Vagelo Education Center
Merging Mental and Physical Health

Fairfield University Disc Golf Course
Health of Movement

The Lafayette Greens
An Urban Community Garden

Healthy Landscapes at UConn

The sophomore and junior Landscape Architecture graphics classes have been tasked with re-imagining UConn's campus as a healthy landscape. Student projects have proposed interventions that accentuate safety and circulation, climate resilience, biodiversity, recreation, and mental health support.

East Side Coastal Resiliency Project
Rebuilding Communities

Floating Archipelago
Mental Health and Recreational Activity

Sugarlands Valley Nature Trail
Wheels in Nature

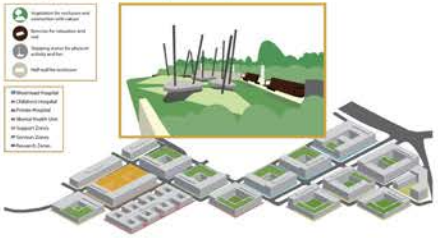
Wellness Park
Public Realm Safety

Mental Health Havens

This project consists of incorporating the main components of an existing landscape into the UConn campus to support an aspect of health. The case study used as inspiration for this intervention is the Westmead Hospital campus in Australia. Following the site's redevelopment, its new design includes a network of green spaces throughout different zones, creating a stress-relieving environment for patients, staff members, and visitors. Similarly, the intervention in the UConn campus would ideally consist of at least one green space in each residential zone. This would create a network on our campus, avoid overcrowding the sites, and provide a sense of privacy to students. The intervention's main goal is to create safe spaces that promote the importance of students' mental health. Consequently, the success of this project could inspire other universities to follow UConn's steps on mental health awareness.

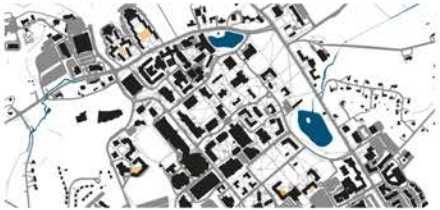
Westmead Hospital Campus

Every zone of the Westmead Hospital campus includes a combination of green roofs and courtyards. The UConn campus intervention focuses on a courtyard located in the Children's Hospital. This space has four main components, each serving a different purpose. The half-wall and vegetation provide enclosure, creating a feeling of privacy. Meanwhile, the benches invite people to rest. Lastly, there are stepping stones that serve as a fun activity for the primary users of the space, children.



University of Connecticut Campus

There are various residential buildings on campus, but only a few have underdeveloped areas. The site selected for this intervention is located on the Anna M. Snow residence, south side of campus. This map also highlights other potential sites on the north and west sides of the university.



UConn: Existing Site

This site is seriously under-used due to its lack of attractiveness. The space consists of shrubs, trees, and two street lights. Moreover, it has the potential to evolve into an active space frequented by students in need of a mental break. The most attribute of this site is the enclosure provided by the residence building.

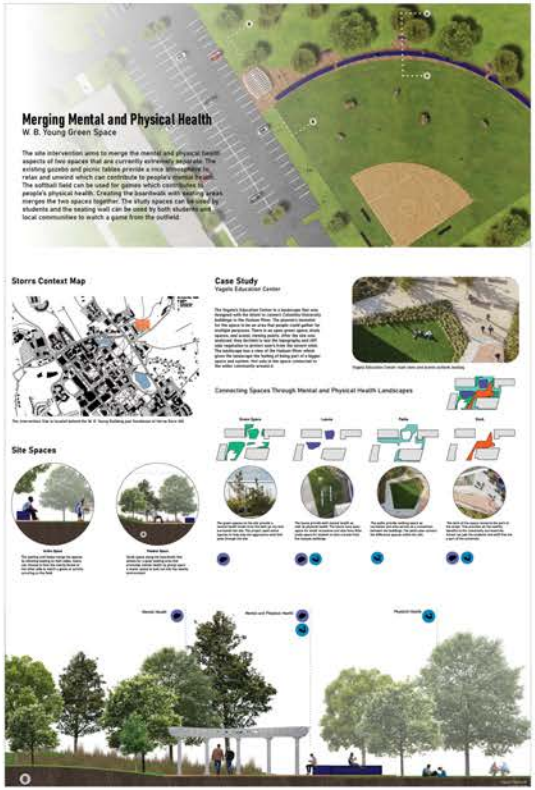
UConn: Intervention Site

The intervention would require the removal of most existing vegetation. The main components of the case study were implemented into the site, with the addition of tables, chairs, and swing chairs. As presented in the map, the existing medium-sized tree would not be removed from the area since it is a key component of the space and a part of its history. The intervention was designed for the convenience of the expected main users of the site, students.

