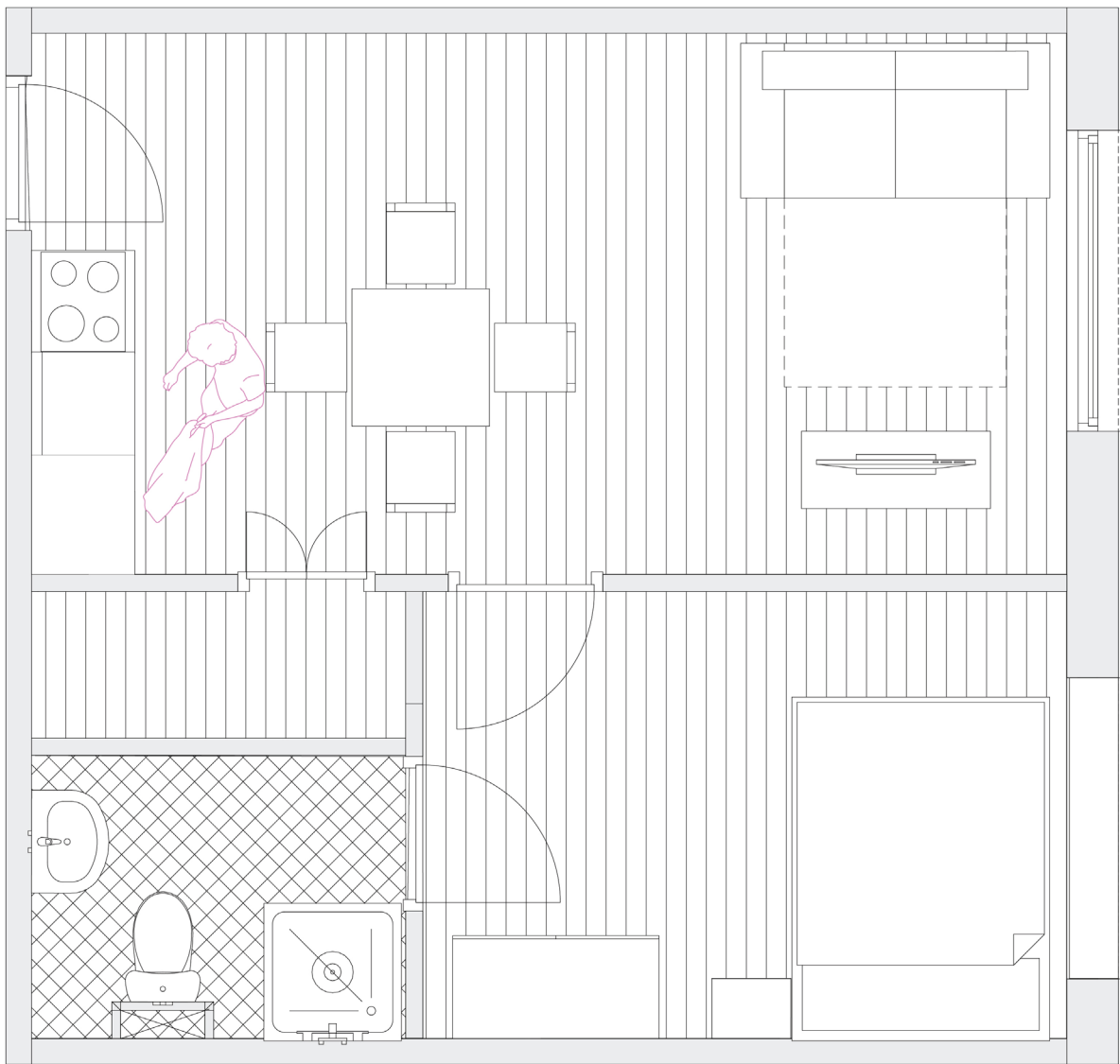


Iris van der Berg  
Patient

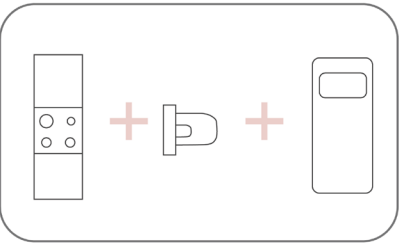


## Type B- Small Apartments

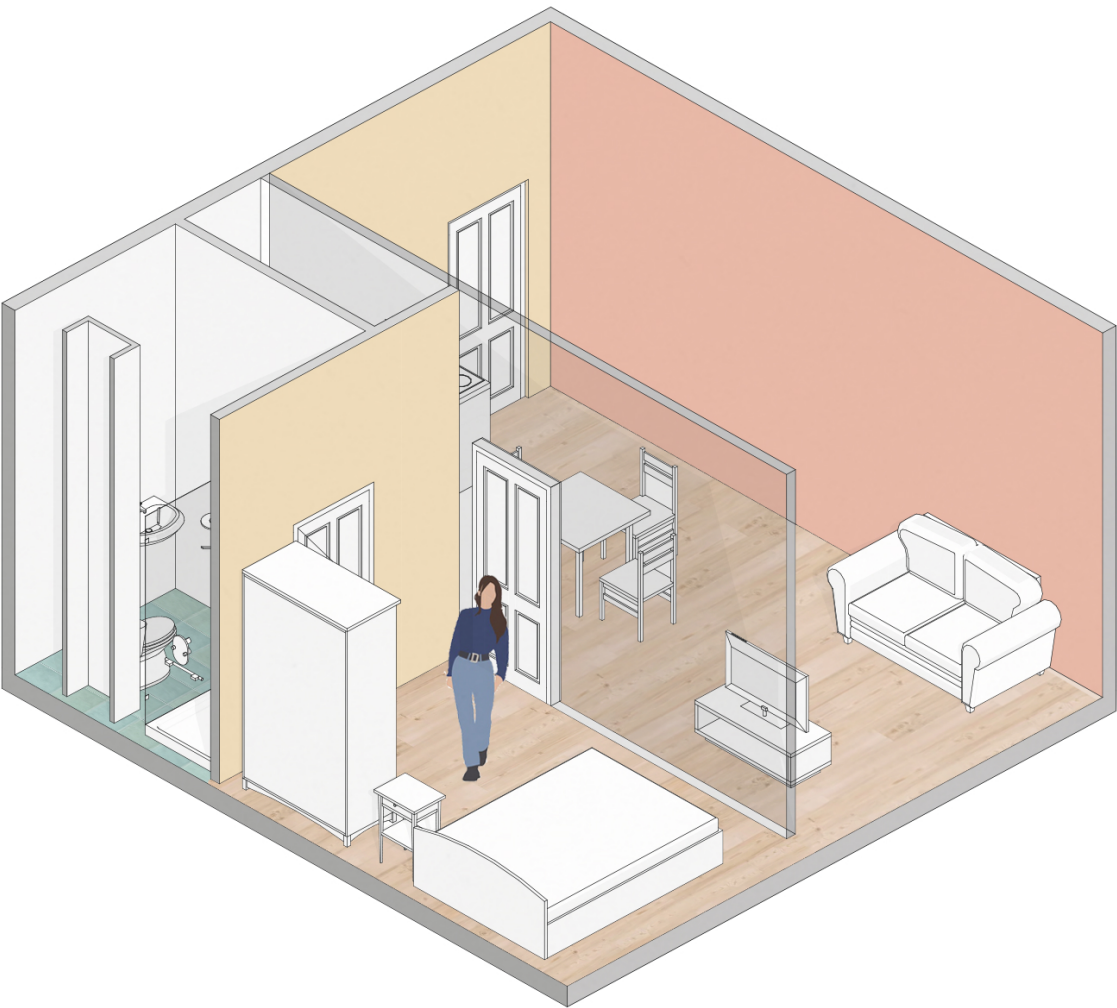
36 m2  
1+1  
Designed for 1  
Double bed  
Small living room  
Small kitchen



