

fresh start

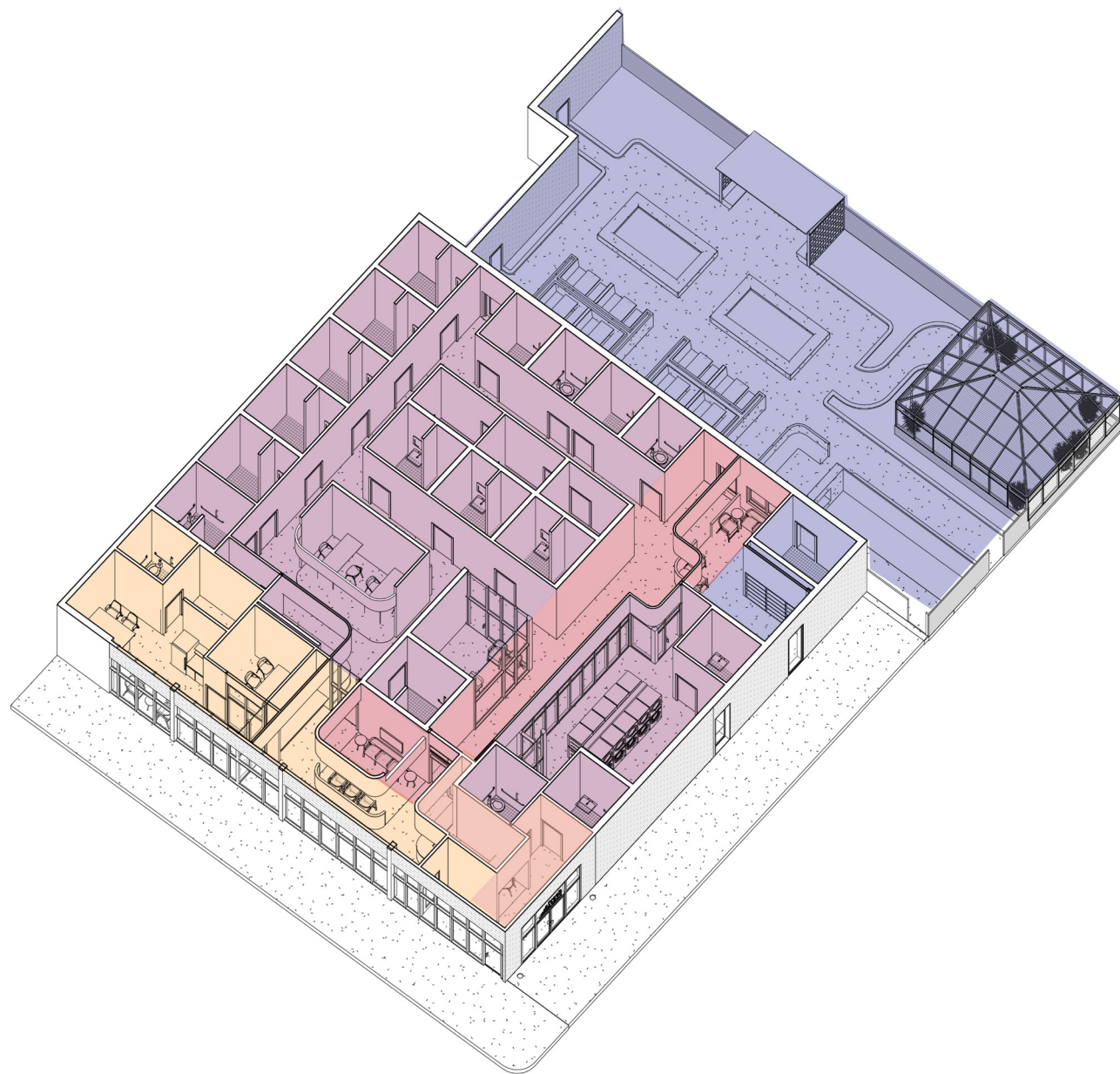
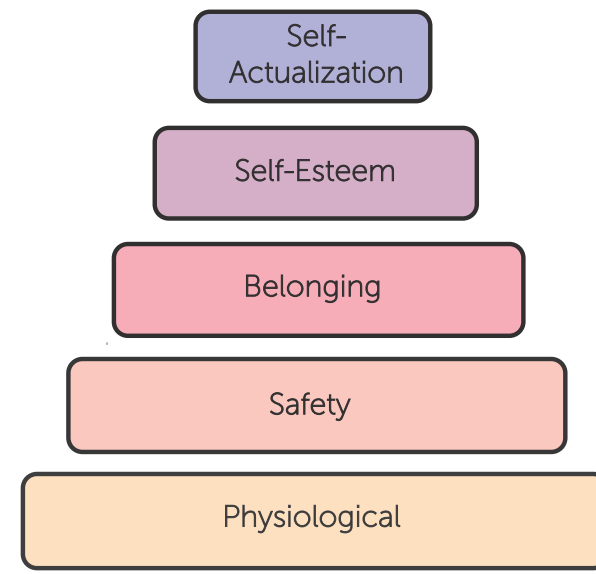
basic needs center