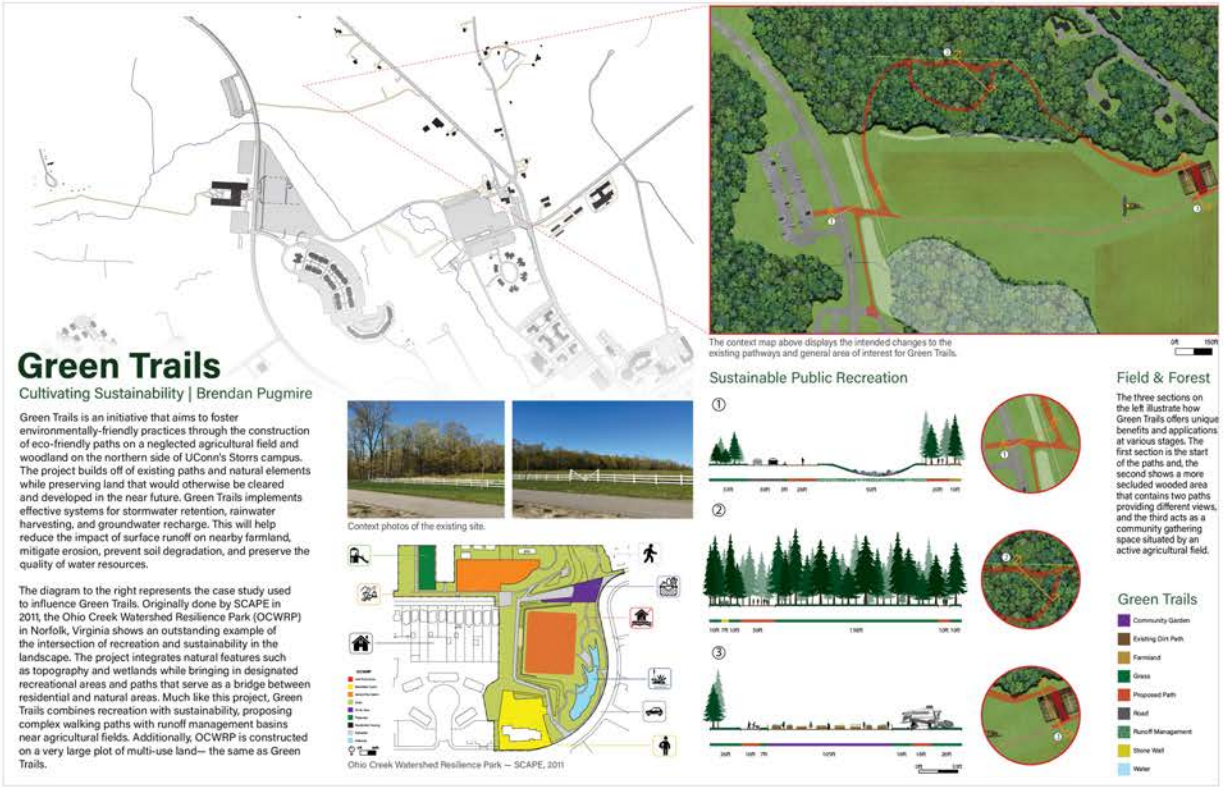
Cross Section

The section consists of five layers of the site. Each layer shows a different component of the constructed as well as its various uses.