Avoiding institutional architecture

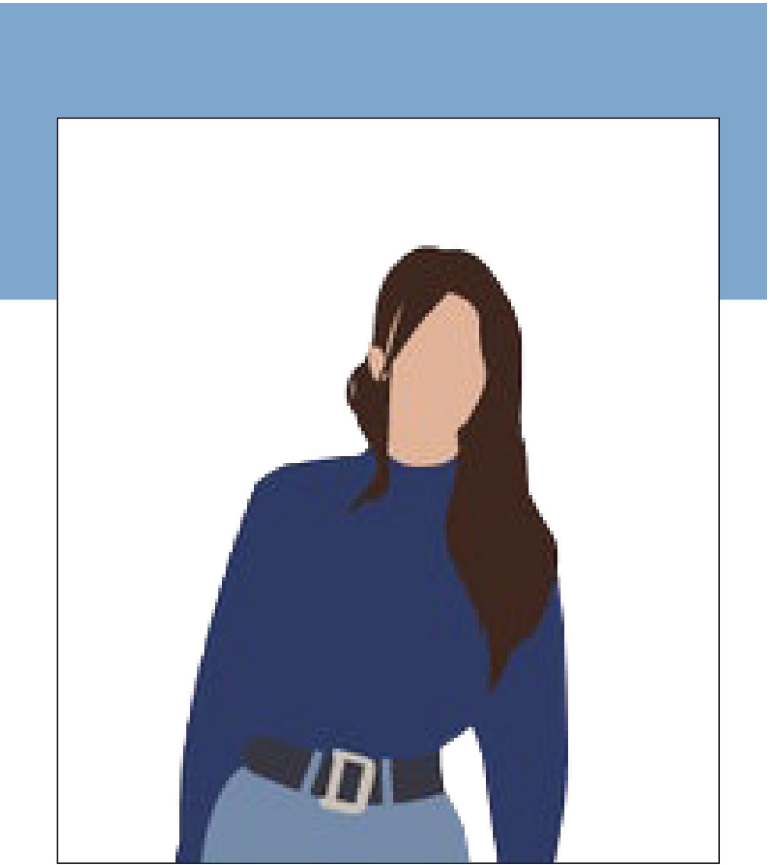


Private Apartments

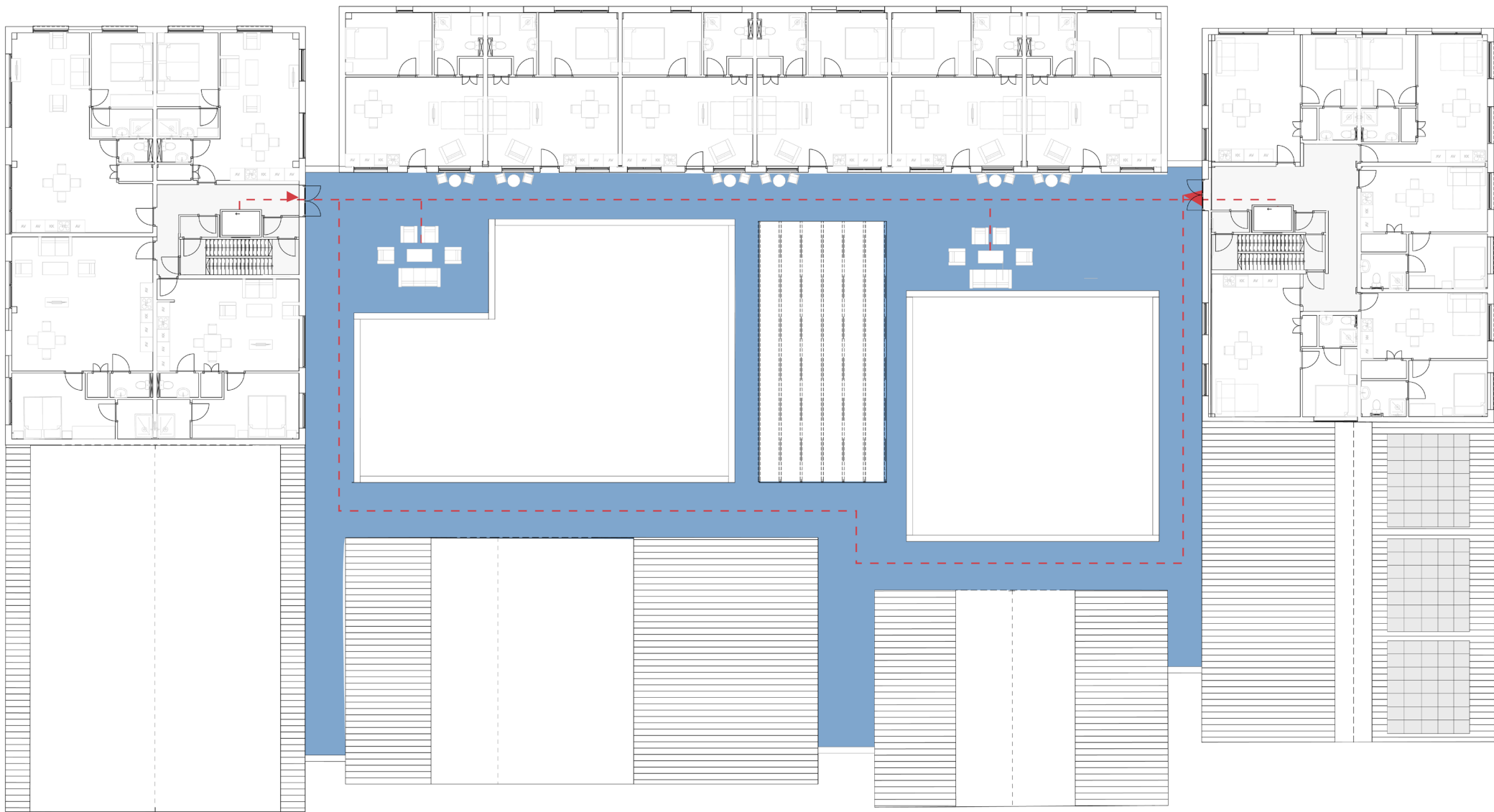
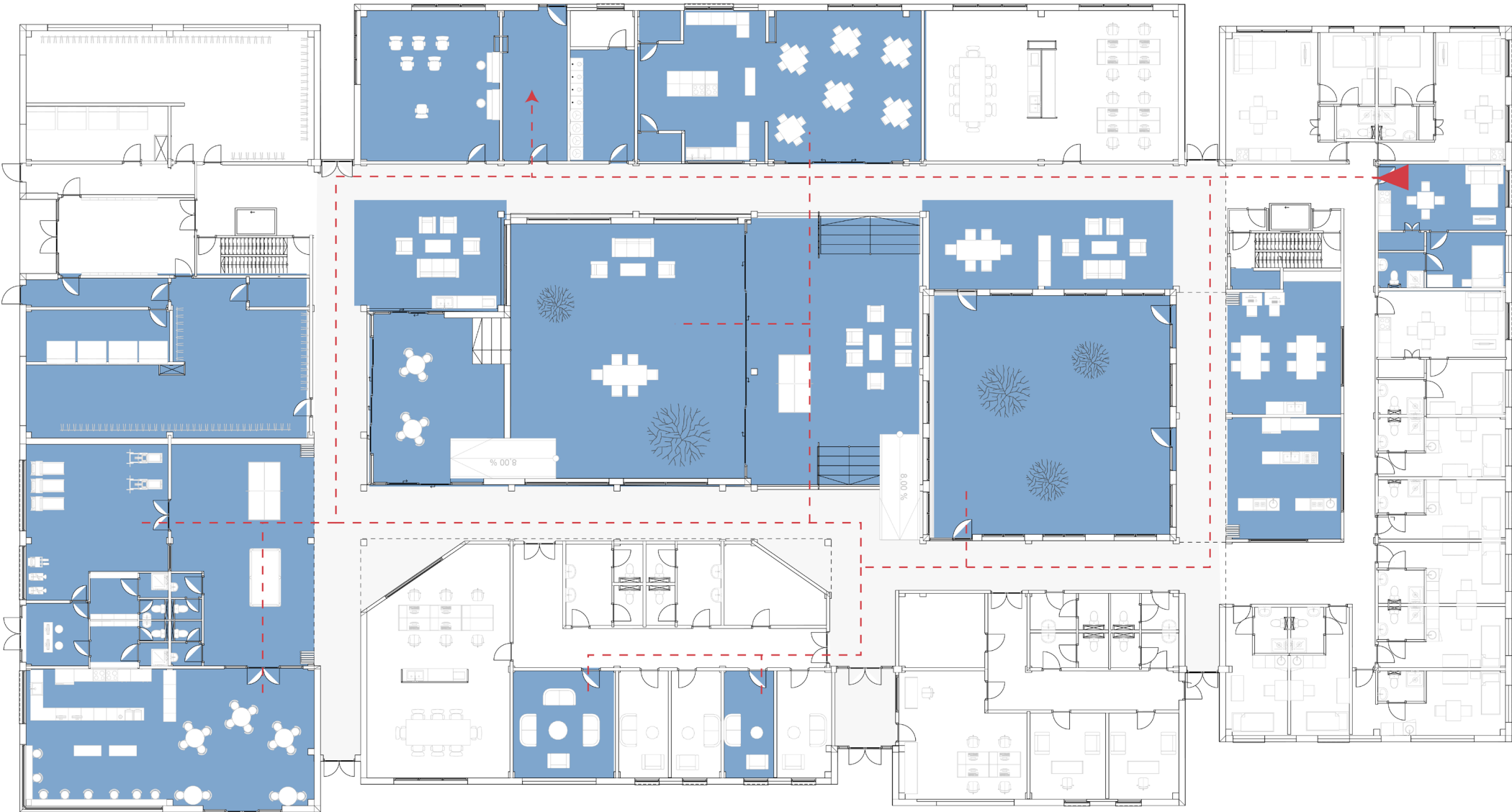
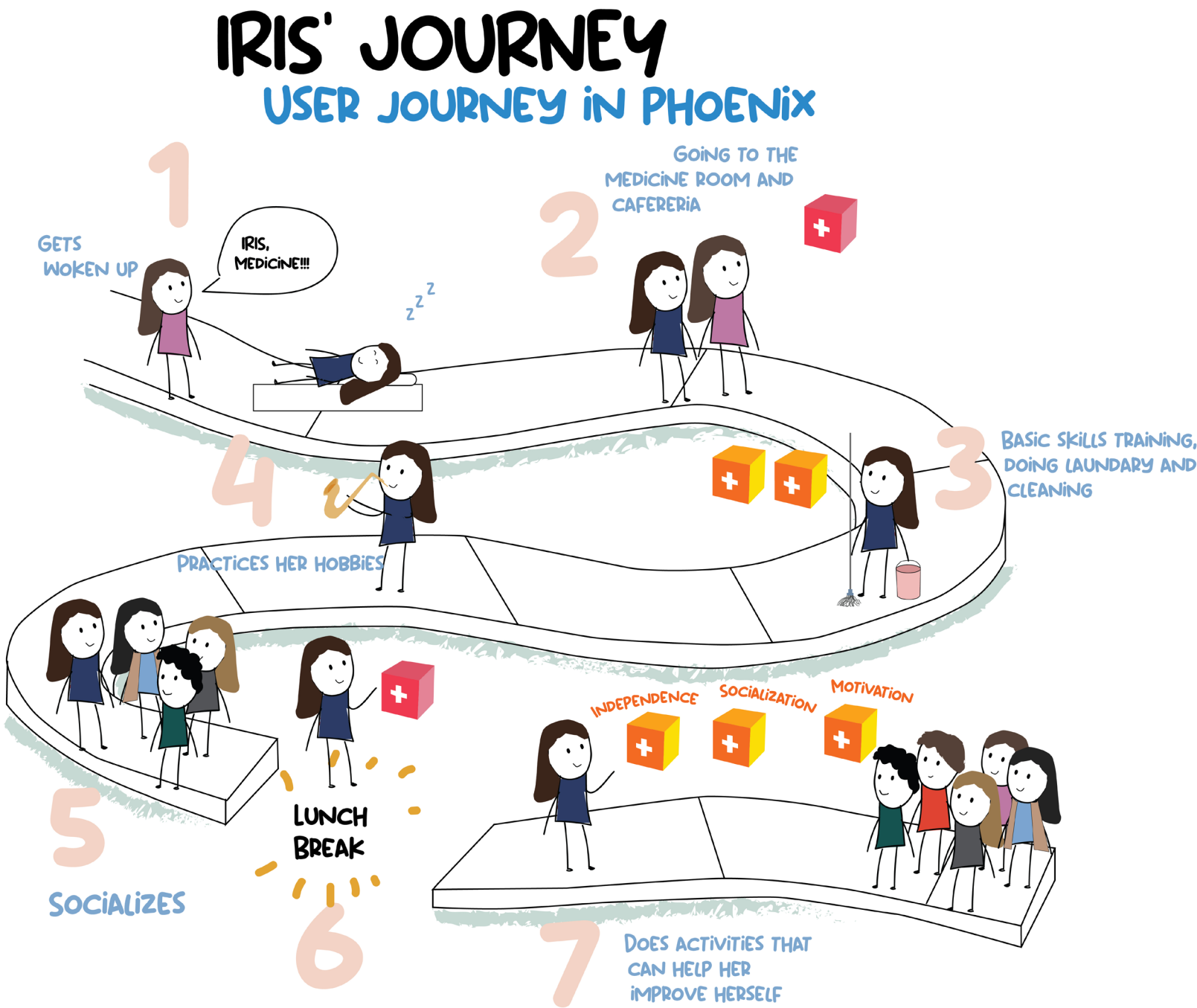
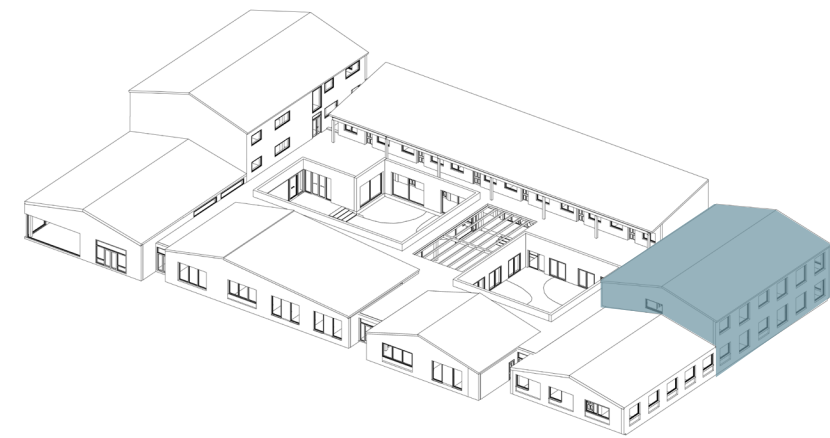




