

DISCRIMINATION HELP CENTER DISKRIMINASIE HULP SENTRUM

Emily Neil, Utah State University
Susie Tibbitts, Faculty Mentor

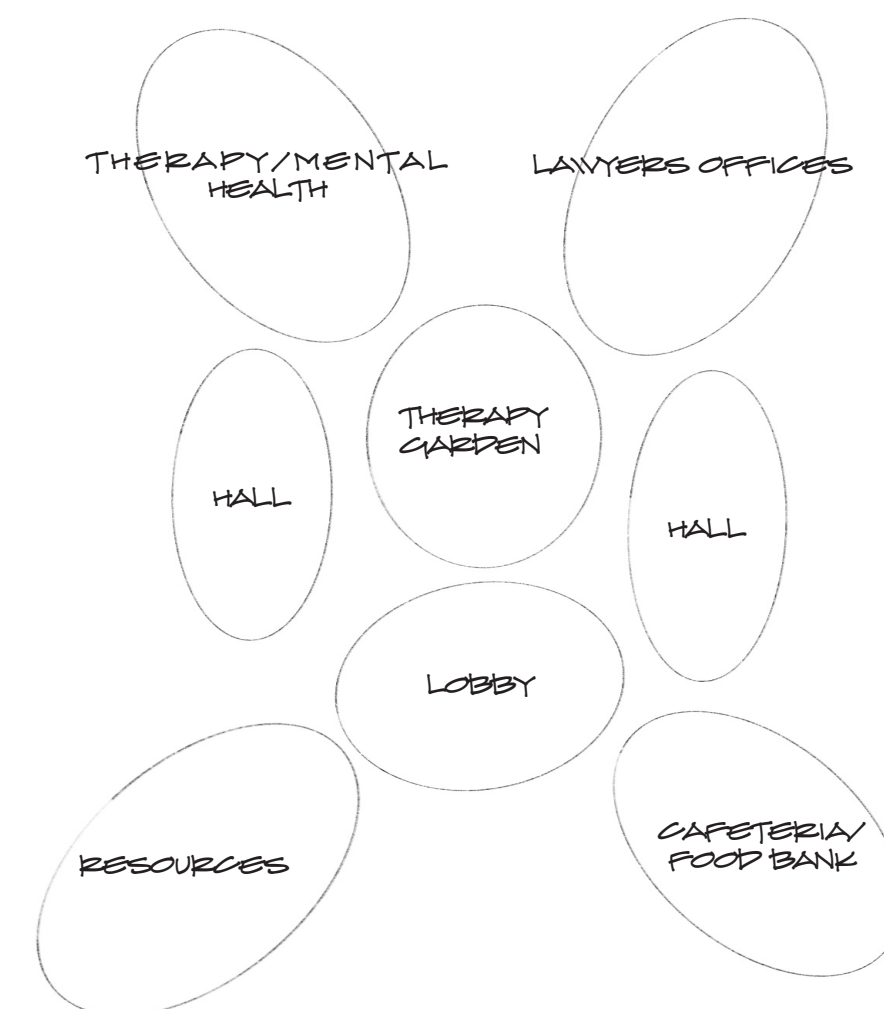


introduction

Race and ethnicity have been and still is at the heart of South African history, politics, society and economy since the European colonization. South Africa remains a complex mix of different races, cultural identities, languages and ethnic bonds. Discrimination Help Center (in the Afrikaan language, Diskriminasie Hulp Sentrum) in Cape Town, South Africa is a place for the Black Community to feel safe and get any help they may need. On site, there are lawyers, mental health help, therapy, career resources, help finding an education and housing, financial help, a cafeteria/food bank, and a healing garden.

Cape Town is widely considered to be South Africa's most segregated city. While the 1900 forced removals disguised underlying racial prejudice as an issue of health, over time the removal of black people from the city became undisguised racism. By the 1940s and 1950s Cape Town was a segregated city. Segregation was extended to other racial groups such as Coloureds and Indians. This attempt to segregate people was accompanied by forced removals in 1960s right up to the 1980s. The legacy of apartheid and forced removals left Cape Town as a segregated city, and residential suburbs created by apartheid through forced removals are still visible.

methods



needs Lawyers Offices, Mental Health Resources, Therapy, Find Jobs, Education Help, Financial Resources, Housing Help, Food Bank, Good Acoustics, Wayfinding, and a Calm & Safe Environment

wants Healing garden and a lobby with plenty of seating with lots of windows.

why a healing garden?

The relationship between plants and gardens and health is ancient. As early as 3000 B.C. the Chinese have used medicinal herbs. The Greeks built a temple for Aesculapius, their god of healing, set among mineral springs, bathing pools, and gardens. Green was a sacred color in ancient Egypt and represented the hope of spring that brought new vegetation and life.