Atlas Collazo

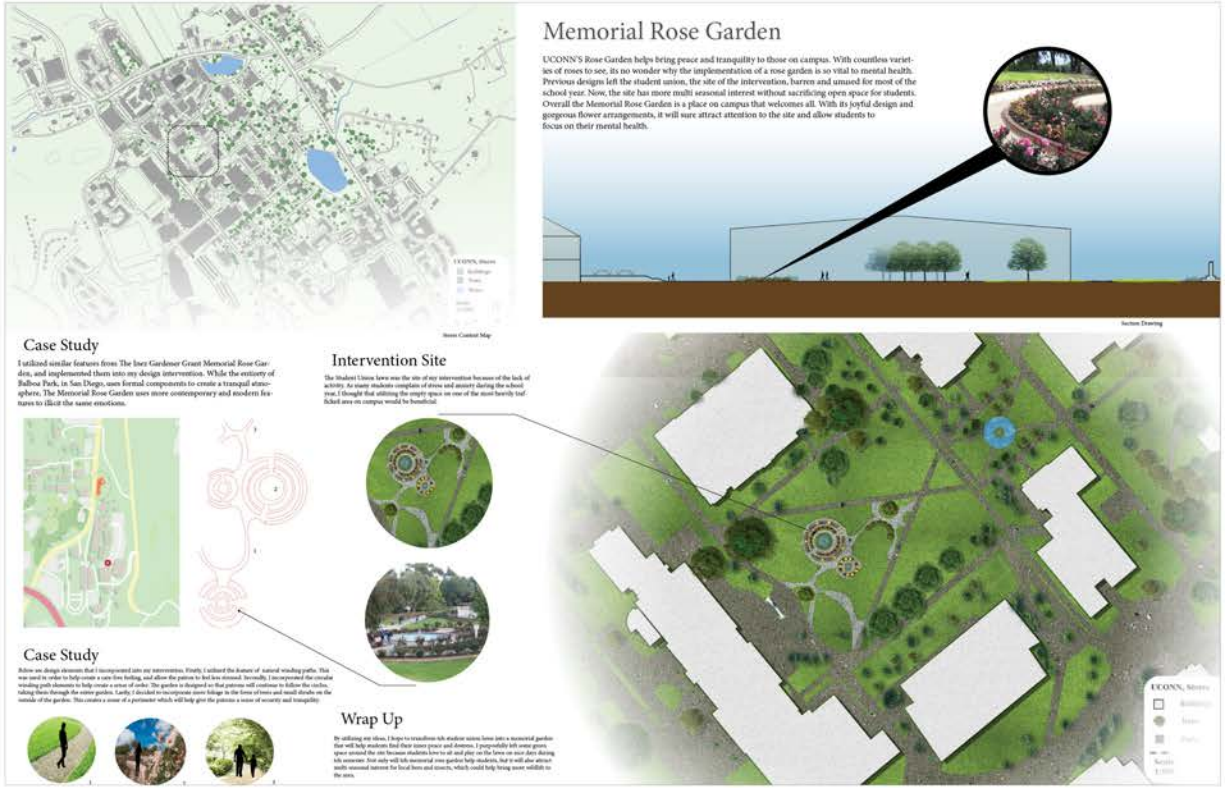


Kayla Villareal



Brendan Pugmire

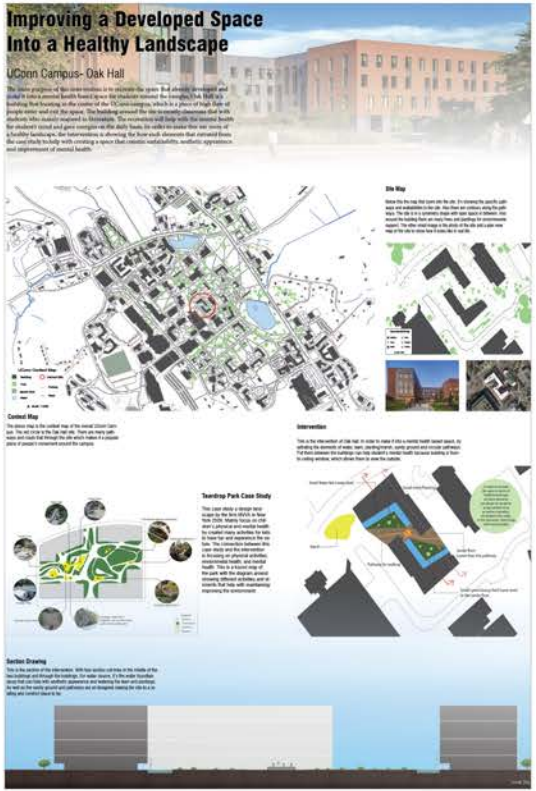
Darren Cole



Zachary Masi

Cassidy Wilson

Jason Robinson



Annie Zhu

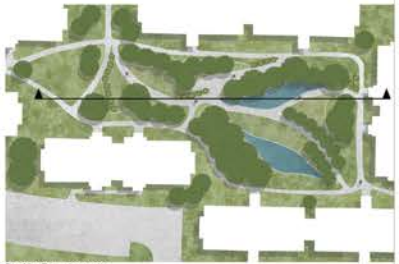
Hilltop Gardens: Adressing Mental, Physical, & Environmental Health

A place that really needs a design intervention on the UConn campus is the courtyard garden at Hilltop Apartments. The current site lacks quality design, bio-diverse plantings, useable recreation space, and overall is not well mantained. In an effort to re-design this space I drew inspiration from Tongva Park located in Santa Monica, CA. Tongva Park has lush native plantings, recreation space for various activities, and is maintained nicely. I wanted to incorporate these qualities into my design while sticking with a theme of health. In my re-designed space I chose to focus on mental, physical, and environmental health and how my design can promotes these ideas. The open patches of grass allow users to get active and use the space for recreational activities. The winding paths and water features can be claming for users looking to clear their mind or de-stress. The design also features native, pollinator, and non-invasive plants.