Building Design - User Journey




Iris van der Berg  
Patient

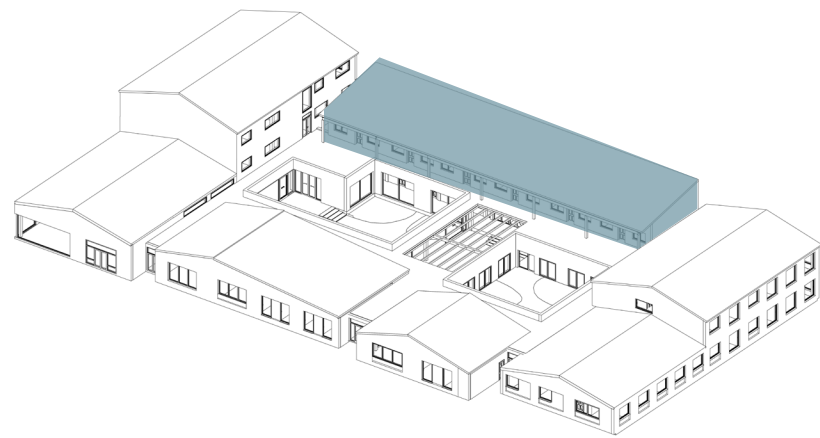




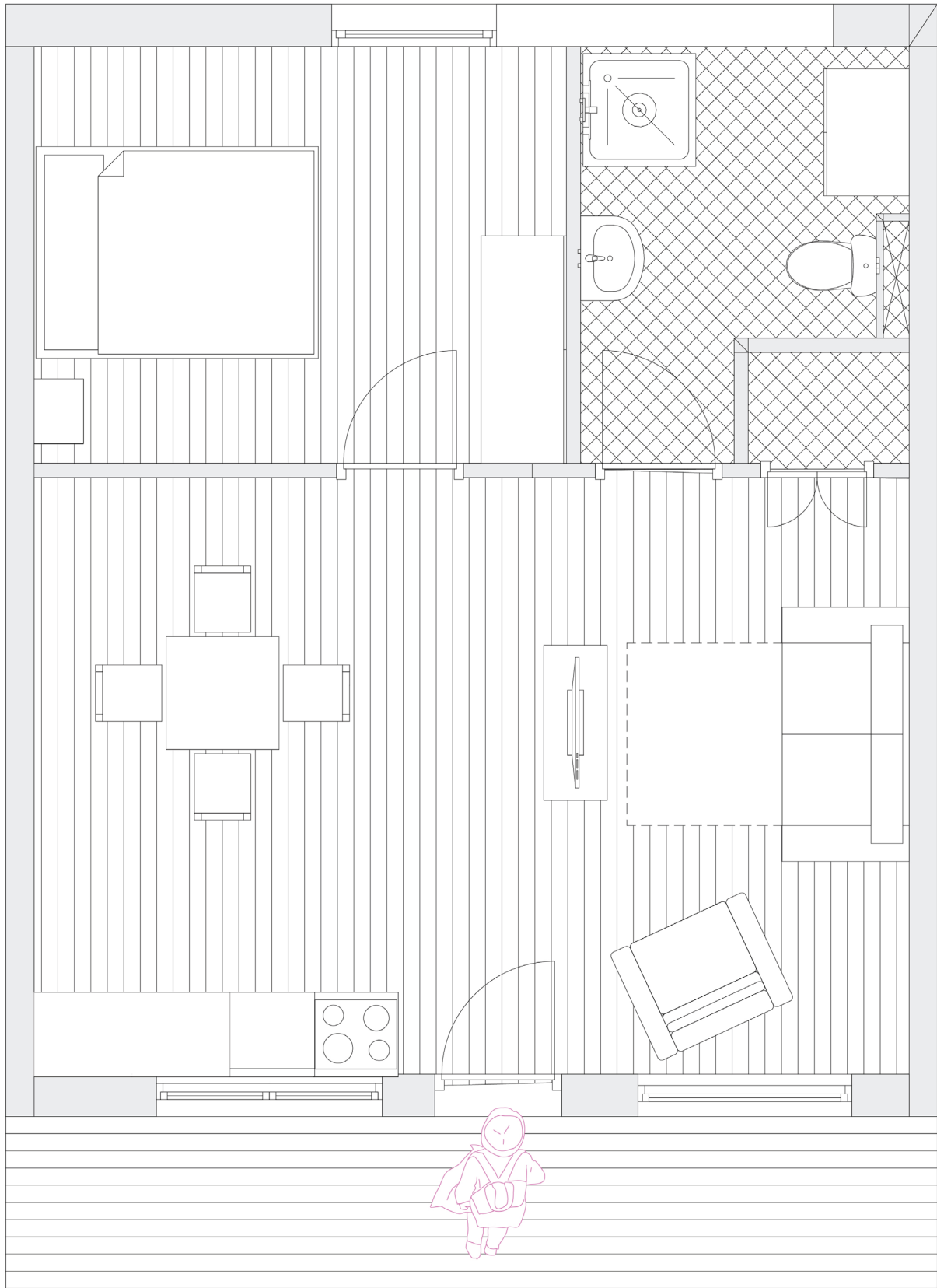
# Building Design - Apartment Types



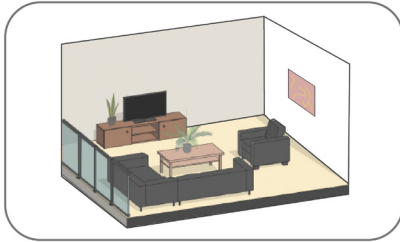
**Sophie de Vries**  
Patient



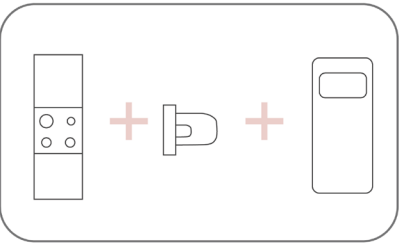
## Type C- Big Apartments



42 m2  
1+1  
Designed for 1  
Double bed  
Living room  
Equipped Kitchen  
Small terrace  
storage in the attic



