

Vital  
Spaces



Professor Steve Brown & Professor Paula Reavey

27<sup>th</sup> June



Green Spaces

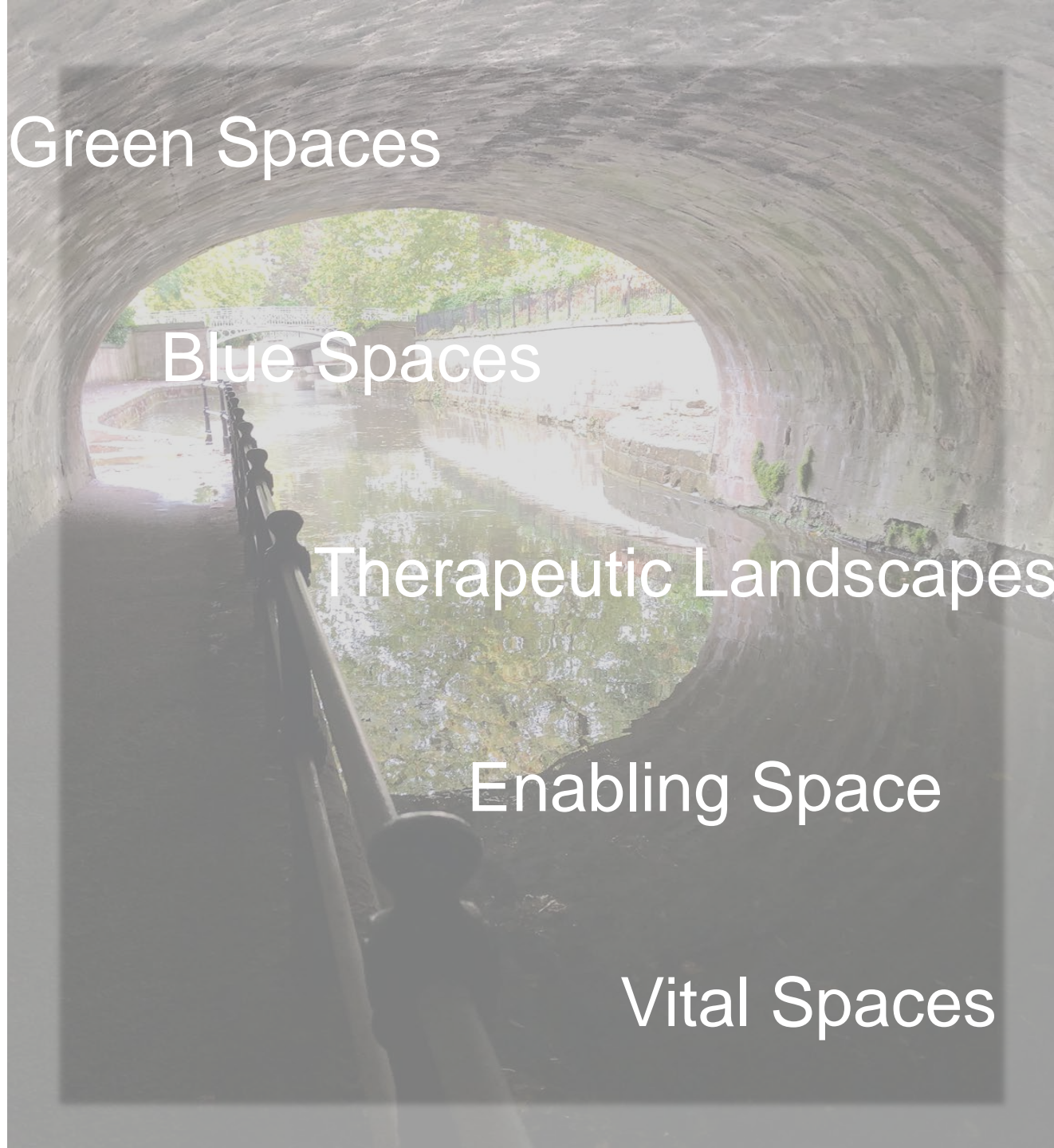
Blue Spaces

Therapeutic Landscapes

Enabling Space

Vital Spaces

SPACE AND  
MENTAL  
HEALTH






## VITAL SPACE

“

I would say this place has amputated my sexuality. Definitely, it's – it's not my home, it's not – it's not a free environment and ... it's a – it's so anti-life. I just don't even think about sexuality in here and I grieve over that quite a lot. And ... I try and cope with this place on its own terms, you know and whatever it has to offer me I will engage with. So I try to make it a reality, its own reality but I still can't feel human enough to be a sexual being in this environment.