Case Study Diagram
The diagrams above show some of the elements that are present throughout my case study. At the top environmental health is a main focus of the park. Below, mental and physical health elements are displayed which are also key to the design of the park.

Context Map
The map below shows the intervention site context on the UConn campus. On the left hand side of the map the site is highlighted in a darker shade.

Current Site Context



Site After Design Intervention

Matthew Bacon

MCHUGH GREEN-ROOF

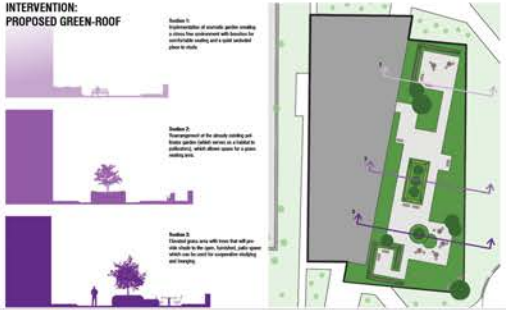
SYDNIE JACOBSEN

ENVIRONMENTAL & MENTAL HEALTH

CASE STUDY:
COLUMBIA UNIVERSITY SCHOOL OF NURSING

SITE OF INTEREST:
LAWRENCE D. MCHUGH HALL

INTERVENTION:
PROPOSED GREEN-ROOF



Sydnie Jacobsen

UConn Campus Disc Golf Course

Case Study:
Fairfield University Disc Golf Course

The disc golf course at Fairfield University has been around for just about two and a half decades. In 1998 an FU chemistry professor named Kraig Steffen Ph. D. played an important role in designing and installing the course.

I chose Fairfield University as my case study because, having played there in the past, I knew it is a great example of a healthy landscape. Not to mention it was pretty cool getting to play a round of disc golf for a school project.

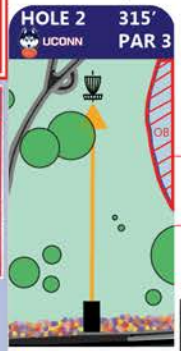
As I made my way through the campus I thought about the various ways that a disc golf course can imbue a feeling of healthiness, and what kind of impact the course and campus had on me personally. On the map below I've recorded the path one takes when playing the course and included some of the ways a disc golf course can benefit one's health.

I began my round with the most obvious observation: that throwing leisurely throwing frisbees makes walking a whole lot more fun of an exercise. After that my mind went to mental health as landscapes and disc golf (often in tandem) have helped me in such a way. As I began to get tired I found myself thinking about the physical health that disc golf can provide.

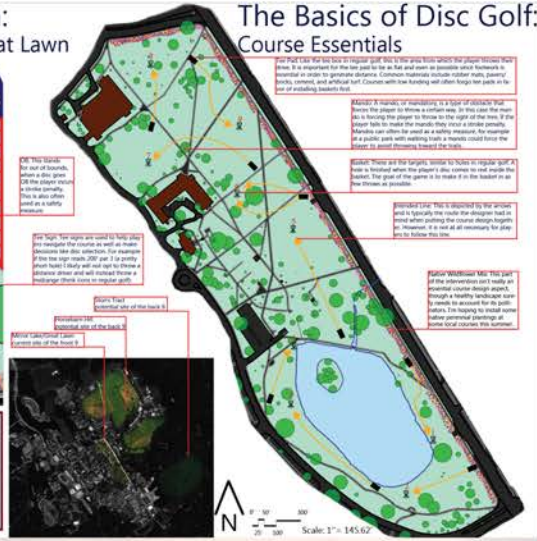
Disc golf isn't a rigorous exercise by any means; there are certainly more efficient ways to run or walk a few miles and burn a thousand or so calories. It's most definitely not the quickest way to build muscle either (though looking at some tennis players' arms that could be up for debate). Nonetheless, a disc golf course is healthy in a way that isn't common in most recreational sports or forms of exercise: it allows the player to connect with the landscape and with nature, you can't get that on the pickleball court. This opens the doors to mental health alongside physical. I think the fact that you get to experience a landscape while partaking in a leisurely activity makes disc golf courses uniquely and exceptionally healthy.

