

Collaboration for the Greater Good



Improving Mental Health Outcomes in Loudoun County

Across the United States, mental illness poses significant challenges for individuals and communities.

Large numbers of people are affected, suffering substantial emotional, physical, financial, social, and other difficulties. For many, access to adequate care is limited at best, and government assistance programs are often under-funded or even unavailable. Families and friends struggle to cope, and aren't equipped to support loved ones. Mental health issues are also hard to identify, and individuals frequently "slip through the cracks" in schools, workplaces, churches, and other interactions. Also, the general population still fails to appreciate the prevalence of mental illness in today's society, and the extent of the impacts. Mental health still carries social stigma, making it harder to address both personally and on a community level.

High-profile "mass shootings" over the past decade have increased the nation's interest in mental health, with much-needed conversations taking place in society and important policy debates occurring at every level of government. More locally, mental illness has come into focus because of suicides, generating responses from public education to grief counseling. Despite these tragedies, however, many of the real, day-to-day struggles of individuals affected by mental health issues, which may be precursors to these unfortunate events, go unseen. From exclusion, unemployment, and homelessness to "self-treatment" with alcohol and drugs, people continue to get caught in a vicious cycle that is very difficult to break.

Friends of Loudoun Mental Health (FLMH) is working hard to change these dynamics. FLMH's services involve financial assistance to people dealing with mental health issues, enabling individuals to access housing, pay bills, and take care of other basic needs so they can gain independence and successfully re-integrate into society. To meet the demand in the community, FLMH seeks to expand its support, providing more help to more people. FLMH also sees an opportunity to leverage its knowledge of mental illness and local conditions, to help people connect with mental health resources and build public awareness increase the recognition of, empathy for, and support to fellow citizens who are struggling.

FLMH is working with **Snowflake LLC** to develop a strategy for sustaining current service levels and accomplishing more. As "one team," we're creating a realistic, actionable plan for a greater future, so FLMH can increase its contributions to local mental health solutions. Our approach is geared to get outcomes, focused on where Friends can make the most significant impacts on individuals' and the community's needs. We're "dreaming big," ideating with an "open field" perspective, finding creative ways to access the people and financial resources we need to "live the dream," and aligning our outlook with what we can accomplish. When we're done, we'll have high expectations, and everything we need to meet them.

When we collaborate to improve individuals' and communities' quality of life, the sum is truly greater than its parts. The combined capabilities, expertise, and efforts of FLMH and Snowflake will make a more significant difference than either of us can alone. This is exactly why we exist: **To help social purpose organizations be sustainable, improve on what they do, and then do more.** Since our launch in 2014, our focus on Strategy, Marketing, Programs, People, and Organizations has made a significant impact—we've teamed with over 25 non-profits, government agencies, and socially-oriented businesses to advance important missions that will change lives. We can't wait to do even greater things!

[Learn about Friends of Loudoun Mental Health >>](#)

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[Explore what we can do together >>](#)

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