Concept

The design for the Fresh Start Basic Needs Center was formed from the underlying concept of **Maslow's Hierarchy of Needs**. The designed path of travel and wayfinding used within the plan of the space connects to the philosophical movement through Maslow's Hierarchy of needs, as a **step by step process**, but also allows for **intuitive and easy to follow movement** through the space. The **procession** begins with accommodations to meet basic health and safety needs in the check-in area. Social engagement is supported via the Guest Support Center to meet the need for **belonging**. This is followed by programmatic elements that improve **self-esteem**, such as the private shower rooms and manicure stations. The progression concludes in the outdoor space and community garden which are designed to promote personal growth, fulfillment, and **self-actualization**.

Maslow's Hierarchy of Needs

Maslow's theory of a hierarchy of needs states that "having one's basic needs met is a necessary prerequisite to pursuing a fulfilling life." It is usually represented as a five-step pyramid with basic physiological needs at the bottom, then safety, self-esteem, belonging, and self-actualization at the top. **Each need in the pyramid must be secured before the next is possible**, so in order for individuals to move beyond homelessness and lead sustainable lives their basic needs must be met. In Benjamin Henwood's article, "Maslow and Mental Health Recovery: A Comparative Study of Homeless Programs for Adults with Serious Mental Illness," he identifies health, home, purpose, and community as the pillars of the overall recovery process.



Axonometric diagram showing categorization of space according to Maslow's Hierarchy of needs



Conceptual diagram of expected movement through space and corresponding progression through Maslow's hierarchy of needs



Floor Plan Scale: 3/32"=1'0"

- 1 Mural Facade
- 2 Reception
- 3 Secure Entrance
- 4 Public Bathrooms
- 5 Phone Charging and Small Item Storage
- 6 Waiting Area
- 7 Coffee and Snack Bar
- 8 Administrative Offices
- 9 Shower Support
- 10 Laundry Facilities
- 11 Single Shower Bathroom
- 12 Lockers
- 13 Nail Bar
- 14 Hair Salon
- 15 Single Bathroom
- 16 Guest Resource Center
- 17 Secondary Waiting Area
- 18 Pet Washing Area
- 19 Pet Waiting Area
- 20 Fireplace
- 21 Booth Seating
- 22 Community Garden
- 23 Pergola
- 24 Greenhouse



Section NTS

Primary Research: Rescue Mission Experiential Research

Roanoke, Virginia

To gain further knowledge about how non-profit organizations that support the homeless function, we took a tour of the Rescue Mission of Roanoke and conducted a question and answer session with members of the Mission's staff. The Rescue Mission of Roanoke is a night shelter for homeless individuals, and includes resources such as access to health care, clothing, and religious guidance.



