



# Mindful @ Glenwood Park

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Together Forward

A Texan Think Tank

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Proposal Version 2.2

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## AMERICA'S FIRST MENTAL HEALTH INSPIRED BUSINESS PARK

### Objective

Make Fort Worth the premier mental health destination for every American by restoring mental health provider parity, respecting patient autonomy, and establishing a new business standard for mental health entrepreneurs.

### Goals

Across America, mental health professionals are homeless.

Currently, psychiatrists, counselors, therapists, and agents of healing arts (acupuncturists, naturopaths, etc) must choose between expensive medical office buildings or non-accommodating traditional office buildings. Towers of cold steel and expansive parking lots increase biological stress while inflexible property management prevent useful collaboration. In short, mental health companies are silent victims of governmental and business apathy.

### The Solution

**Mindful @ Glenwood Park (MAGP)** repurposes an underused urban park into groundbreaking mental health business park that promotes healing, encourages interdisciplinary cooperation, and generates revenue.

**Mindful @ Glenwood Park** includes:

- Incubator: Like Tech Fort Worth and IDEA Works, **MAGP** focuses on mental health CEOs, creating support and space for them to start and grow. With local training programs for physicians, nurses, and allied health, **MAGP's** short term leases allow new mental health innovators to establish a company to transition throughout the Metroplex, state, and nation.
  - Conscious Garden: Pioneering the "walking encounter", **MAGP's** outdoor Conscious Garden allows tenants the luxury of completing active interviews. Targeted towards our clients and patients with intellectual and developmental disabilities (e.g. autism, Down's Syndrome, behavioral activation), acres of secure grounds replaces cold medical offices and dangerous streets/parking lots, improving success rates of therapeutic interventions.
  - Mindful Offices: Clad with adequate soundproofing, comfortable flooring, ample natural light, and soothing smells, sights, and decor, office space in **MAGP** will be highly sought after. Competitively priced, **MAGP** leases are managed by knowledgeable property management who are sensitive to the unique challenges of mental health. Collaborative but independent, each office will be leased by individual financially solvent and vetted mental health companies.
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# DOWNSTREAM EFFECTS

## Economic Development

Glenwood Park is nestled near the heart of downtown Fort Worth, surrounded by interstate access. The Historic Southside, like its Near Southside neighbor, is poised for tremendous growth over the next 10-15 years.

Unfortunately, unlike its western neighbor, the Historic Southside lacks the tax base to form a Tax Incremental Fund (TIF) and jump-start redevelopment. **Mindful @ Glenwood Park** will generate revenue from a mix of long, medium, and short term leases of suites as well as day pass access to its Conscious Garden.

## Mental Health Renaissance

American living is more stressful now more than ever yet we recognize the benefits of clean air, green space, and reflection. **Mindful @ Glenwood Park** will be the mental health business park built with intent and purpose. This sends a powerful message that mental health and wellness is important to our city and makes us a beacon for mindfulness and social justice advocates across the country.

## Neighborhood Redevelopment

With the Fort Worth Strategic Plan that includes redevelopment of the Evans-Rosedale Corridor, the incoming growth of Fort Worth, and renewal around Texas Wesleyan University, **Mindful @ Glenwood Park** will create jobs and add energy and interest in the Historic Southside neighborhood.

# POTENTIAL PARTNERS/ADVISORS:

- Michael Bennett - inspiring partner of an innovative architect firm who understands healthcare's nuance
- Commissioner Roy C Brooks - a strong advocate for mental health and healthcare services
- Stacy Marshall, SEFW Inc, Executive Director - visionary for the Southeast Fort Worth corridor
- TCU/UNTHSC School of Medicine - new medical school building empathetic scholars
- Texas Wesleyan University - growing institution that trains phenomenal mental health clinicians
- John Karras - Enthusiastic consultant with TIP Strategies developing FW's economic development plan

# OBSTACLES

- Funding - Depending on size, the Mindful @ Glenwood Park project is estimated to cost between 18 to 22 million dollars.
  - City Ordinances - Laws surrounding repurposing some City Parks require City Council and/or voter approval
  - Political Will - While underused, Glenwood Park has staunch advocates in city leadership; convincing the City Council to invest in mental health is critical to the success of the project.
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