



# Cultivating Wellness in Black Neighborhoods: Establishing Philadelphia's Deep Space Mind 215 Cooperative

AUTHOR Rashni Stanford and Mel Brown

COLLECTION EDITED BY Damian Mellifont, Jennifer Smith-Merry

## COLLECTION

Disability Studies

## EDITION

1st edition

## MARKET

College/higher education and Professional and scholarly

## This course reading...

- Draws from personal reflections from the mental health collective Deep Space Mind 215 as well as emerging mental health solutions.
- Explores how Black communities cultivate wellness in the midst of gun violence, post-Covid grief, and chronic disenfranchisement.
- Provides learnings for other communities to draw on and replicate.
- Is ideal reading for students of Black Studies, Disability Studies, Carceral Studies, Queer and LGBT+ Studies, Mad Studies, Social Work, and Cultural Anthropology.

### **In what ways do those with mental health challenges in Philadelphia work to support the mental health of themselves and their community outside the structures of Western medical models?**

Drawing on personal reflections and emerging mental health solutions from co-op members of Deep Space Mind 215, authors **Rashni Stanford** and **Carmel Brown** examine how Black communities cultivate wellness in the midst of gun violence, post-Covid grief, and chronic disenfranchisement. ***Cultivating Wellness in Black Neighborhoods*** archives these learnings for others to replicate in their own communities.

Providing learnings through interviews and essays, this book is ideal reading for students of Black Studies, Disability Studies, Carceral Studies, Queer and LGBT+ Studies, Mad Studies, Social Work, and Cultural Anthropology.

**Rashni Stanford** is a social worker in Philadelphia, co-founder of Deep Space Mind 215, and a practicing psychotherapist. **Carmel Brown** is a social scientist, researcher, and co-founder of Deep Space Mind 215.

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