Avoiding institutional architecture

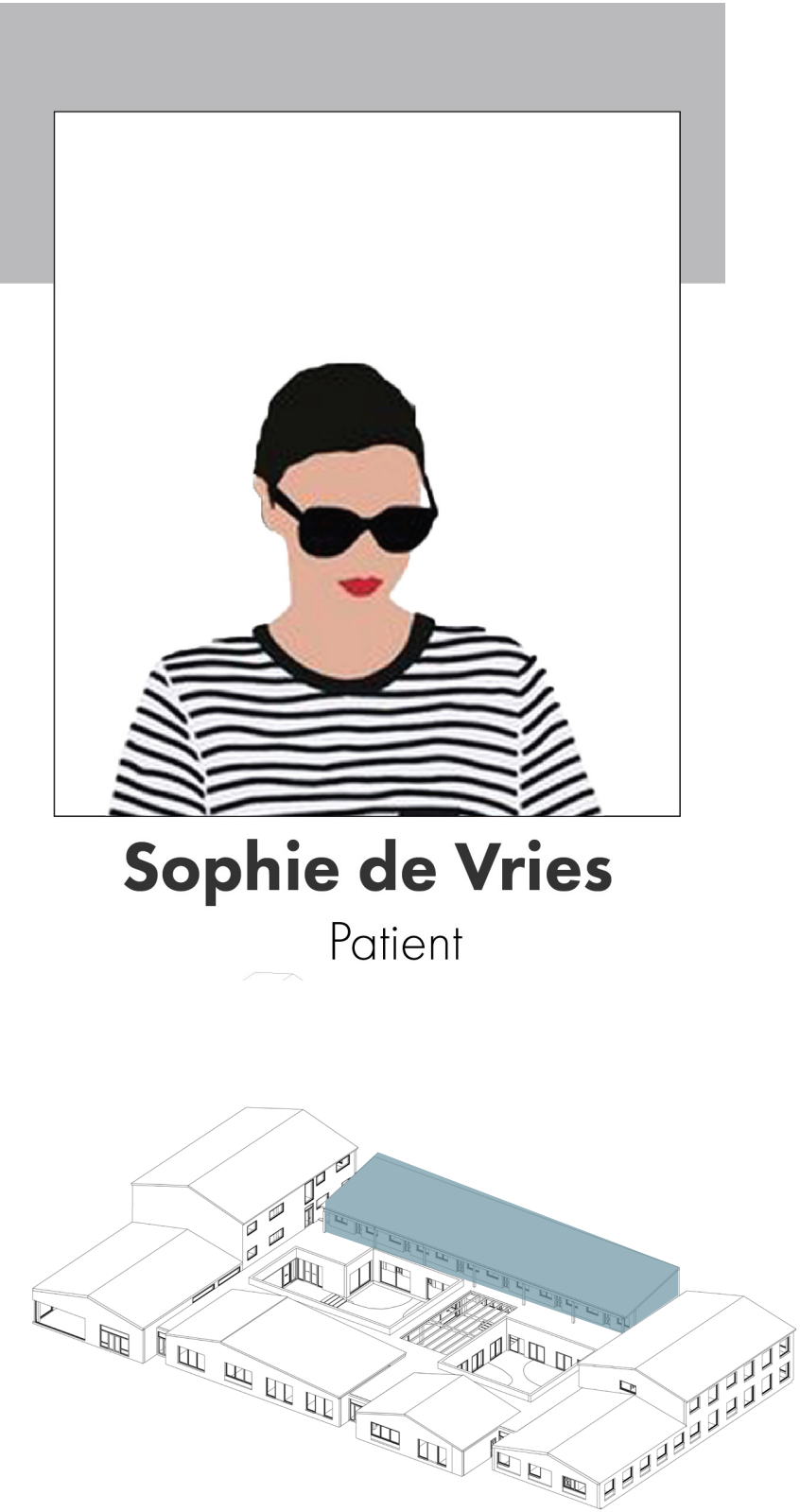


Private Apartments

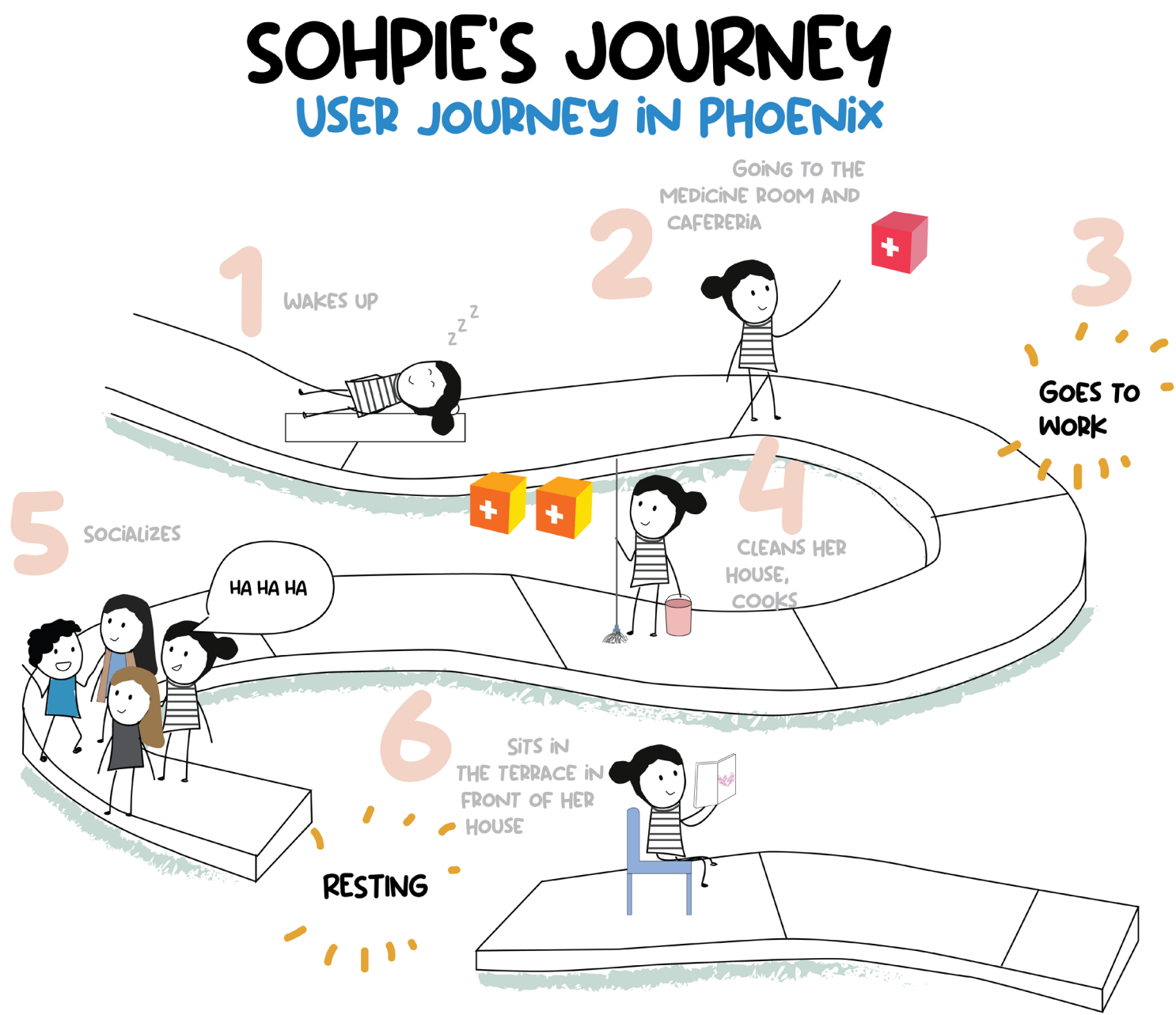




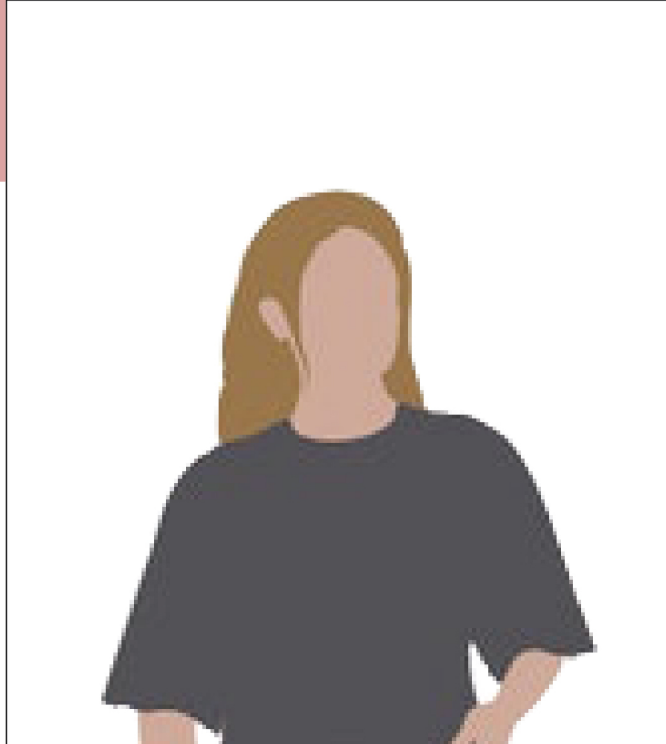
Building Design - User Journey



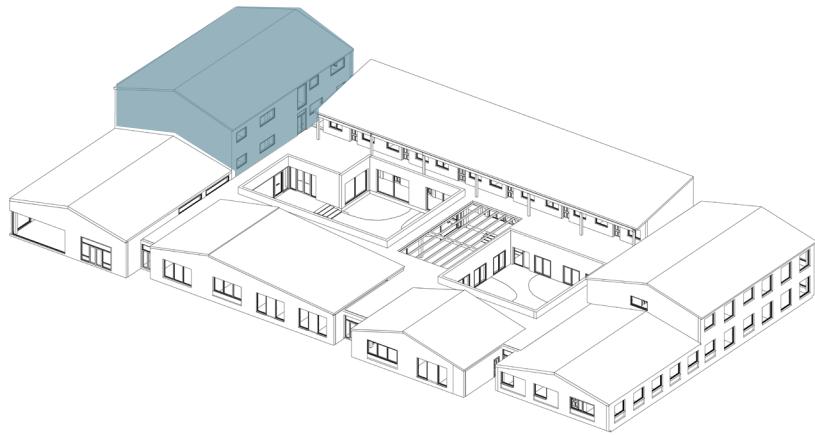
Sophie de Vries  
Patient



Building Design - Apartment Types



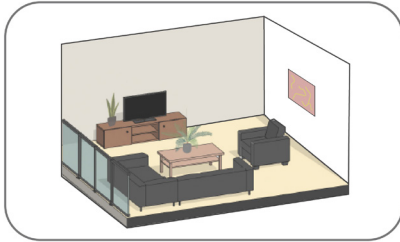
Olivia Bennett  