Design Considerations

Safety

- No dead-end corridors to prevent the feeling of being trapped
- Clear sightlines from public spaces
- Emergency call buttons in showers and bathrooms
- Fully Secure Entrance
- Locker Storage

Universal Design

- Furniture with structural integrity for guests with limited mobility
- Furniture pieces include arms to aid in the transition from sitting to standing
- All bathroom and shower stalls are gender inclusive and feature gender inclusive signage
- Each hallway is wide enough to accommodate two passing wheelchairs

Sustainability

- Graywater reuse system suggested in mechanical specifications to provide water for garden irrigation and flushing of toilets
- Orientation of building places curtain wall on east face to limit solar gains during hottest hours of the day
- Orientation allows garden and outdoor space to receive western sun creating a pleasant microclimate and successful vegetation growth
- Vegetation in garden casts shade on building reducing energy consumption needed to run air conditioning



Rendered perspective showing Shower support area, unisex shower bathrooms, and tables for manicures.

Material Selections

- Interface Neighborhood Blocks in "Fog"**
 - Heavy Traffic Classification
 - Protekt[®] Soil and Stain Protection
 - Intersept Preservative Protection
- Interface Step Aside in "Alba"**
 - Heavy Traffic Classification
 - Protekt[®] Soil and Stain Protection
 - Intersept Preservative Protection
- Trinity Tile Saga XL Laminated Tile in "Sky Smoke"**
 - Crack and waterproof membranes in accordance with ANSI A118.17 and ANSI A118.10 Standards
- Rove by Designtex in "Slate"**
 - 100% Vinyl
 - Water-based and Bleach Cleanable
 - 100,000 Wyzenbeek double rubs
- Cycle by Momentum Textiles in "Abbey"**
 - 100% Polyurethane and PVC Free
 - Bleach Cleanable
- Formica Compact in "Natural Ash"**
 - High Pressure Laminate
 - Scratch-Resistant
- Polished Concrete with Ardor Solutions concrete Polishing System**
 - Stain-Resistant
 - No dusting from efflorescence
 - Slip Resistance exceeding ASTM C 1028 standard
- MSI Surfaces Granite in "Black Galaxy"**
 - NSF Certified
 - Greenguard Indoor Air Quality Certified



2 Main entrance of Fresh Start Basic Needs Center

Observation:

The feelings of stress and a perceived loss of dignity from requiring the assistance of the Rescue Mission was clear in the interactions we had within the Mission.

Observation:

Visitors to the Rescue Mission had to sit and stand in a space that faced the public street outside the shelter, and therefore lacked privacy.

Application:

An alternative entrance was placed on the more private side of the building away from the busy street to allow for a **sheltered** entrance, and to **alleviate feelings of stress and shame** when entering Fresh Start. This alternative entrance as well as the door placed on the east wall creates **ease of access** to the building whether and individual is entering from the street, the parking lot, or desires privacy when entering Fresh Start

Observation:

The plan of the Rescue Mission made navigation confusing, and lacked way-finding techniques to guide users.

Application:

A curved motif was used at the main points of circulation to act as a gentle guide of movement through the space as an element of **way-finding**. Specific use of color and textures were used to indicate spaces for guests' use. Easy way-finding helps **alleviate the stress of being in a foreign environment**.



Rescue Mission Guest Single Shower Bathroom



15 Single Shower Bathroom

Observation:

The interior of the Rescue Mission reflected the appearance of an institutional setting, and the atmosphere felt clinical.

Application:

In order to create a more **uplifting and inviting** setting, a palette of warm neutrals was used.

Observation:

The Rescue Mission aimed to function as a step on the way to transitioning out homelessness for its guests.

Application:

Spaces that **support the community** and provide **access to tools**, like computers, within Fresh Start aim at supporting the steps towards transitioning out of homelessness.



16 Guest Resource Center

Guest Resource Center

The incorporation of the guest resource center serves to provide items to **combat the issue of chronic boredom**, while also allowing the use of tools, such as computers, that aid in the transition out of homelessness.