This appreciation for the power of plants and gardens to our health has thankfully carried on to present times. Healing gardens can now be found in community parks, arboretums, botanical gardens and a variety of institutions including substance abuse treatment centers, outpatient clinics, long term care facilities, hospices, retirement homes and hospitals around the world. And most importantly, they can be found/built even in your own backyard.

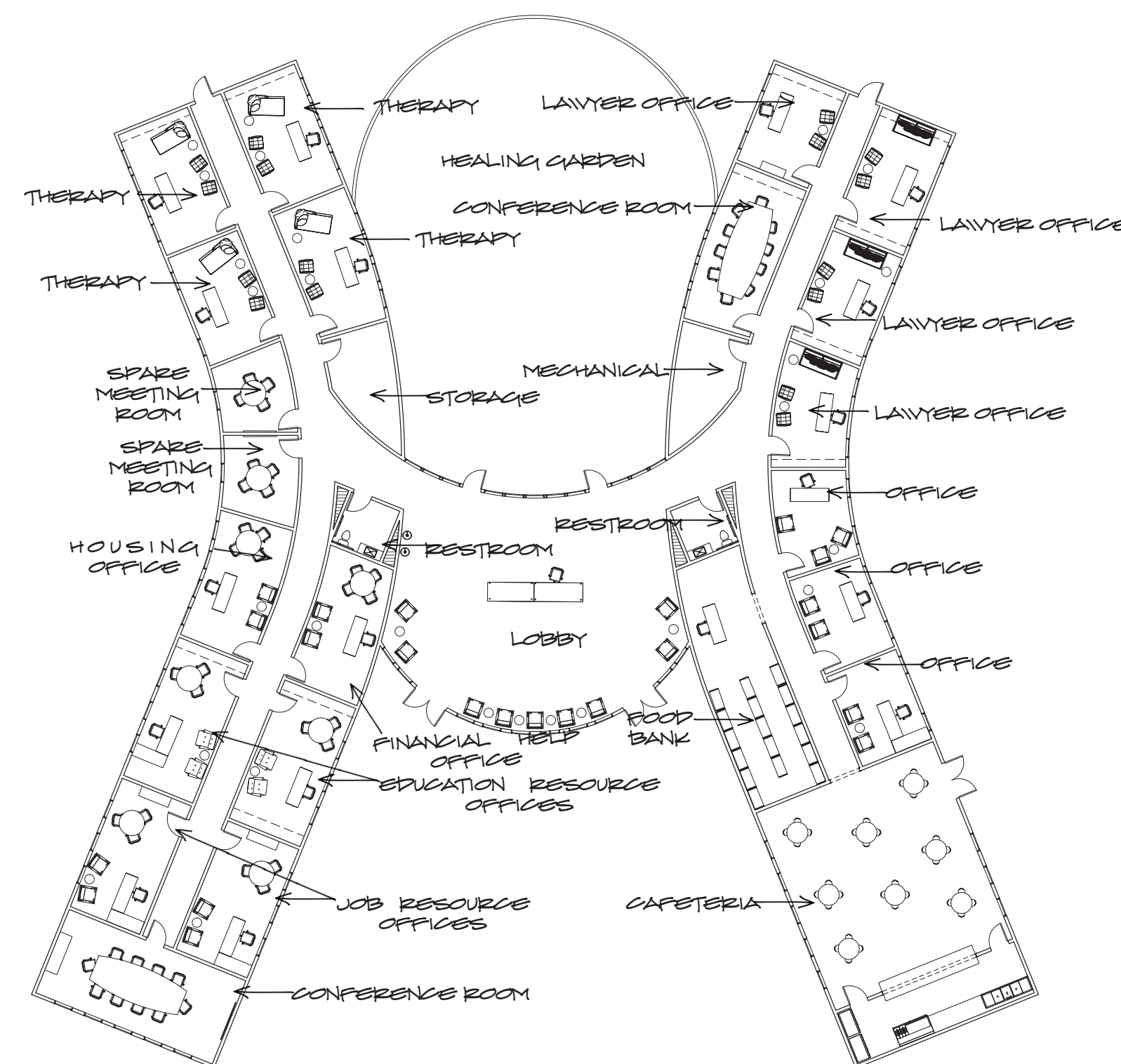
Gardens reduce stress and promote a sense of wellbeing. This leads to measurable psychological, physiological, and behavioral benefits, such as reduced anxiety, sadness, and other negative moods, lower blood pressure and improved immune functioning, and better compliance with treatment protocol.