Patient



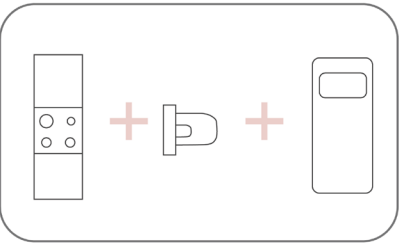
Type D- Couple Apartments



52 m2  
1+1  
Designed for 2  
fully equipped kitchen  
Big living room



Avoiding institutional architecture

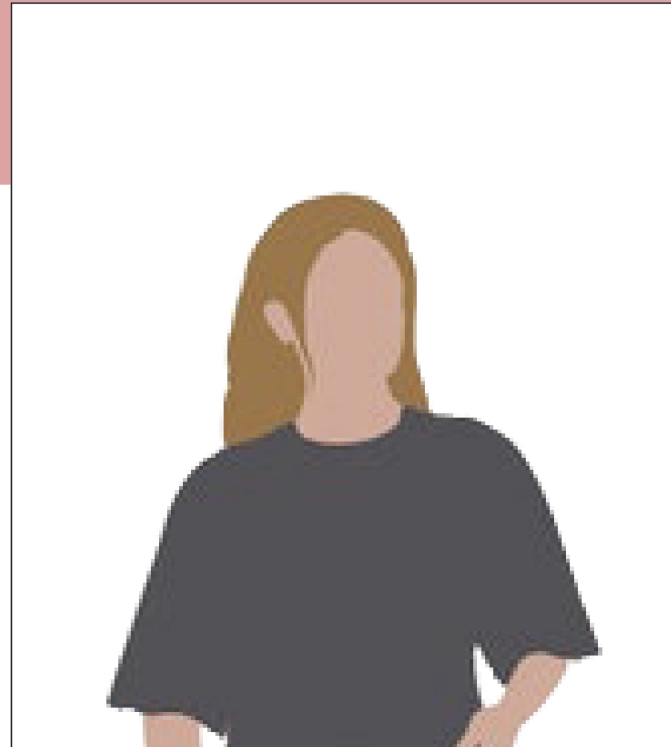


Private Apartments

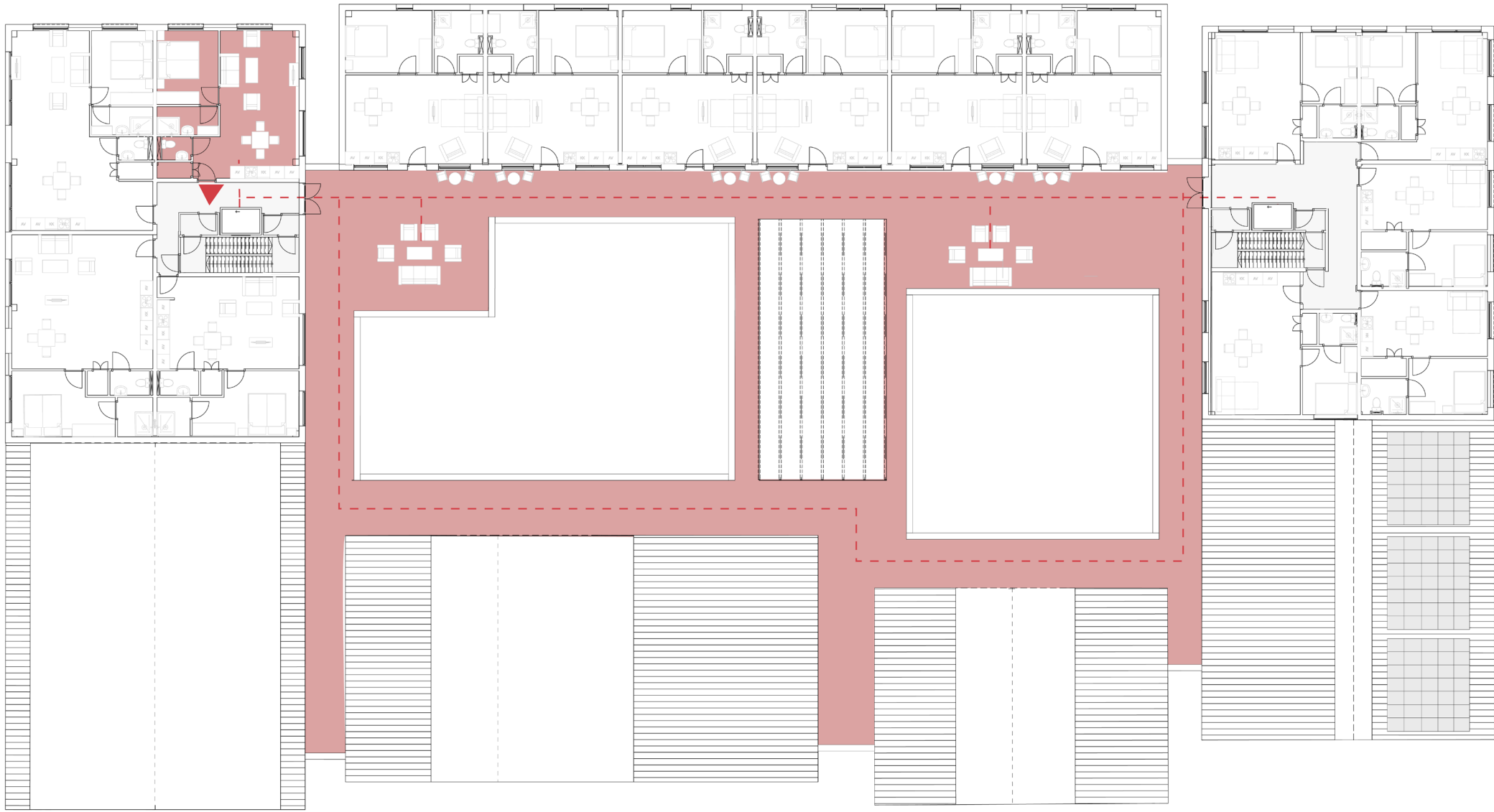
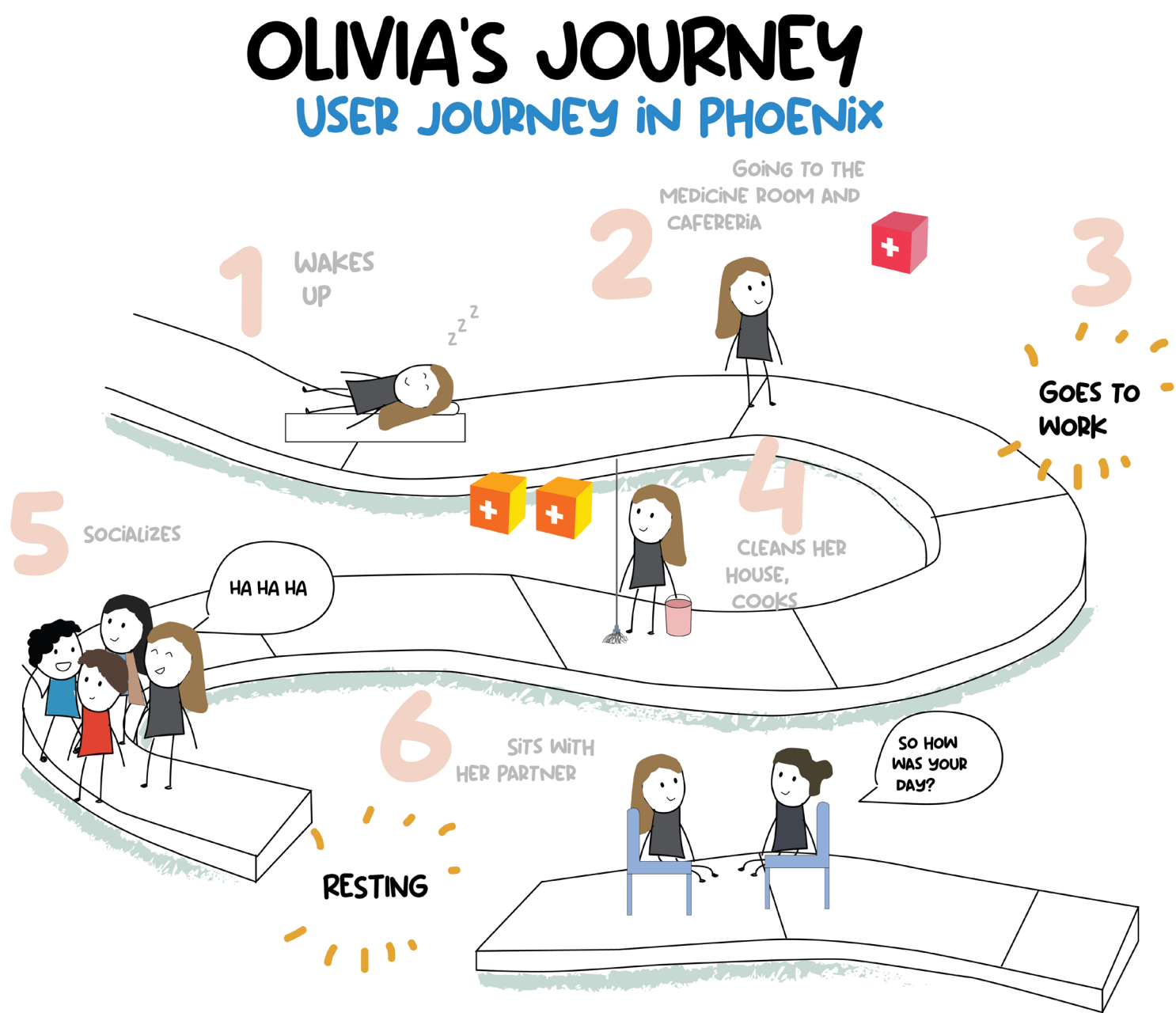
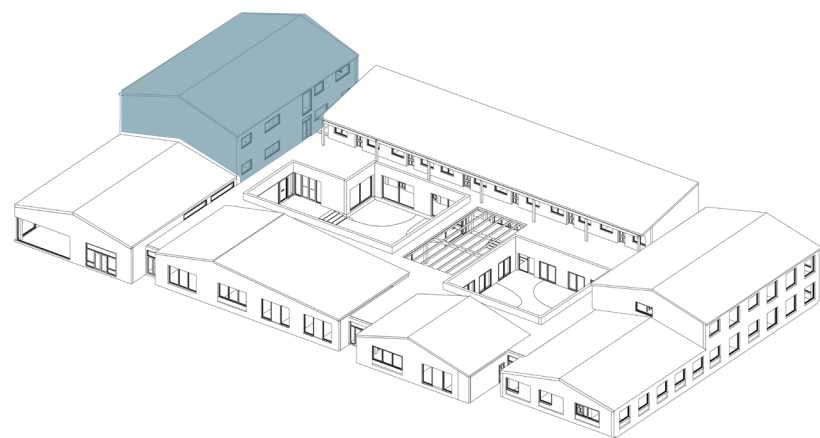