17 Family room with TV and lounge seating for socialization and relaxation adjacent to the guest resource center which features a library of books and board games as well as computers.

Pilsen, Chicago

The Location

The neighborhood of Pilsen is located on the lower west side of the city of Chicago. The population of Pilsen is 80.5% Hispanic, and therefore has a strong connection to Latino culture.¹ Within Pilsen, 24.9% of residents fall below the poverty line, so institutions and non-profits that help support residents are essential.² The site chosen for Fresh Start at W 21st St. and S Canalport Ave. is in close proximity to the overpass for interstate highway 90, under which homeless encampments have formed. The chosen site is also in close proximity to the Pacific Garden Mission, St. Procopius Soup Kitchen, Alivio Medical Center, and the Halsted "L" train station. The El Paseo Community Garden and Open Books Pilsen, a non-profit used book seller, are also located nearby and provide an opportunity for Fresh Start to form partnerships with other groups that support Pilsen.

Primary Research: H. Dominguez Interview

In order to learn more about the site selected for Fresh Start, an interview was conducted with Hilario Dominguez. Mr. Dominguez is a life-long resident of the Pilsen neighborhood of Chicago and is an activist within the community. Mr. Dominguez identified that homelessness and home insecurity is an issue rife within Pilsen due to the displacement of residents caused by gentrification and the subsequent rises in property prices. As a result of the mass displacements, encampments have popped up around the neighborhood as a form of make-shift housing. According to Dominguez, there is a lack of homeless shelters within Pilsen, and those that exist have strict rules and use a system of tagging individuals, which deters individuals of the homeless population from using them.

Dominguez describes the neighborhood of Pilsen as a vibrant community bonded by shared culture, the ability to organize, and pride in the products of the neighborhood. He identified Chicano culture as a driving force behind the food, art, and community activities that take place in Pilsen. When asked about the outdoor spaces within the community, Dominguez shared that green space is highly valued and utilized, but there just isn't enough. He identified the El Paseo Community Garden as a compelling space within Pilsen that created the opportunity for gardening, an activity important to Latin culture, and made it accessible to Pilsen as a whole.



Existing Pergola Structure in El Paseo Community Garden
Image provided by A. Stone



Pergola in outdoor space of Fresh Start

Pergola

The Pergola structure with built in seating provides an opportunity for **engagement** with the outdoor space in all weather conditions. The hexagonal motif which adorns the sides replicates the same motif used in the El Paseo Community Garden, which is in close proximity to the site, to create a **visual symbol of connection and symbiosis** between these two community spaces.



Section
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Greenhouse

The greenhouse was designed to create an extension of the community garden, which can function year round and thus **support El Paseo** during times when vegetation growth is limited by environmental factors. It is large enough to accommodate group gatherings or serve as a **meditation or prayer** space. The glass structure of the greenhouse serves the function of creating enclosure within the outdoor space from the sites surroundings, while also allowing clear **visual access** into and out of the outdoor space.



Perspective of Fresh Start Basic Needs Shelter Community Garden and Outdoor Space

Garden Beds

The garden beds function as locations where users can **engage with the earth**, take part in cultivating a variety of plants, and leave a lasting visual effect on Fresh Start. The raised garden beds provide an opportunity for guests to sit and engage with the garden, thus accommodating those individuals who may have trouble reaching lower ground levels.

Observation:

The Rescue Mission included a pottery studio, which helped to support interactions between guests and gave guests a space to **create something from nothing**.

Application:

The community garden space seeks to create a space in which guests can make a **contribution** to Fresh Start and be a **part of something** bigger than themselves. It facilitates both literal and figurative **growth** in the individual and the community.