”

*(Anne)*



VITALITY  
DYNAMICS  
AND SETTING  
SPECIFICITY

- Vitality as 'feeling of being alive' (Fuchs)  
'dynamic forms of the moving body' (Stern)  
'life responding to life' (Worms)
- The unfolding of an experience in any given moment has setting specific relational properties  
'life space' (Lewin) 'affordances' (Gibson)
- Attuning of forces – we cannot assume in advance which 'modality' will be the most significant: sounds, visual, touch

# ATTUNEMENT, FEELING, ATMOSPHERE, ASSEMBLAGE

The secure unit is complex and changeable arrangement of medical, legal and governmental practices, mixing together nurses, former prisoners, airlock doors, depot injections, charts, televisions, plastic cutlery, cigarettes, staff rotas, sunlight, and bedrooms littered with belongings.

The unit can be a lively place, especially during times when patients arrive on transfer from prison, where the contradictory demands of care and containment can rub up against one another uneasily, notably around issues like personal relationships.

The space of the unit is difficult to properly gauge, since patients may be allowed off the ward into the general hospital grounds and to make community visits; there is a distinctly different 'feel' to the common areas and the individual bedrooms, reflecting the various kinds of activities that are possible in each.

Whilst there is a clear management structure, it is difficult to know where exactly the unit sits – are we in the prison system, the medical system or

somewhere else entirely? This partial ambiguity allows for the emergence of practices and relationships that are particular to the unit, some of which would be difficult to understand if one approached the unit as either purely a space of containment or purely a space of treatment.

Everyone and everything that enters the unit lends something specific, from East African nurses to long-term service users to middle-class psychiatrists mixed together in this space; this unique confluence of identities and experiences seems integral to how the place seems to 'work' as whole.

Yet precisely because it is such a mixture, the unit seems to be rather porous – people, practices and objects seem to be displaced, to move through and across the extended space of the unit in unpredictable ways. The place has its own history, one that seems to be written and rewritten on an almost daily basis.

*Brown and Reavey "Institutional forgetting"*

# MENTAL HEALTH EQUIVALENCE

## Statistic graphics

**1 in 4**

One in four adults will experience a mental illness at some point each year in the UK

**6%**

Just 6% of UK health research funding goes on mental health

**11/16**

There are 11 million disabled people in the UK / and 16 million people who experience mental illness at some point in the UK

## Slogan graphics

**Not every  
disability  
is physical**

**You don't have  
to be mad to  
have poor  
mental health**

# MULTIPLE MODALITIES

## Vital Sound



**Vital  
Sound**

A branded panel on public transport, buildings, corridors etc transmitting ambient, calming sounds.

Can operate in existing quiet zones, or improve areas of tension.

Could commission a prominent composer i.e. Brian Eno, to help generate awareness for the project.