# Building Design - User Journey

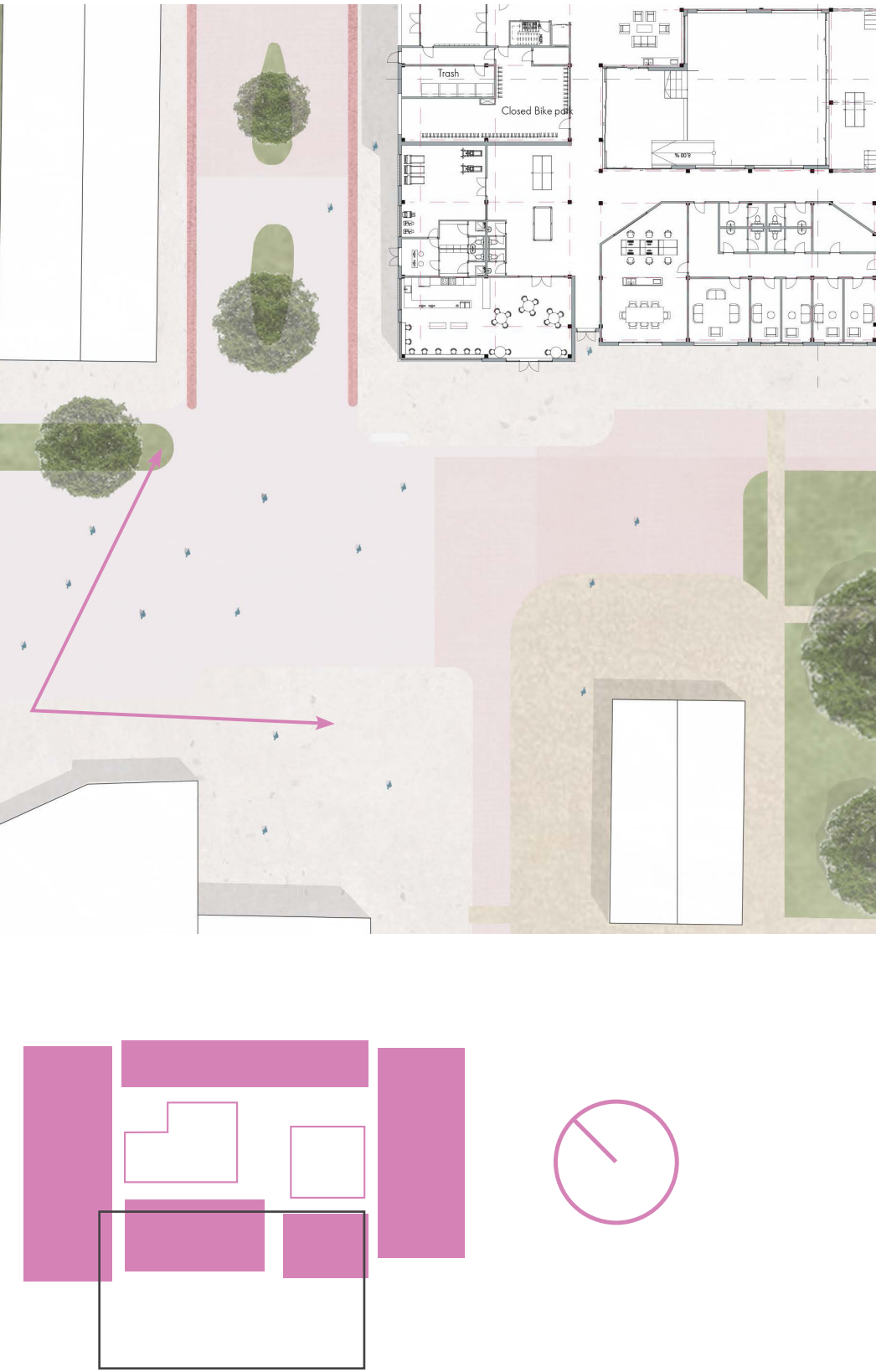


**Olivia Bennett**  
Patient



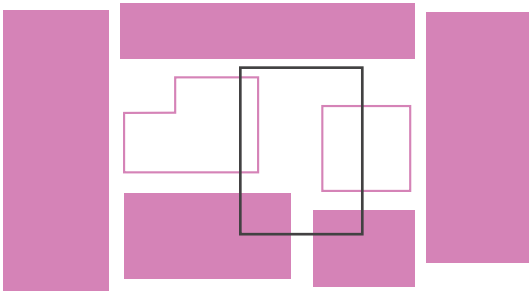
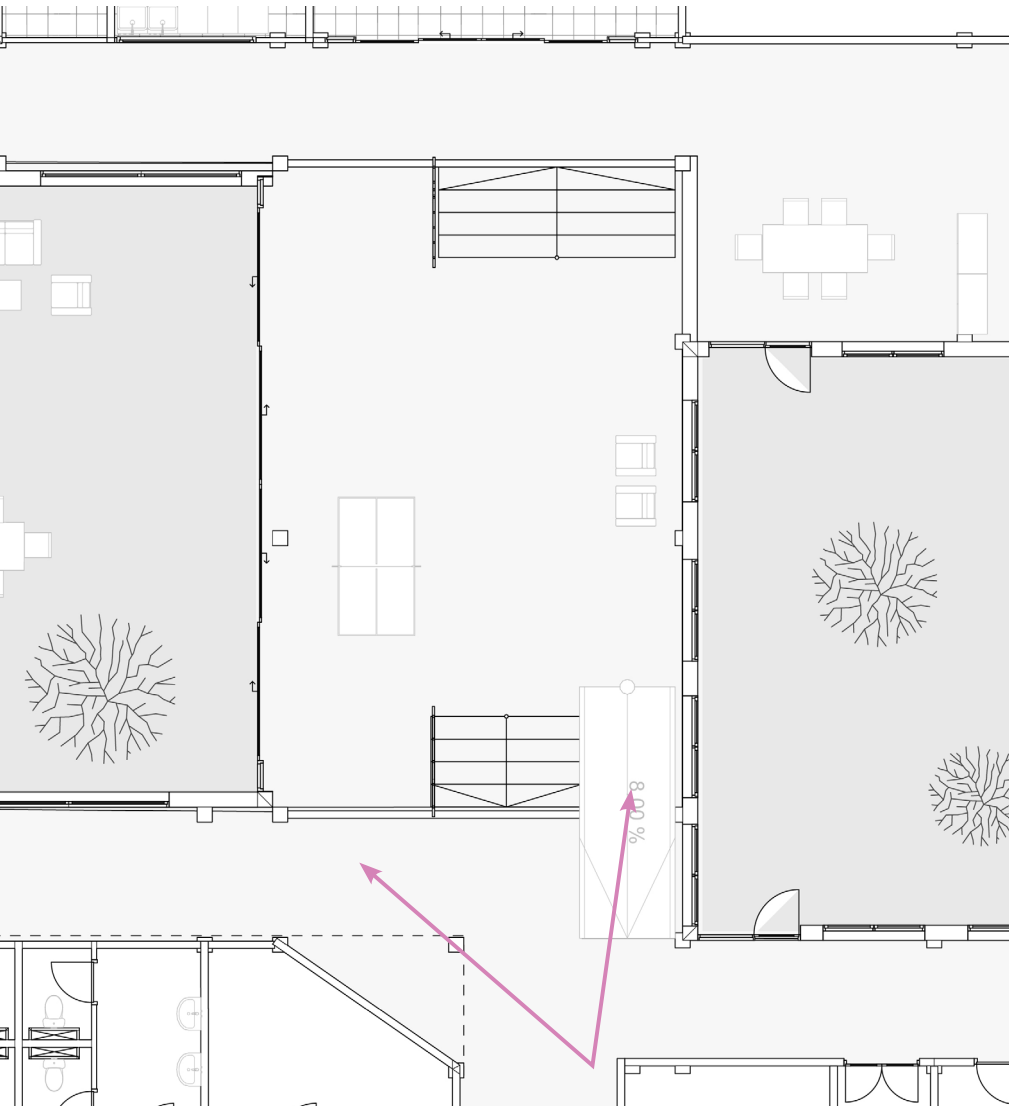


# Building Design - Fieldtrip





Building Design - Fieldtrip

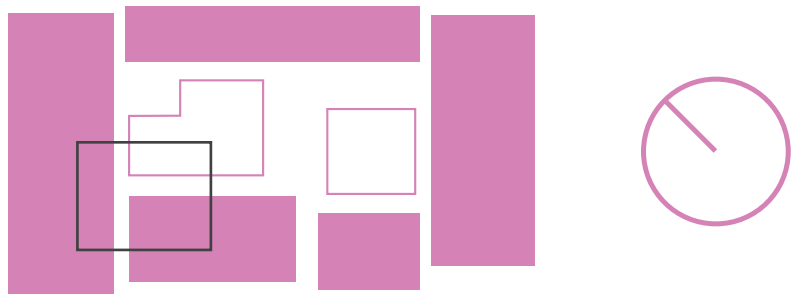
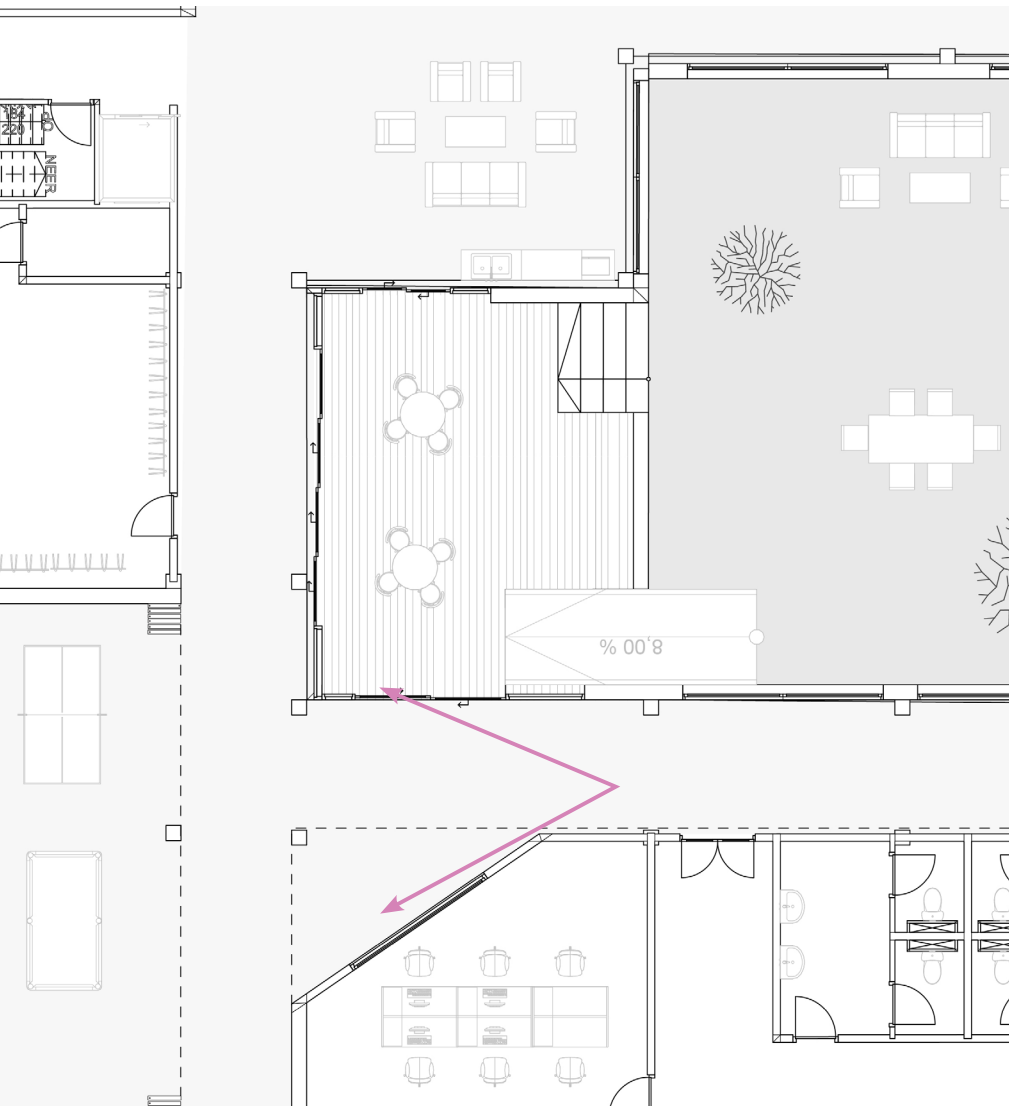


