

SOUND EFFECTS

A LETTER FROM THE CEO

January 30, 2026 // Issue #1

DEAR FRIENDS OF SOUND,

As we enter 2026, we are marking a truly meaningful milestone: SOUND's 60th anniversary. Six decades of service is not just a measure of time; it is a testament to the belief that everyone deserves access to compassionate, high-quality behavioral health care. While this anniversary sparks reflection on how far we've come, it also challenges us to imagine the future we are building together.

Our story has always been powered by people. The dedication of our staff, the partnership of community organizations, and the trust of those we serve are the foundation of everything we do. Across generations, you have carried SOUND's mission forward with care, resilience, and an unwavering commitment to helping individuals transform their lives. We're so excited to celebrate this milestone with you! Stay tuned—we'll be sharing more about our year-long festivities very soon.

This year also brings exciting momentum for behavioral health across Washington, and for SOUND in particular. We are proud to be part of the state's inaugural Certified Community Behavioral Health Clinic (CCBHC) Pre-Certification Cohort – one of only ten behavioral health organizations selected statewide for this important work. Inclusion in the cohort reflects both the strength of our existing services and our commitment to delivering integrated, whole-person care that meets people where they are.

We are encouraged by Governor Ferguson's proposed budget, which includes support for CCBHC, signaling that comprehensive behavioral health care is a growing priority at the state level. Lawmakers and advocates across Washington continue to champion this model, and SOUND is committed to building on this work. For organizations like ours that have already been operating CCBHC-modeled clinics, 2026 represents an important bridge from time-limited grant funding toward long-term sustainability, allowing us to expand access, strengthen care, and serve our communities more effectively for years to come.

This New Year season also reminds us of the resilience and compassion that define the SOUND community. In December, severe flooding required the evacuation of one of our residential living facilities in Auburn. During an incredibly challenging moment, our staff responded with urgency, care, and professionalism, ensuring the safety and dignity of every resident. I am deeply grateful for their swift action, and for the generosity and

partnership of the team at the Interurban Tukwila hotel, who stepped in to support our community when it was needed most.

Looking ahead to the year in store for us, I am inspired by the dedication, creativity, and heart that fuel SOUND's work every day. As we celebrate 60 years, we remain focused on what lies ahead – opening doors, expanding access, and shaping a future where hope, healing, and opportunity are within reach for all.

Thank you for being part of SOUND's journey. Together, we are honoring our past while building a stronger, more compassionate future.

Most sincerely,

Katrina Egner
SOUND President & CEO



New Year, New Look for SOUND's Belltown Clinic

We are thrilled to announce that construction at our Belltown clinic has reached a major milestone. Our teams have officially reoccupied the space, and **we are once again welcoming clients through the front doors (rather than our back door!)**

While there are still a few finishing touches to be made, we expect everything to be fully finalized by the end of this month. A massive thank you to our staff and clients for your incredible patience and flexibility while your space was under construction.

The remodel has already had a powerful impact on our Belltown community. Clinic Manager Erin Smith shared that one client told her, "This remodel makes me feel like you care about us."

Thank you to our community partners at **JTM Construction** for the wonderful new space – and thanks to our Belltown neighbors at **KIRO 7 TV** for stopping by to tour our remodeled site and say hello to our amazing team at SOUND's **Clean Start** program!





“What Matters” Awareness Campaign

As we wrapped up 2025 and jumped into 2026, SOUND launched the “What Matters” mental health awareness campaign on our social media pages. Over the past few weeks, local celebrity influencers and community leaders have shared their personal mental health stories and messages of encouragement, with a final message to support SOUND and its mission by visiting our website.

Participants have included KEXP DJ and musician Eva Walker, “Deep Sea Diver” lead singer and guitarist Jessica Dobson, SIFF Artistic Director Beth Barrett, KEXP morning show host John Richards, “Suzzallo” singer/songwriter Rocky Votolato, “Art Zone” host Nancy Guppy, celebrity Chef Ethan Stowell, KEXP DJ Kevin Cole, KING 5 News Anchor Jake Whittenberg, MOPOP Chief Collections + Exhibit Officer Jacob McMurray and Sonic Guild Seattle CEO and musician Ben London.

The campaign ran through mid-January. Hope you’ll check it out and support these inspirational messages of Hope, Healing, and Recovery by visiting SOUND’s pages!

Instagram: @soundbehavioralhealth

Linkedin: @sound





SOUND to Present at NatCon 2026

We're pleased to share that SOUND Behavioral Health has been invited by the National Council for Mental Wellbeing to present at NatCon 2026, taking place April 27–29 at the Colorado Convention Center in Denver.

Our proposal, **“Navigating to Yes! How to leverage CCBHC flexibility at your front door and beyond”**, which showcases SOUND’s Behavioral Health Navigator position, has been selected for an **in-person digital poster presentation**. NatCon is the largest national conference focused on mental health and substance use prevention, treatment, and recovery, bringing together leading voices and innovators from across the field.