# SOUNDSCAPES

## Vital Sound Stick

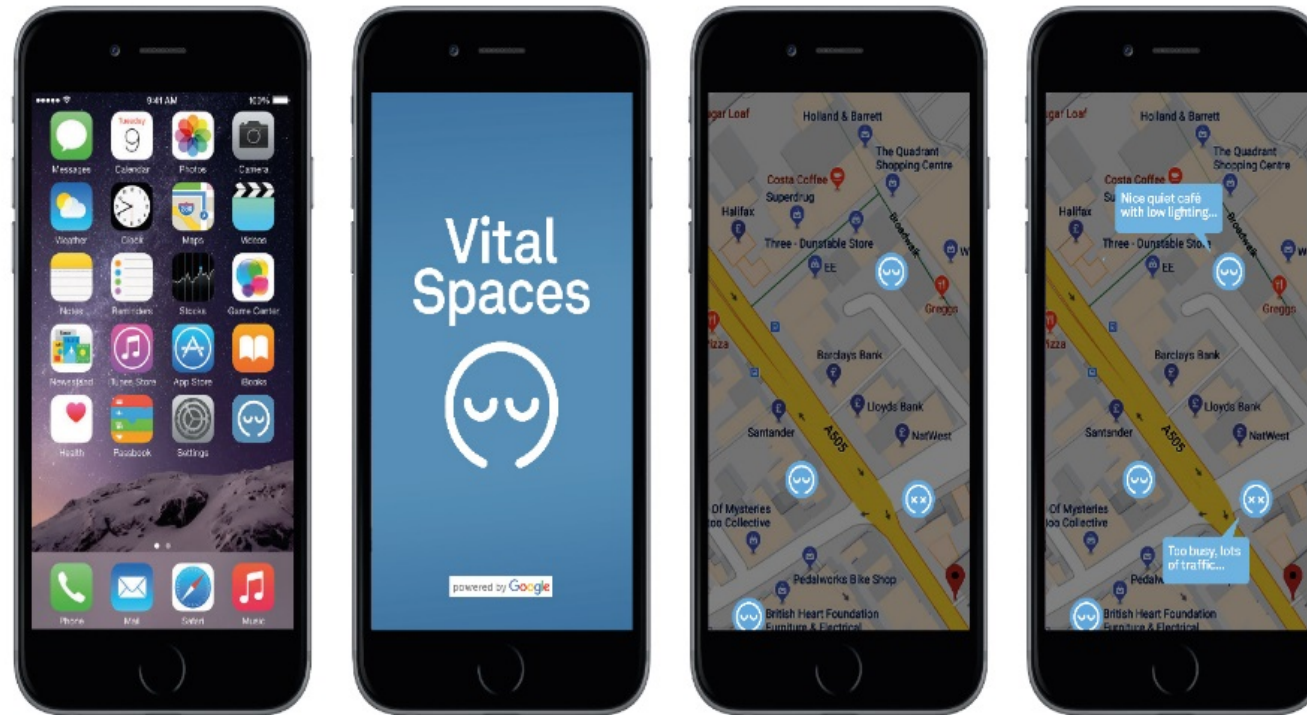


**Vital  
Sound  
Stick**

A freestanding version of the Vital Sound panel: a post placed in public spaces. Solar powered, wirelessly operated.



## Vital Spaces App



An app which uses existing GPS and mapping data (such as google) to tag calm/tense spaces in urban settings.

Basically Pokemon Go, but with a psychogeographical twist, for anyone to use.

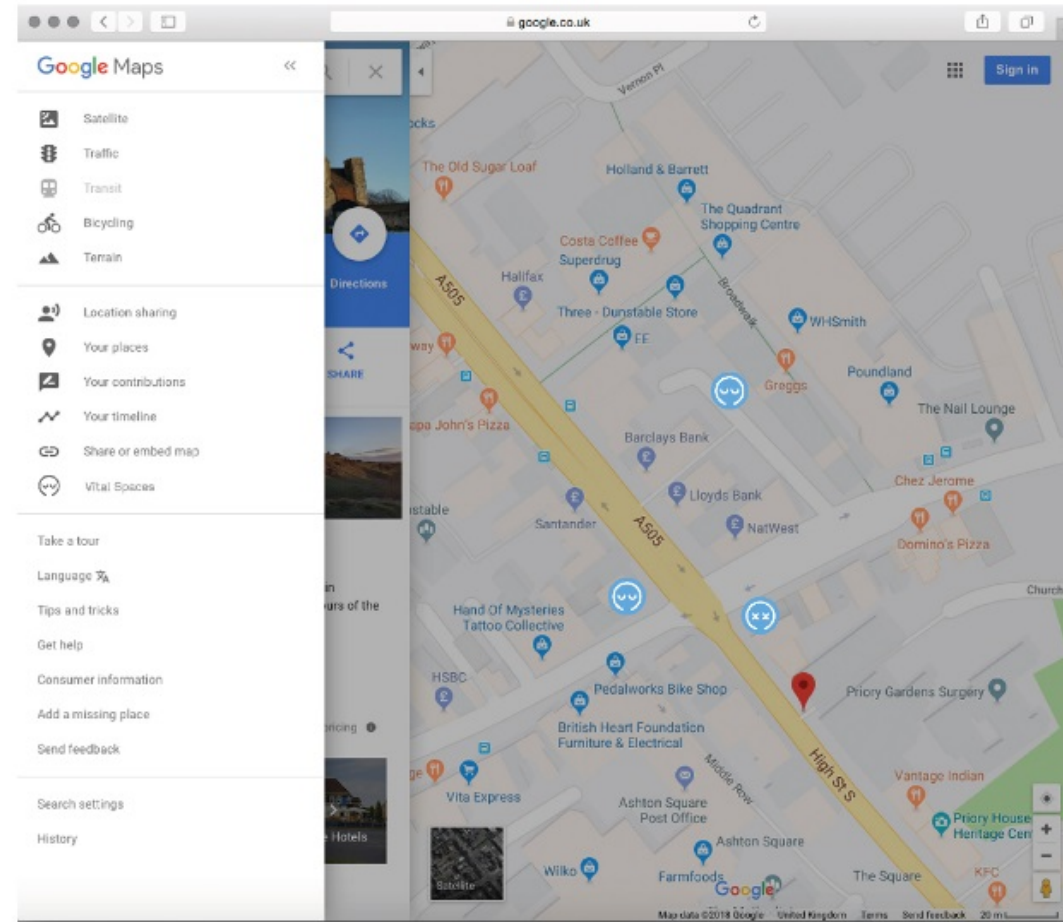
The resulting data can be used for research, support initiatives such as placing signage or Vital Sound Sticks.