Welcome Everyone! I'm Esther. Let me give you a tour around the building! This is our main living room, our residents mostly use this area to socialize and sometimes we have small parties in the terrace





# Building Design - Fieldtrip





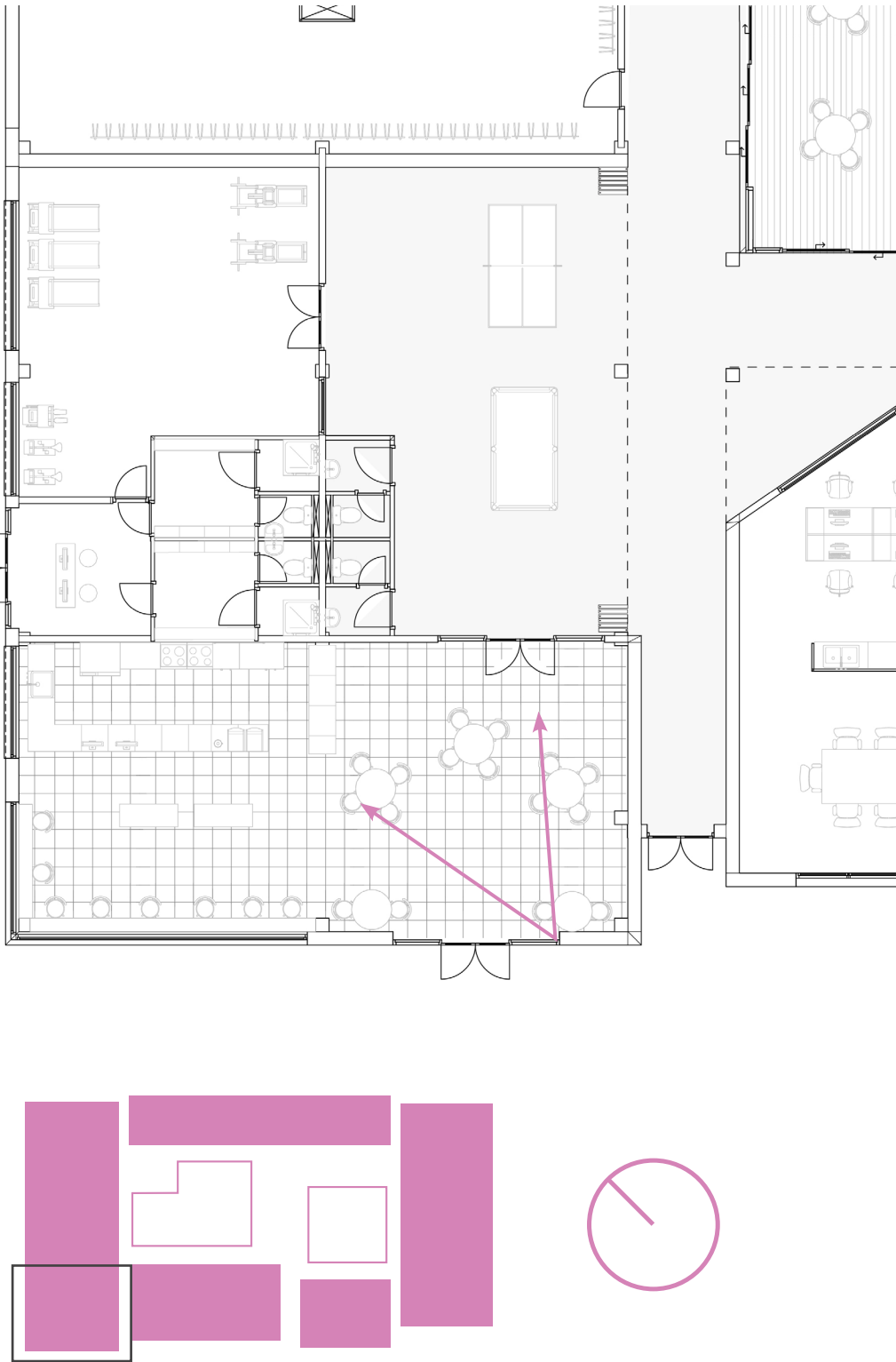
Building Design - Fieldtrip



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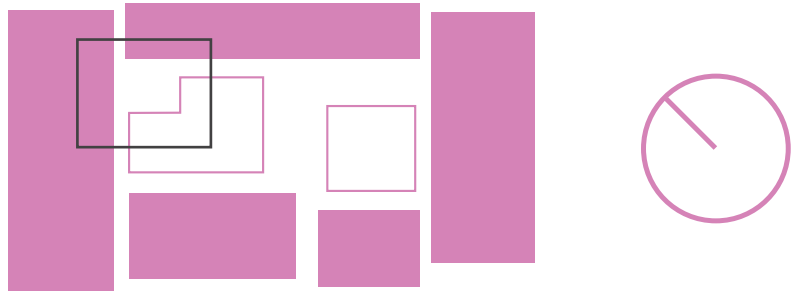
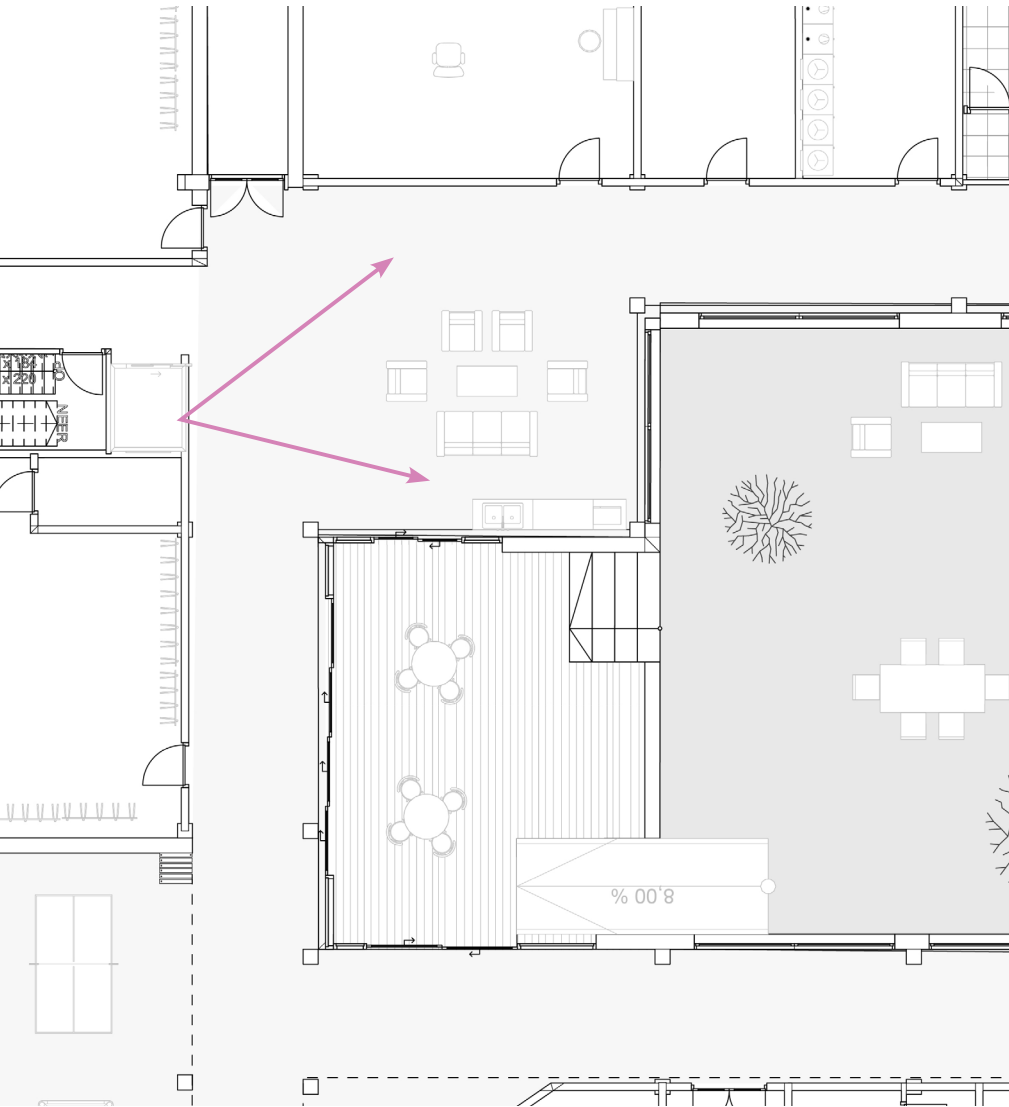