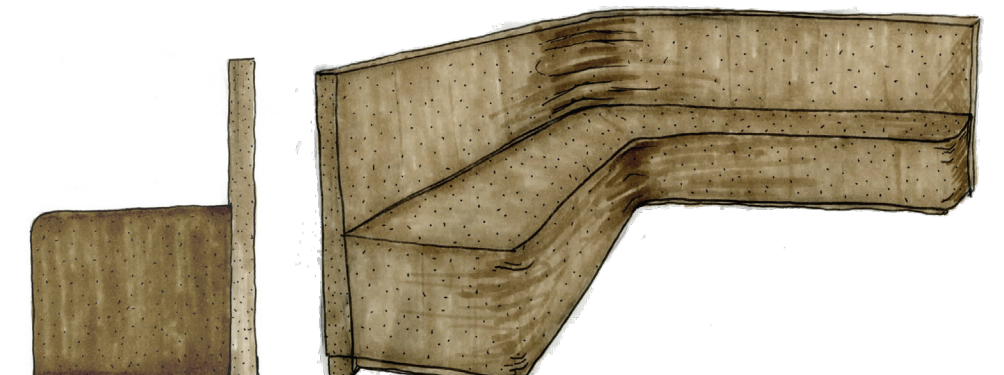
Vegetation Plan
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Fireplace

With the site's location in an area affected by cold temperatures much of the year, creating microclimates within the outdoor space became an important consideration when programming. The inclusion of the fireplace supports the use of the outdoor space year round, while also creating a focal point around which interactions among the users of the space can occur.



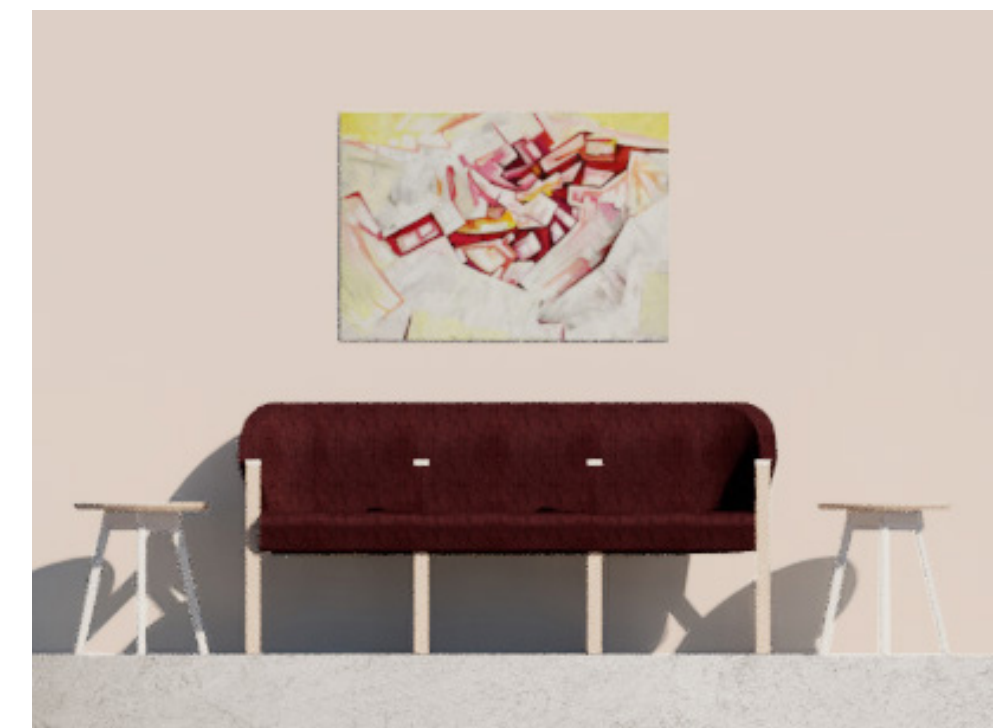
Fireplace Elevation Sketch
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Seating around Fireplace