The resulting data will allow emotional mapping of cities - a Situationist nirvana.

Social media functions / tie-ins with other social media will create more users = more data.

# NEW TECHNOLOGIES

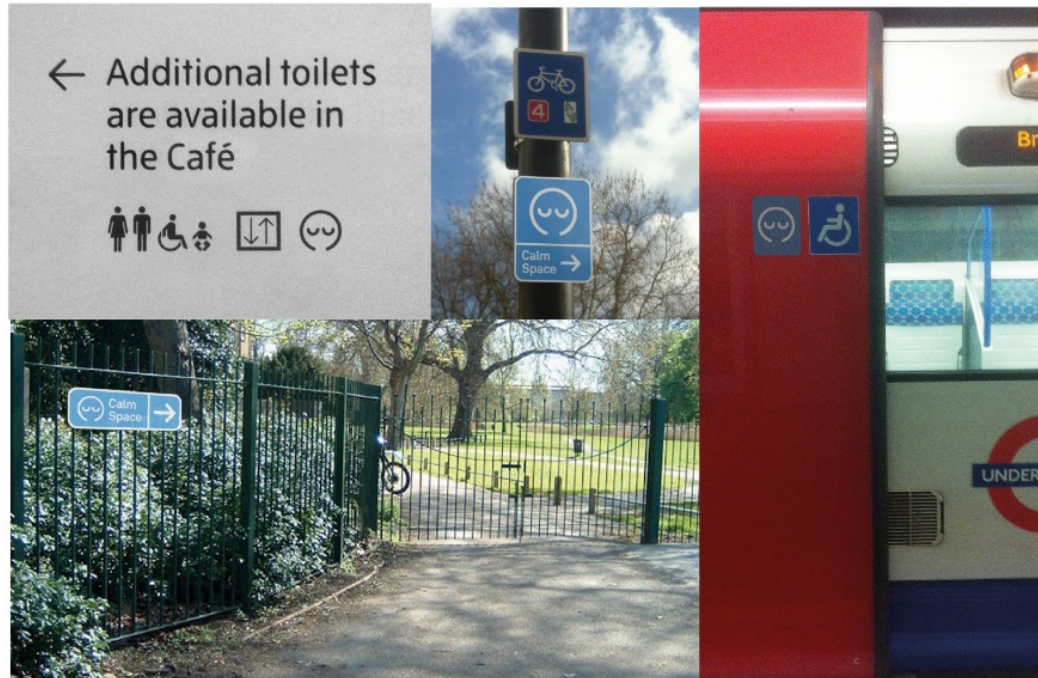
## Vital Spaces in Google Maps



The data created from Vital Spaces as part of Google Maps, a searchable function, raising awareness online.