Building Design - Fieldtrip



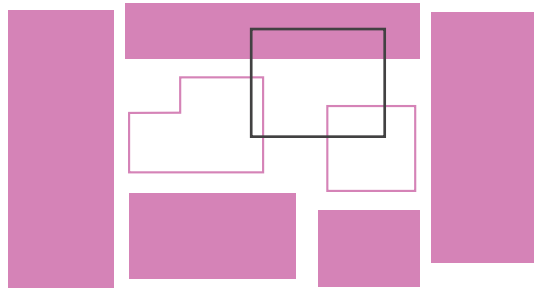
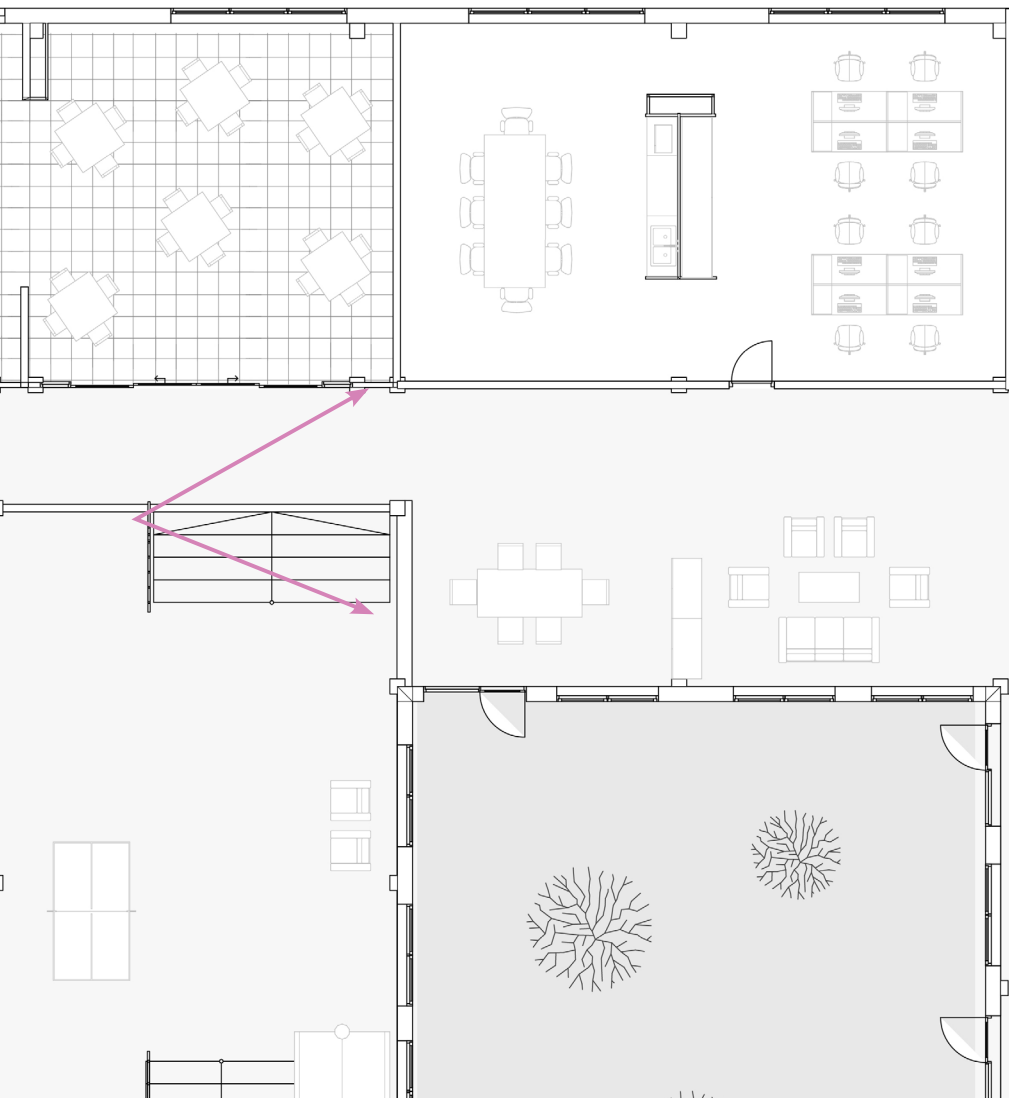


Building Design - Fieldtrip



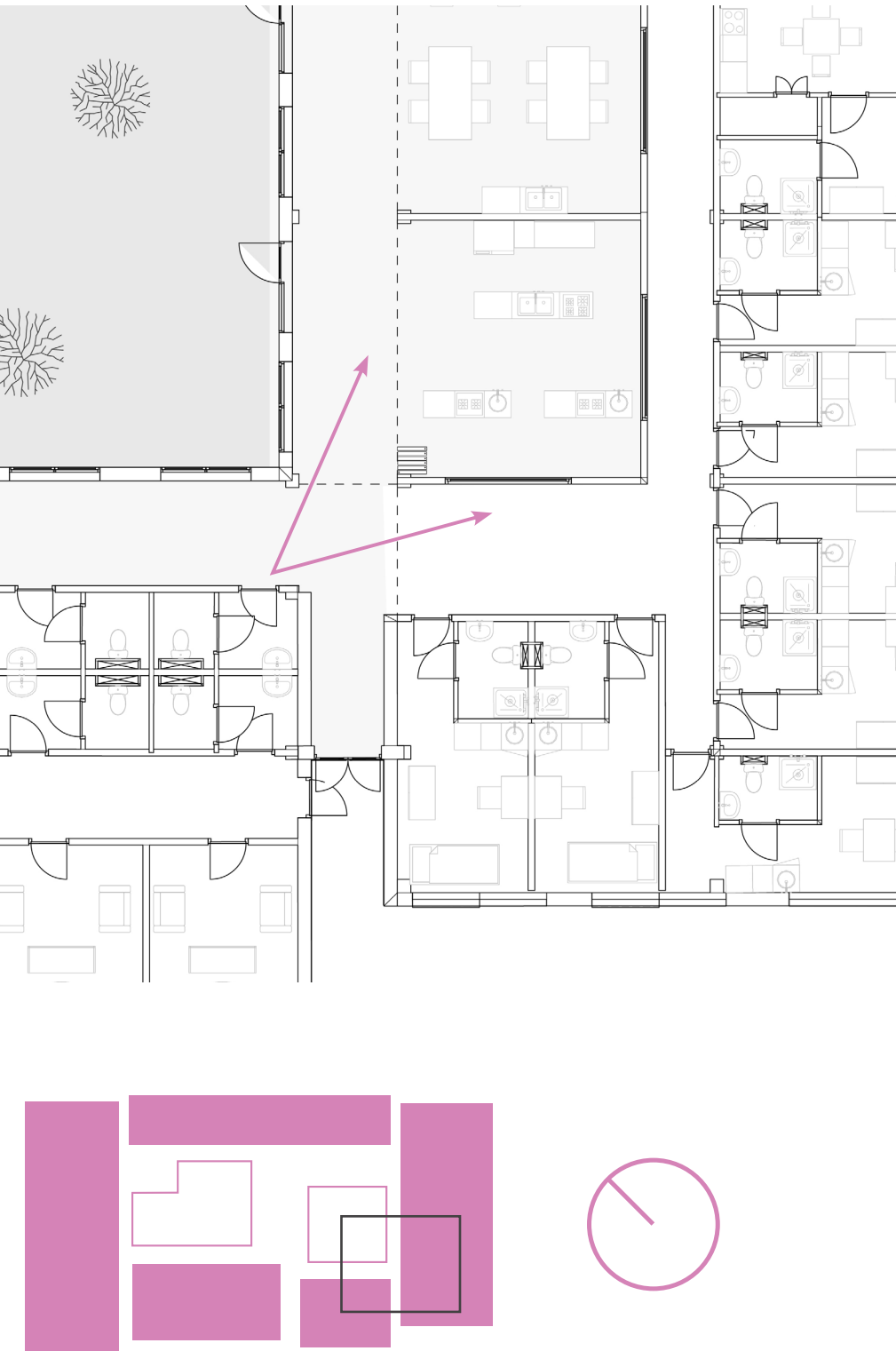


Building Design - Fieldtrip



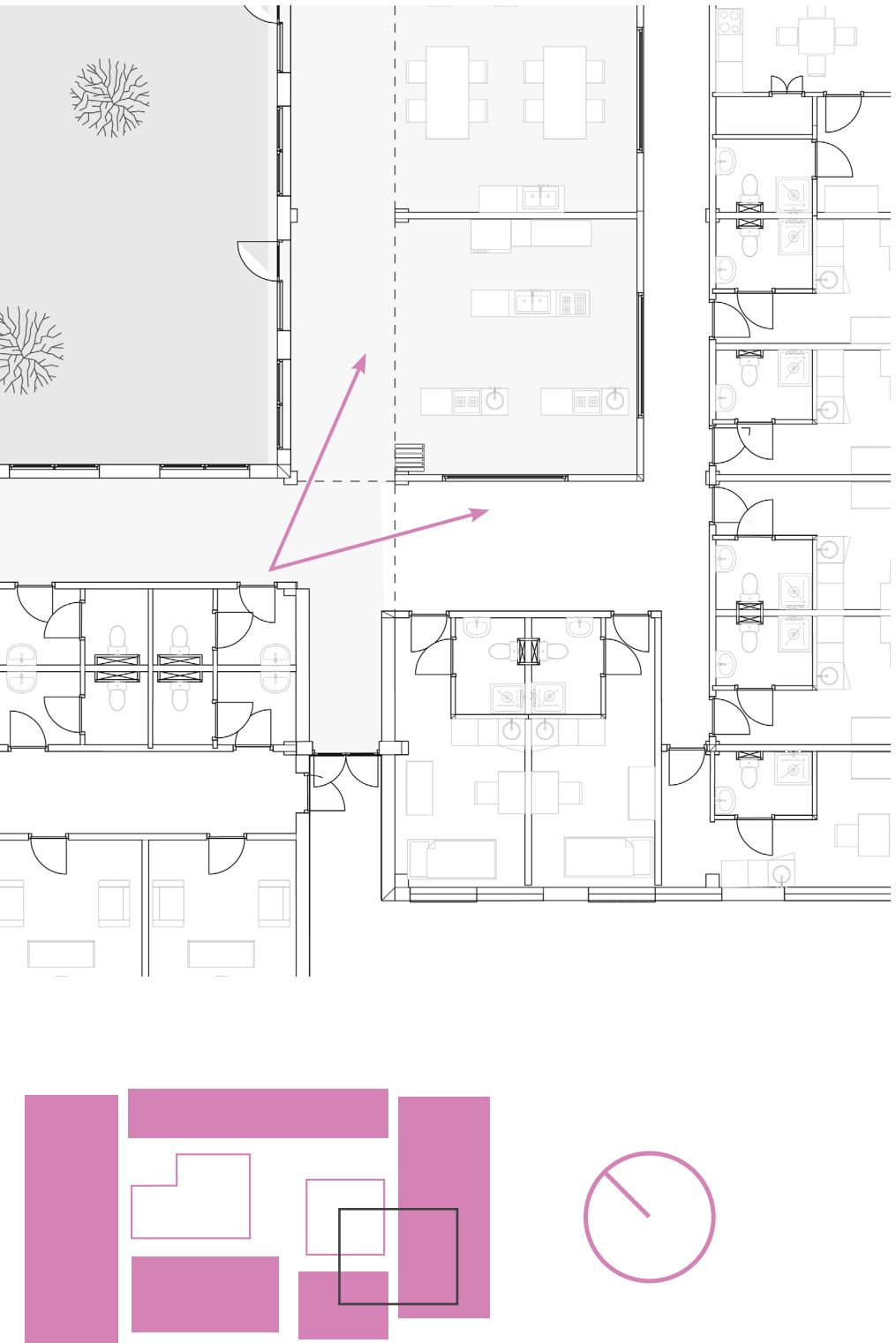


Building Design - Fieldtrip





# Building Design - Fieldtrip





# Building Design - Fieldtrip