conclusion

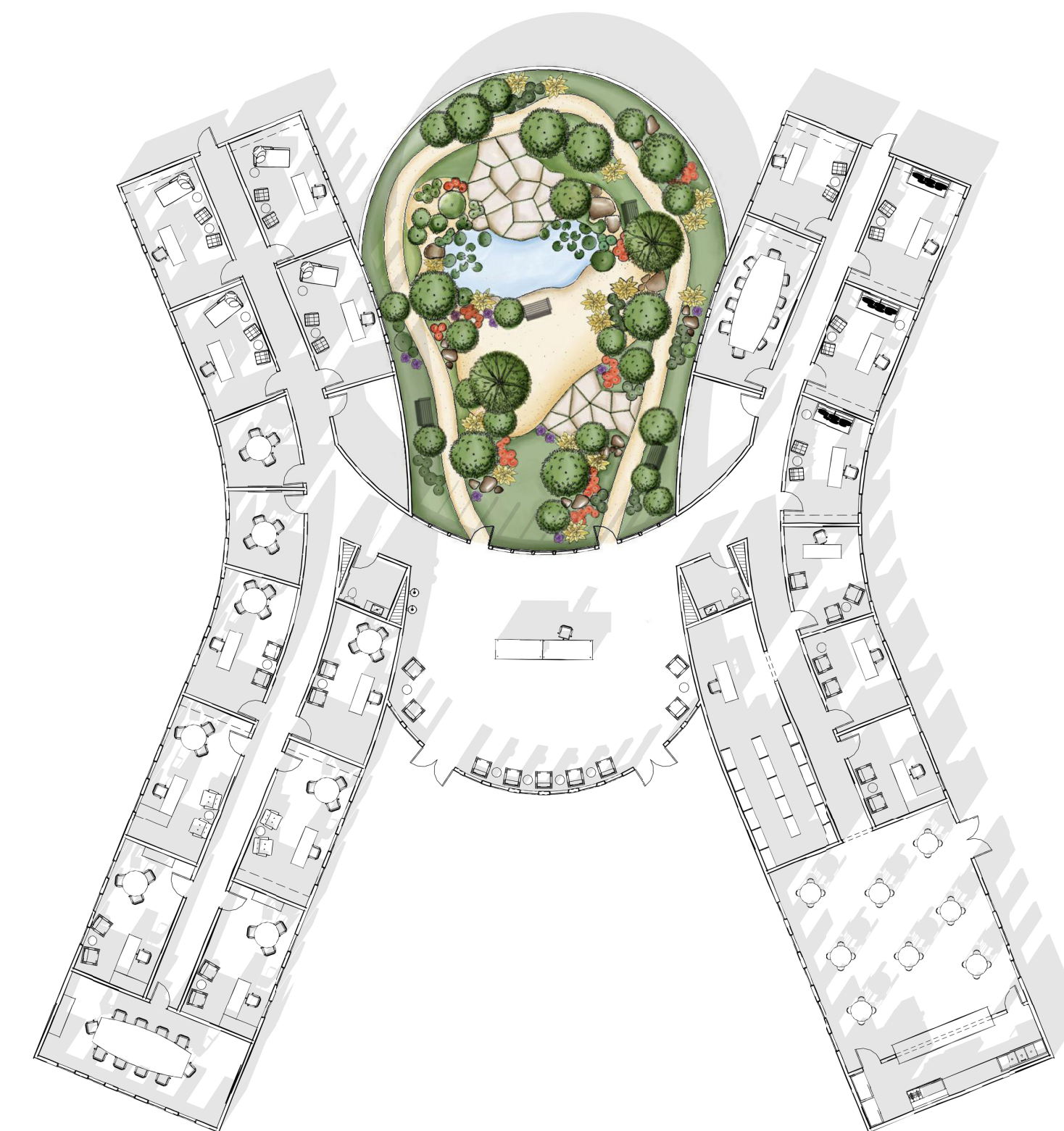
The Black community in Cape Town, South Africa needs support and a place to heal. The Discrimination Help Center will provide a wide range of resources. It is a place for all basic human needs to be met, and that people can lean on for help. This environment brings a positive future for all ages.

<https://extension.psu.edu/how-to-create-a-healing-garden>
<https://www.ahta.org/about-therapeutic-gardens>
<https://www.bbc.com/news/world-africa-55333625>
<https://www.theguardian.com/cities/2019/oct/21/why-are-south-african-cities-still-segregated-after-apartheid>
<https://www.nytimes.com/2012/03/23/world/africa/in-cape-town-many-black-south-africans-feel-unwelcome.html>
<https://time.com/longform/south-africa-unequal-country/>

labeled floor plan



floor plan with healing garden



close up of healing garden layout