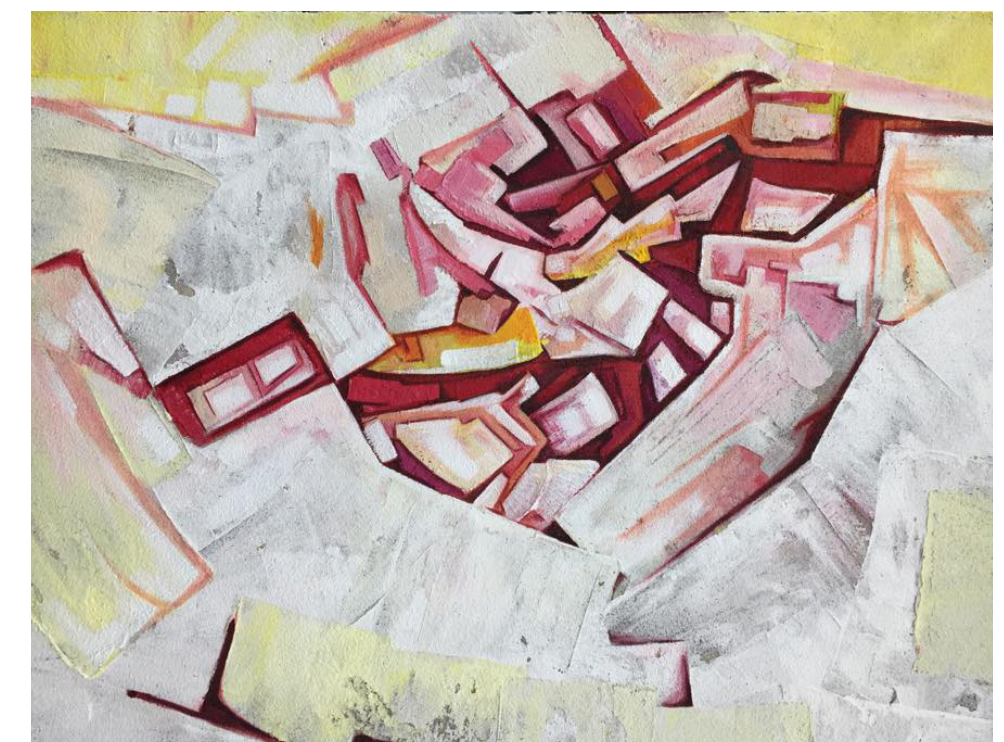
Perspective of Check in and Waiting area, featuring small item storage, a phone charging station, and a coffee/snack bar.



Pablo Serrano and the Local Art of Pilsen

Local art is a major source of pride for residents of the Pilsen community and brings visitors from around the nation to the community to view the unique creations. Due to its importance within the community, local art is incorporated into the design of the Fresh Start Basic Needs Center to celebrate the creativity and beauty of Pilsen and help establish Fresh Start as a landmark within the neighborhood.

The art displayed in the images of Fresh Start is the work of Pablo Serrano, a prominent muralist, painter, and community figure in Pilsen. Mr. Serrano gave us permission to use his work throughout the project as an example of local art that could be commissioned for the Fresh Start Basic Needs Center.



Artwork by Pilsen muralist Pablo Serrano who gave permission for the use of his work within this project



Elevation
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A mural was placed on the north wall of Fresh Start to function as a welcome sign to visitors and connect the shelter to other buildings in Pilsen that feature murals by local artists. Pablo Serrano's work, "Nuestro Futuro", was used as an example in the project to convey the idea of using a mural as a key element within Fresh Start's design.

Sources:
¹Henwood, Benjamin F., et al. "Maslow and Mental Health Recovery: A Comparative Study of Homeless Programs for Adults with Serious Mental Illness." *Administration and Policy in Mental Health and Mental Health Services Research*, vol. 42, no. 2, 2014, pp. 220-228.
²Crum, Thea and Matt Wilson. "Quality-of-Life Plan - Pilsen." Great Cities Institute, LLC.
 Stevens, Martha and Catherine Stone. Personal Interview. "Rescue Mission Ministries." 2 Oct. 2019.
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