Digital poster sessions offer an interactive platform to showcase impactful work and share knowledge with colleagues nationwide. We'll receive final presentation date and time details once the conference schedule is finalized.

Congratulations to everyone involved in this submission—and thank you for helping represent SOUND on a national stage!

SOUND of Gratitude

Building Safer Communities with Columbia Bank

SOUND Behavioral Health is proud to receive a \$4,000 grant from the **Columbia Bank Community Impact Fund**. This funding is dedicated to our **Mobile Rapid Response Crisis Team** (MRRCT), allowing us to provide "stabilization kits" to those in immediate need.

By providing essentials like warm blankets and fresh clothing during a crisis, we can offer a bridge to long-term care and support. We are deeply grateful for Columbia Bank's investment in our mission.

Healing Animals and People Alike

Inside SOUND's Partnership with Sammamish Animal Sanctuary

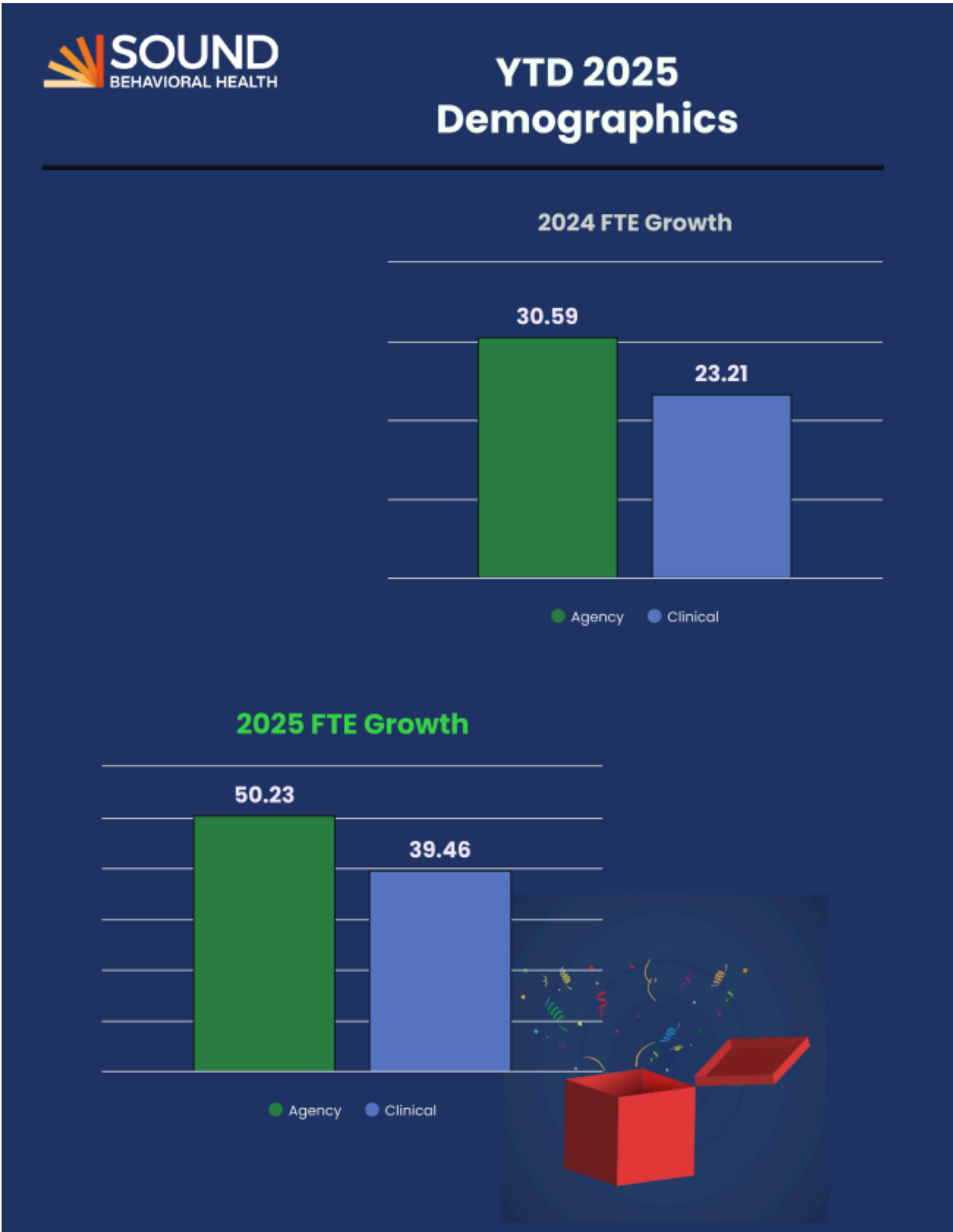
When SOUND clinician Marlene Andrews began volunteering at the Sammamish Animal Sanctuary, she noticed a powerful parallel. The animals—many rescued from neglect—required the same patience, consistency, and steady care as the people she supported at SOUND.

