

MINDFUL @ GLENWOOD PARK

A PROPOSAL BY TOGETHER FORWARD

AMERICA'S FIRST BUSINESS PARK FOR BEHAVIORAL HEALTH & WELLNESS



Description

Create a conceptual design for a mixed-use, business park development promoting behavioral health and wellness services, programs, and entrepreneurship. The objective is to establish a standard of excellence for mindful, intentional design accommodating medical office and mixed-use environments that promote mental health and well-being as well as address the need for consumer access to these services.

Prepared by:

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Location

The location for Mindful @ Glenwood Park (MAGP) is circled above. The proposal is to repurpose a portion of an underused urban park located at 1000 S Riverside Drive, southeast of downtown Fort Worth, TX (76104) and directly east of JPS Health System main campus.

Reference Material:

- <https://www.point2homes.com/US/Neighborhood/TX/Fort-Worth/Glenwood-Park-Demographics.html>
- ...

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Site

A triangular site proposed for MAGP is highlighted above. The plan proposes to rezone this portion of the east end of the park along S. Riverside Drive for commercial use. For entitlement and rezoning, the proposal will need to be supported by Fort Worth's Council District 8 representation.

The site's park setting is located about a mile east of the Evans & Rosedale Urban Village (<http://fortworthtexas.gov/evans-rosedale-urban-village/>). The advocacy and professional organizations that promote business development and investment in this village include the Near Southeast CDC, Southeast Fort Worth, Inc., and Fort Worth South. Recently, Connex Office Park proposed a shipping container office and tiny-retail park supporting green and sustainable design. Vibrant & conveniently located at the corner of Evans and Oleander, the Connex park offers access to all conveniences

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like meeting rooms, conference spaces, and a public gathering area themed "The Urban Porch".

General Program of Requirements

- Estimated Total Building Gross Area: 100,000 sq. ft.
- First Floor: Lobby, Atrium, Retail (e.g. smoothie shop, apparel, vegan convenience foods, novelty), Studios (e.g. yoga, fitness, massage, acupuncture, chiropractic)
- Second Floor: Access controlled co-working space, incubator space, observation rooms, conference rooms
- Third Floor: Offices (therapy, psychiatry, counseling)
- Fourth Floor: Offices (therapy, psychiatry, counseling)
- Conscious Garden:
 - 3 acres of intentional landscaping with adjacent access to site
 - Promote walking and integrate nature into the therapeutic experience
 - *This will be commissioned as a separate project.*
- Parking Options:
 - (1) Subterranean below building footprint
 - (2) Surface lots

Special Considerations

- Cultural Opportunity: Built in a neighborhood that is full of blight and near the city's homeless shelters, Mindful @ Glenwood Park will define "mindful" as a physical building for other cities and nations. Additionally, it will serve as an artistic and economic expression of the nation's 15th largest city.
- Natural Lighting is ideal; we know the benefits of sun in treating depression, circadian rhythm disorders, and creating Vitamin D
- Security: Of the utmost importance, the design must minimize "blind spots" while allowing security to be unobtrusive
- Safety: Minimize opportunities for self-harm or intrusive thoughts (e.g. open multi-floored atrium) while making the environment feel open and airy.

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Branding

Creating an appealing, unique, and intentional design will increase interest and investment. As a signature public-private partnership, MAGP's design/logo will be used for aggressive marketing and awareness campaigns so it must be distinctive.

Tenant Opportunities for Second Floor accommodation

www.HelloAlma.com

- This company takes creates "co-practicing" spaces and concentrates on relieving counselors and therapists of the administrative/facilities burden while improving collaboration.

www.TherapySpace.org

- This company takes pre-existing spaces/buildings and builds therapeutic finish outs

www.TechFortWorth.org

- This company is a local incubator for tech space. They've established a profession specific co-working space that is well respected in the area.

<https://www.acceleratedfw.org/web/page/idea-works>

- This company is another local incubator for big ideas. They renovated a building for general profession office and co-working space.

www.WeWork.com

- International company who dominates the co-working model.

www.NorthernRealtyGroup

- http://northernrealtygroup.com/idx/mls-13854704-1201_evans_avenue_106_fort_worth_tx_76104