# EMBEDDED MEANING

## Public signage

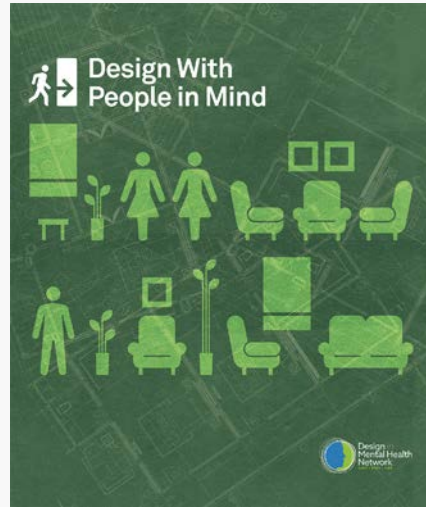


The icon becomes part of the visual language of the city as a mid intensity innovation to raise awareness.

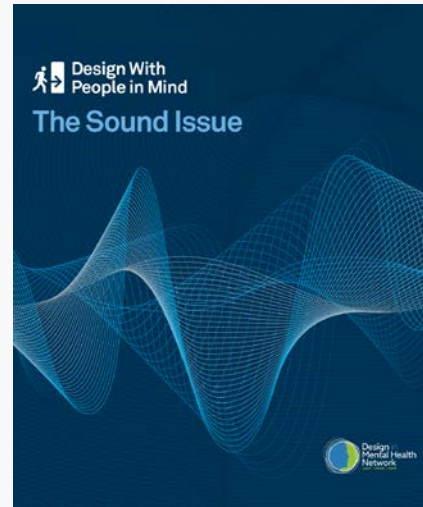
## Icon



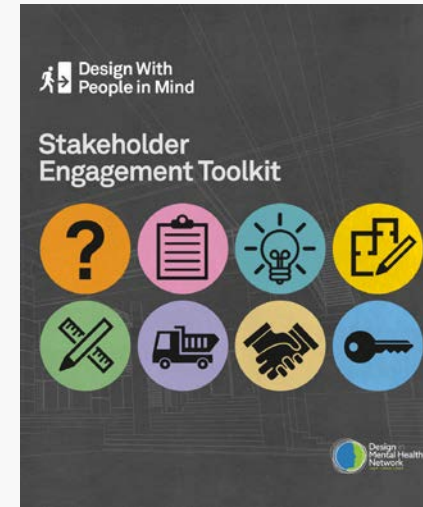
# DESIGN IN MENTAL HEALTH NETWORK



2017



2018



2018



2019



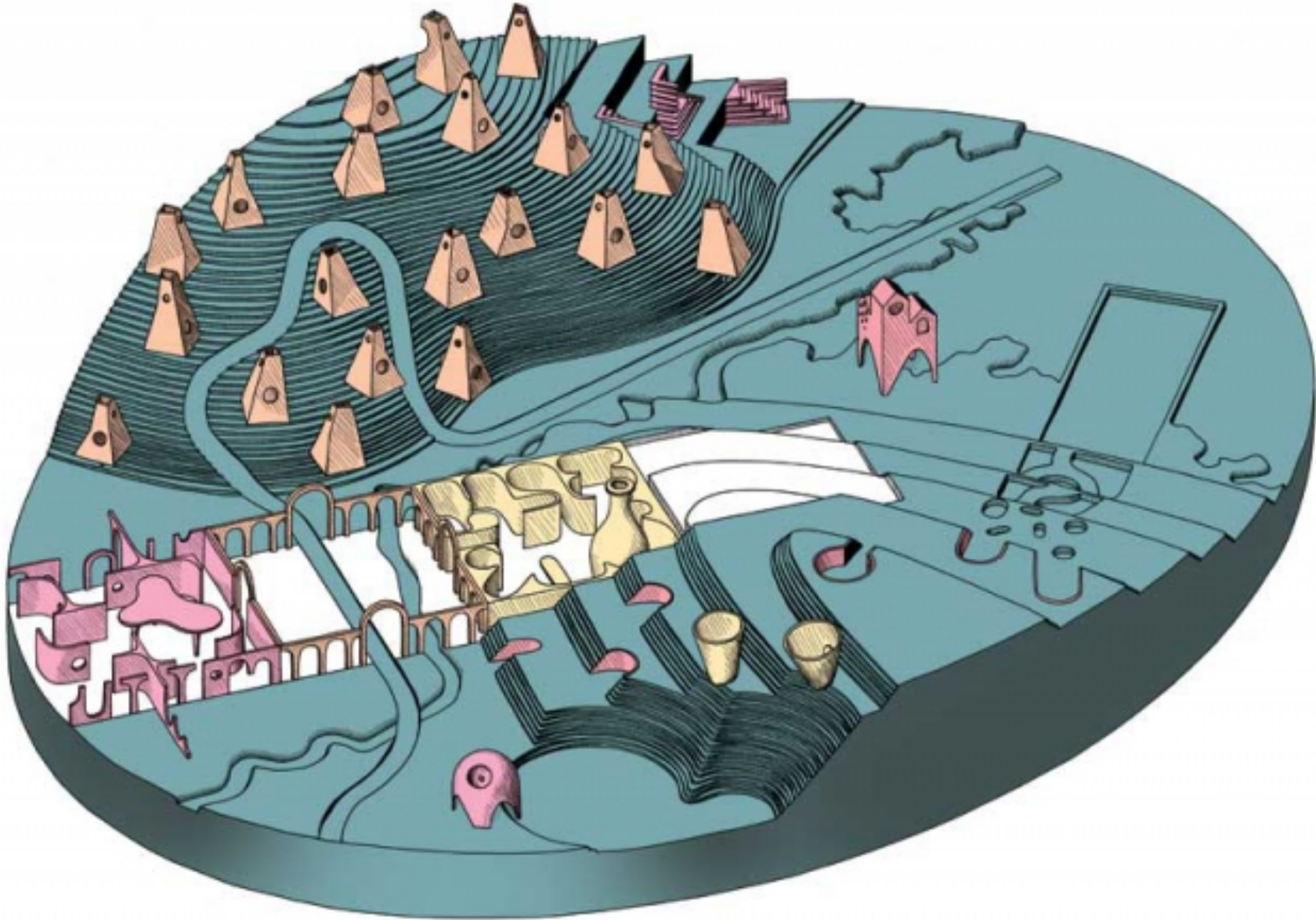
Design in  
Mental Health  
Network  
LIGHT | SPACE | HOPE

# MADLOVE: A Designer Asylum



M

MADLOVE:  
A Designer  