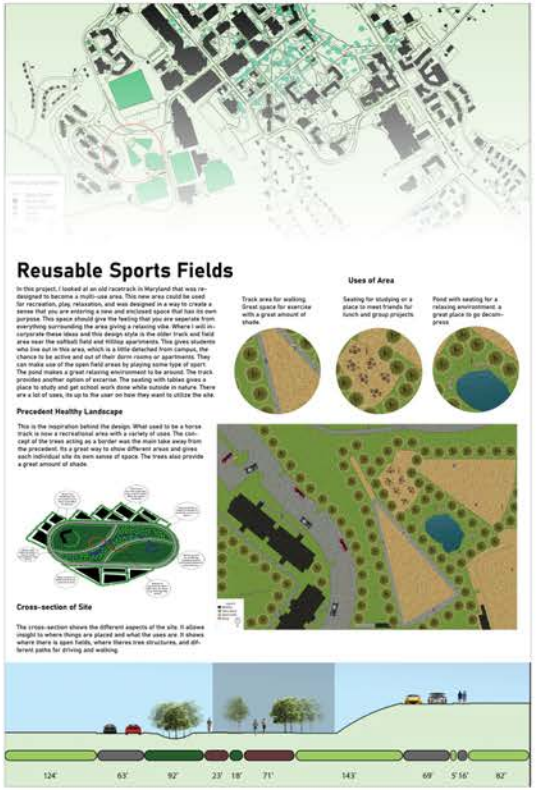
Another aspect of a healthy recreational landscape has to be safety, as well. Steffan says about his design at FU, "it was designed to be reasonably, inherently safe, but also to blend in with the campus; in a way that if you didn't know we had a disc golf course, you wouldn't even notice it.". I found this to be largely untrue. As I show in my last case study map, there are very few places with no risk. In designing the course at UConn I intend to put an emphasis pedestrian safety.

Intervention:
Mirror Lake/Great Lawn



The Basics of Disc Golf:
Course Essentials





Seth Canaday

Sean-Patrick Houssan

Lucas Silva

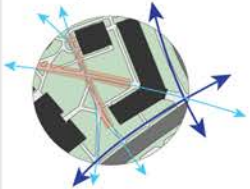
Britney Soubannarath

Campus Lighting Intervention

The Goal of the UConn lighting intervention was to provide a safe healthy landscape for students attending campus. The court behind the Montethe Builing is not welcoming during the night. Lighting is very poor which keeps students wanting to stay near the main streets instead of walking through campus. Creating a welcoming space during the nightfall was made by adding large ground spot lights, while keeping blue phones for saftey. Artistic forms of light were added by using glowing rocks from a case study by PWP Landscape Architecture. The new proposed space now creates a Healthy Landscape for the Uconn Campus.

Case Study Unique Lighting Strategies
Pictured above is Harima Science Garden City. Created by the Firm PWP Landcape Architecture. 1993.

Student Movements
Light Blue= Daytime movements
Dark Blue= Nigh time Movements



Site Intervention Location

Afternoon in the Quad: Activation through light
As Dusk begins. Ground lights automatically turn on by sensors programed for a specific time.

Lighting Strategy: Connecting Systems from Blue to Red
Ground lights pave the main path of the quad, welcoming students to walk across. Blue phones are kept in the same locations for saftey. The red glow rocks were placed on the path into Montethe Building creating a welcoming space all around.

