



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

AUTHOR Rashni Stanford and Mel Brown
COLLECTION EDITED BY Damian Mellifont

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 **Mel 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 co-founder of Deep Space Mind 215 mental health co-operative, and formerly co-founder of Youth Healers Stand Up!, a youth-led project centering the leadership of young people experiencing homelessness in Philadelphia. Ras is a social worker focused on critical liberation strategy and enacting afro-futurism everyday. In another life Ras is a writer of institutional sci-fi and horror fiction and founding member of Metropolarity, a Philly-grown sci-fi collective.

Mel Brown is a social scientist, researcher, and co-founder of Deep Space Mind 215.

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