Asylum

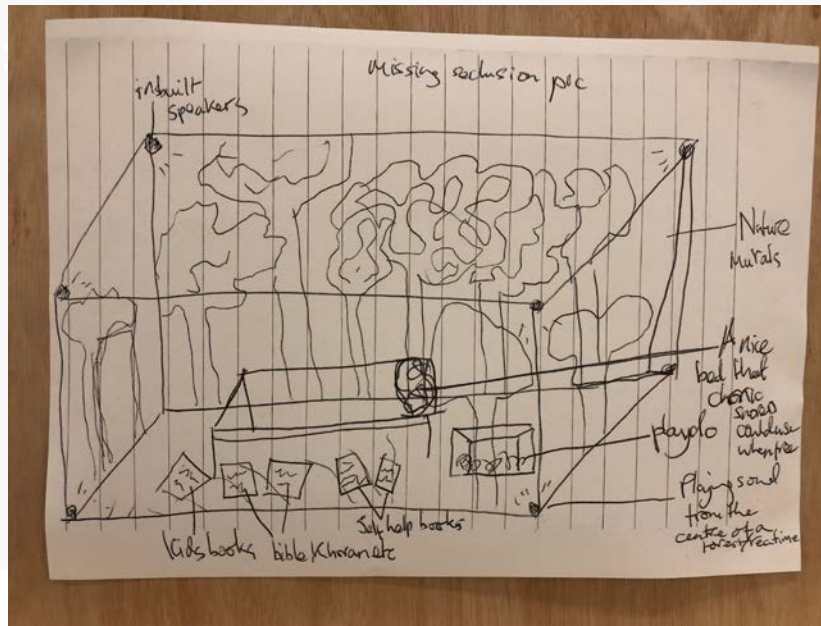


Madlove: A Des



MADLOVE:  
A Designer  
Asylum

Madlove



David Parkin's  
Delusions of  
Grandeur





## Madlove: A Designer Asylum



The Dragon  
Café / Mental  
Fight Club

## SUMMARY

Base our models on lived experience, rather than diagnosis

What it is like to live through a moment and period of distress – in all modalities

Let people with lived experiences develop the project of vital spaces

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