Richard Patai

A Better Path to Recovery

Alex Vassallo

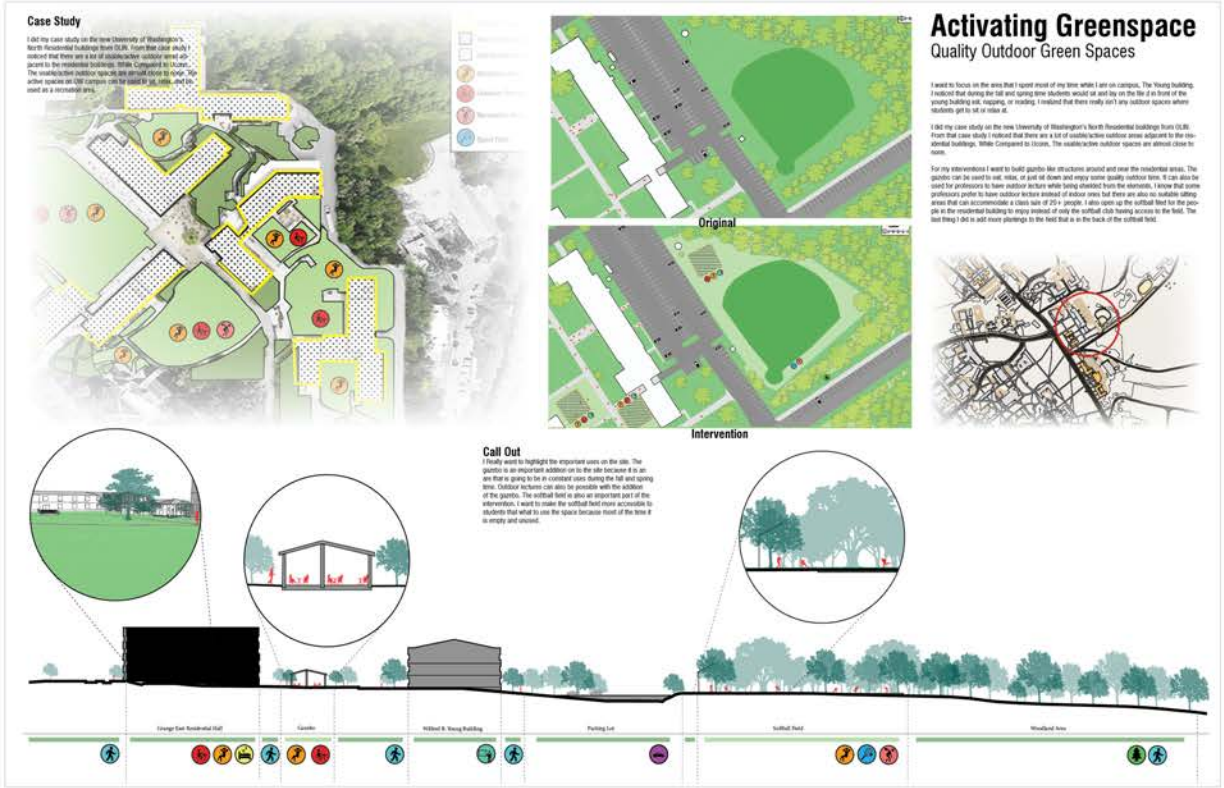
Having a place dedicated to addiction recovery with outdoor healing and group therapy can offer immense benefits to people struggling with substance abuse and addiction. Addiction is a complex issue that affects not only the individual but also their families and communities. A dedicated recovery space can provide a safe and supportive environment for individuals to seek help and support. Outdoor healing, also known as ecotherapy or nature therapy, is a holistic approach to addiction recovery that involves connecting with nature as part of the healing process. Spending time in nature has been shown to reduce stress, improve mood, and promote overall well-being. Incorporating nature into a recovery space, such as a garden, a park, or a nature trail, can create a calming and peaceful environment that promotes relaxation, reflection, and self-care.

CASE STUDY: A THREEPATH TO RECOVERY.

