

SOUND EFFECTS

A LETTER FROM THE CEO

August 27, 2025 // Issue #1

A MESSAGE FROM THE CEO

DEAR FRIENDS OF SOUND,

This summer has been nothing short of energizing as we've had the opportunity to connect with our SOUND community in so many meaningful ways. Across every event and gathering, I've been reminded of the power that comes from people uniting behind a shared purpose and the momentum building around supporting access to behavioral health care for all.

Whether our SOUND team was serving meals at FareStart, welcoming guests to our booth at the THING festival, or 'swinging for hope' at our inaugural golf tournament, one thing was consistent: people were eager to share their stories. I heard from community members whose lives have been touched by mental health, substance use and other needs. Some as individuals, some as caregivers, and some as family or friends walking alongside someone they care about.

These moments of connection underscored what I, and so many of you in our community, already know to be true: behavioral health care affects every one of us, directly or indirectly, and the need for accessible, quality care has never been greater. They also reinforced why we are here – to keep the Orange Door open, increase access, and break down the stigma that too often keeps people from seeking the help they need.

My goal, and SOUND's goal, is to ensure that when someone reaches out for help, they are met with compassion, understanding, and the right care at the right time. This work is only possible because of our community. Your advocacy, your partnership, and your belief in our mission make all the difference.

We are here for all of you.

Most sincerely,



Katrina Egner
SOUND President & CEO

SOUND's Inaugural *Swing for Hope* Golf Classic is a Smashing Success!

Thank you to everyone who joined us on August 8th at The Golf Club at Newcastle in support of SOUND Behavioral Health's first-ever *Swing for Hope* Golf Classic!

Your generous participation—whether through your play, sponsorship, or spirit—helps us bring equitable, recovery-focused behavioral health care to more than 15,000 people in King County each year.

From breakfast to the banquet, prizes, and all the fun in between—you helped make this day a tremendous success. Because of you, our mission of hope, healing, and recovery moves forward.

We're deeply grateful and look forward to welcoming you back next year!



THE SOUND OF EXCELLENCE

SOUND's Mobile Crisis Team Featured in the Seattle Times

SOUND is proud to be recognized in recent coverage by The Seattle Times highlighting King County's evolving approach to mental health crisis response.

As one of the county's leading mobile crisis units, our Mobile Rapid Response Crisis Team (MRRCT) was featured for their around-the-clock work meeting people where they are. The article spotlights how SOUND's mobile responders, alongside the 988-crisis line and emergency services, are helping transform what behavioral health support looks like in our community: [SOUND in The Seattle Times](#)

Crisis Director Joe Vela Earns PSBJ Health Care Heroes Award

Congratulations to our colleague, Joe Vela, for his well-deserved recognition as one of Puget Sound Business Journal's 2025 Health Care Heroes.

As Director of Crisis Services, Joe has worked tirelessly this year to stand up SOUND's Mobile



Rapid Response Crisis Team (MRRCT) to provide lifesaving, accessible behavioral health crisis care throughout King County.

Every day, he and his team serve our community with empathy, innovation, and tenacity - responding to behavioral health crisis needs 'round the clock and in all types of weather.

A true Health Care hero!

RECENT EVENTS

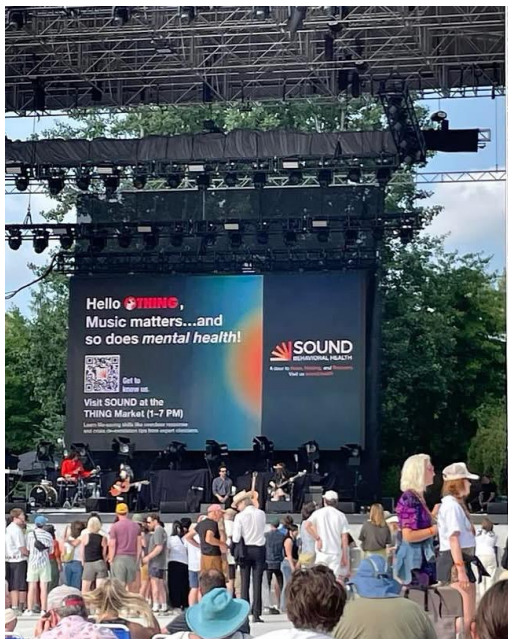
Some-THING Wonderful

Music Matters – and so does Mental Health!

SOUND was thrilled to partner with Seattle Theatre Group (STG) this past month at THING Festival. On three Saturdays in August, our clinician training teams shared:

- ✓ Life-saving overdose response skills
- ✓ Crisis de-escalation tips
- ✓ Mental health and recovery resources

We were proud to join STG in creating safer, more supportive spaces through music, connection, and care.



Service With a Smile at FareStart's Guest Chef Night

For nearly 60 years SOUND Behavioral Health has served King County—and this summer brought that commitment to life in a memorable way.

Our team swapped desks for aprons at a FareStart Guest Chef Night with Chef Stuart Lane (of

Spinasse and Artusi). We greeted diners, served gourmet dishes, cleared tables—and even sang birthday songs in a lively atmosphere.

But our work with FareStart goes well beyond one night. Each week, our licensed counselor and substance use professional Karin Gordon is on-site to support students facing early recovery, reentry challenges, or mental health concerns—offering coping skills, connections, or simply a listening ear.

We've partnered with FareStart staff on resilience training too—from boundary-setting workshops to de-escalation strategies—helping build stronger kitchens and stronger foundations for long-term wellness.

We had a blast at Guest Chef and can't wait to do it again!



Impact Spotlight

Sweet Treats from Our Friends at Gesa Credit Union

Thank you, Gesa Credit Union, for delivering Dairy Queen Blizzards to our Child and Family Services team at our Tukwila East clinic in celebration of Dairy Queen's Miracle Treat Day—a day when a portion of every Blizzard® sold supports local children's hospitals. In Seattle, that means Seattle Children's Hospital!

Not only did Gesa brighten our team's day, but they also helped make a difference for kids and families across our region. We're so grateful for Gesa's generosity and for recognizing the incredible work our staff does every day.

The Sound of Support from Seattle Symphony

We're so grateful to have rekindled our community partnership with the Seattle Symphony.

They generously gave us the opportunity to highlight SOUND Behavioral Health in their May/June edition of Encore and provided tickets to several fabulous performances, including Music & Fashion with Thorgy Thor, Barbie the Movie in Concert, and DreamWorks Animation in Concert.

We extend a heartfelt thank-you to the Seattle Symphony for their contributions to community, for recognizing how

powerful music can be in supporting mental health, and for helping to stave off burnout—especially for our dedicated clinical team.

SOUND 2024 ANNUAL REPORT



We're excited to share our 2024 Annual Report, *The SOUND of Impact*, with you, our King County community. Because of your generosity and engagement, we've made meaningful progress together—and this year's report highlights the real impact you've helped drive. From stories of transformation to key accomplishments, this serves as our heartfelt thank-you and a celebration of what we achieve as one:

SOUND Behavioral Health 2024 Annual Report

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