SECTION: A WALK ALONG THE PATH

INTERVENTION: SOUTH CAMPUS RECOVERY CENTER. BEFORE & AFTER

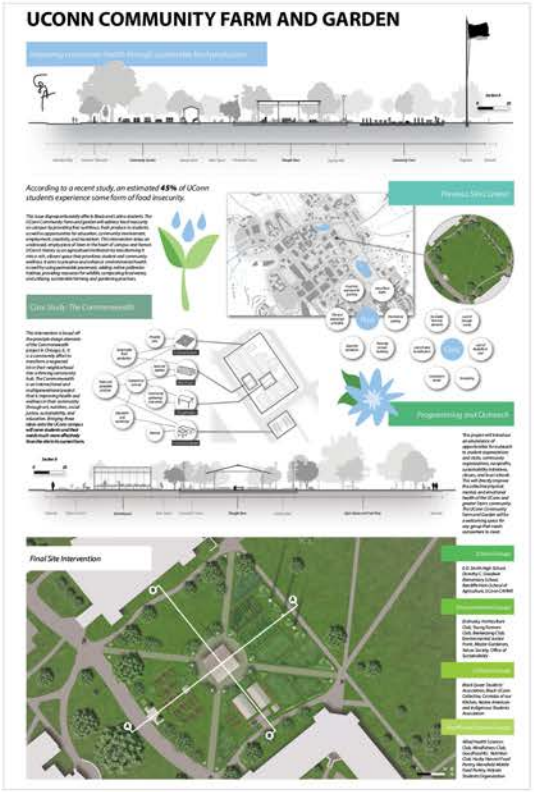
Alex Vassallo



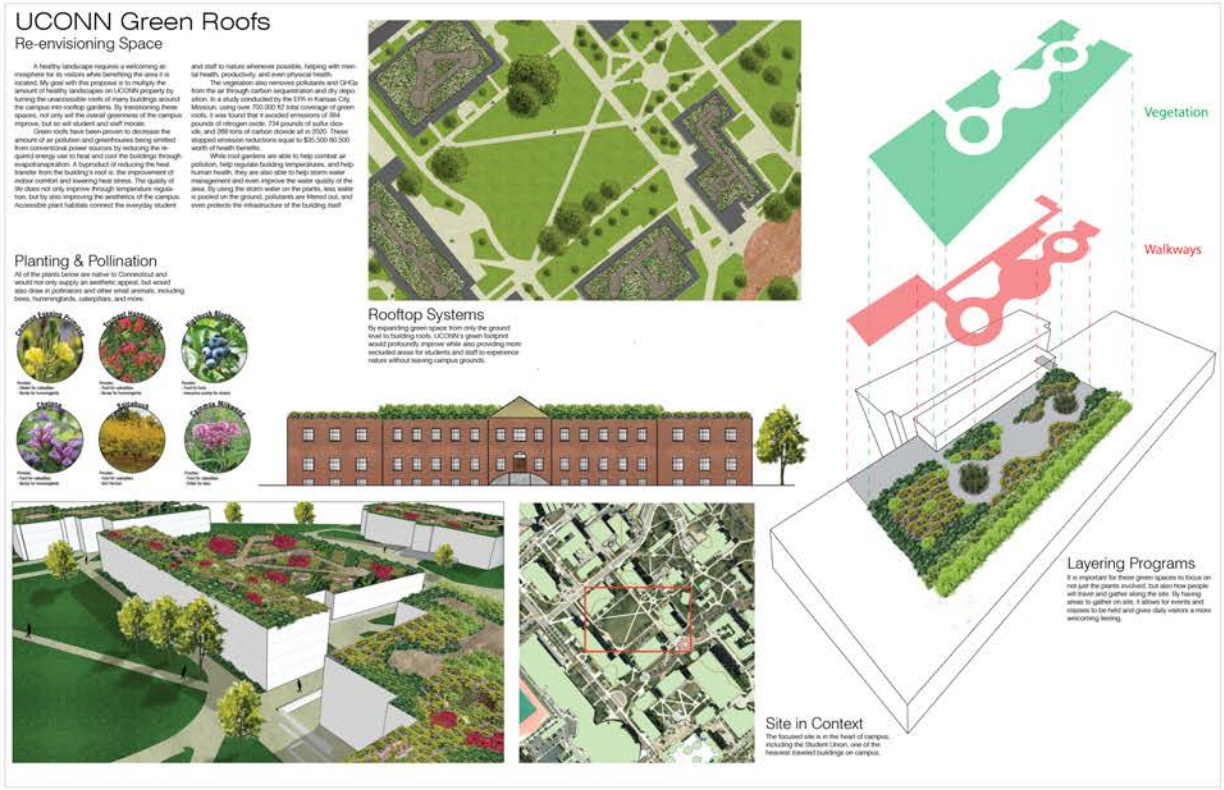
Nancy Pan

Abigail Varga

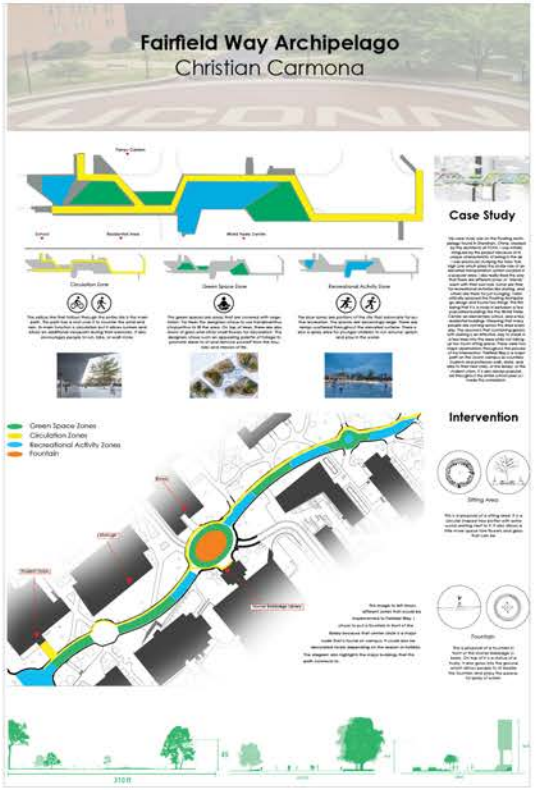
Mia Tunucci



Iris Armstrong

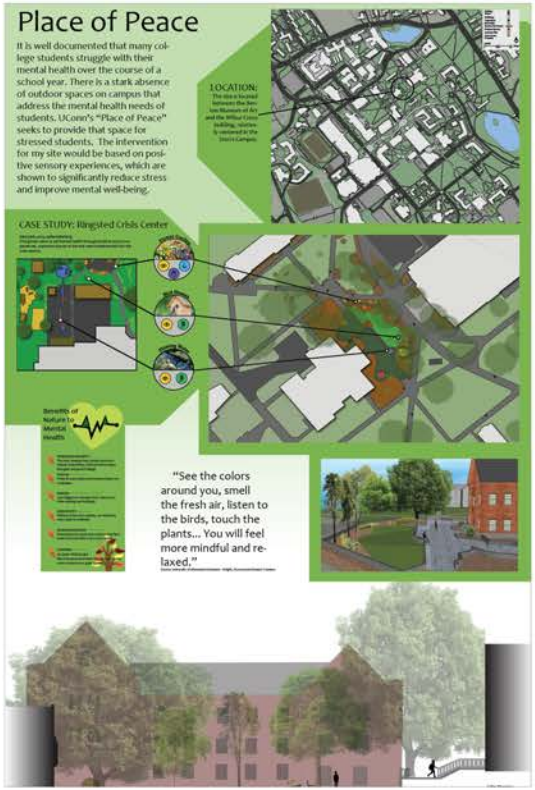


Andrew Simmons



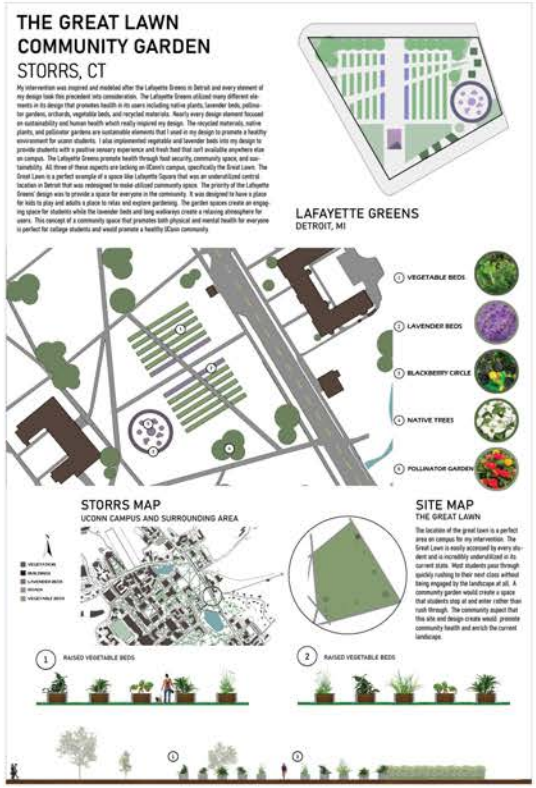
Christian Carmona

Sam Bushka



John Mooney

Elisabeth Helmin



Haley Vitko

Healthy Landscape: Sustaining Parking Lot

Site: UCONN School of Fine Arts

This is a parking next to the school of Fine Arts at the University of Connecticut. Based on the case study, the current parking lot has poor planting design, limited parking permission, limited accessibility and weak drainage system.

UCONN Site Map

Case Studies Summary

I incorporated four elements into the parking lot, there are plants management, parking lot for everyone, paths for pedestrian and water management. Together, they will make the parking become a sustainable site and healthy landscape.

Before Intervention

After Intervention

Leon Li

HUSKEY FLYOVER

2098 Hillside Road, Storrs, Connecticut, 06268

THE HIGHLINE

The Highline was once used into a railroad track in the 1930s, where then many years later it was then deserted. However, that 1.45 mile track then became what's now know as the Highline. The Highline now serves as a green area where many are able to walk around to enjoy the views and smells of the flowers. Not only does the Highline serve as an area where many may walk but the Highline has been able to host various events for all ages. Many mentions the difference between the High Line experience in the morning and night. Whether it's hearing the noise down below you, where cars are getting by, to seeing the glowing lights as you're walking by at night time. With these lights not only does the park give more dimensions but it also give the park more life.

The site that I choose on the UCONN Campus a the street next to The Gampel Pavilion. This area is one of the most frequented areas in the UCONN campus. After having realized how much movement a always going on in the area throughout the whole day, I was able to connect it with the Highline. The Highline is a 1.45 miles long rail structure which once used to be a railroad located in New York city, which is known to also be a frequented area. After seeing what the High line has to provide to the community towards physical and mental health I also wanted to offer to the UCONN community to an area where students would be given a chance on to feel rained while they walk around campus and what would be better than a physical and an aromatherapeutic walk.

THE HUSKEY FLYOVER

The goal of this project is allow students and other pedestrians on campus to be able to enjoy their walk and what is better than having a colorful aromatic flowager walk. Not only that but there would be a new addition of a bridge that will allow students and faculty to not only receive a safe way to cross but they will also get an aerial view from when they're crossing from the Student Union to the Hugh S. Gruer Field Fitness. Along those new additions to the campus not only would this be an area where pedestrians can enjoy in the morning, but they will be able to enjoy it in the night aswell. With having lights on the bridge this will be able to give the campus more life in night time.

Fatima Cisneros Ortega

Fatima Cisneros Ortega