That realization blossomed into SOUND's **Animal Sanctuary program**. Now a thriving pillar of our Child and Family Services, this partnership with the Sammamish Animal Sanctuary offers transformative healing for our community.

[Read more](#) about this life-changing program and how our partners at **IMA** are helping us make a difference.

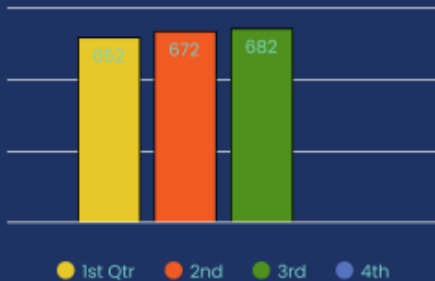


SOUND 2025 Demographics

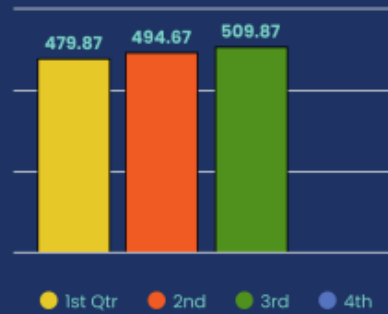


Oct End 2025 STAFFING AND TURNOVER

Total Headcount
(People)



Clinical FTE



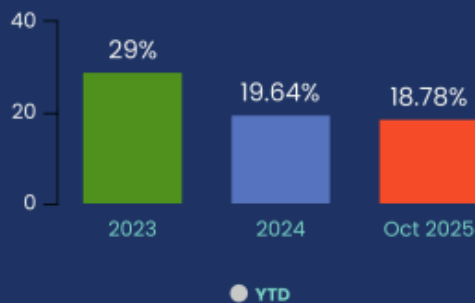
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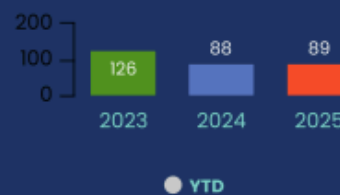
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Annualized Turnover YTD

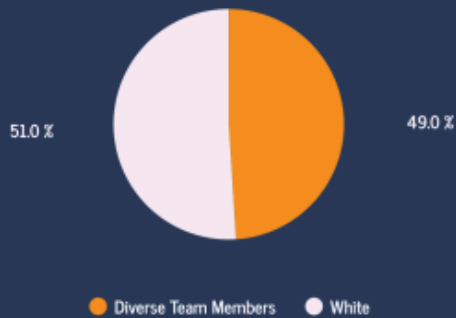


Voluntary Turnover
YTD

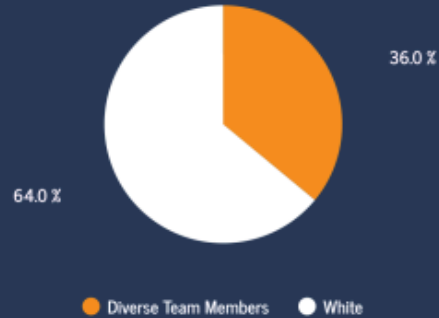


Diversity, Equity, Justice and Inclusion Report

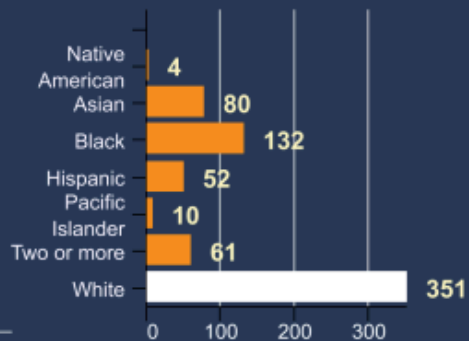
2025 Agency Diverse Team Members



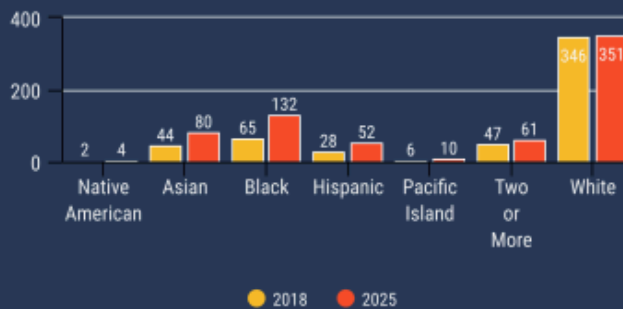
2018 Agency Diverse Team Members



Organization Demographic

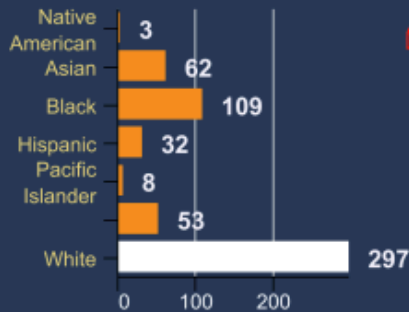


Diversity Since 2018



Diversity, Equity, Justice and Inclusion Report- Clinical

Clinician Demographic

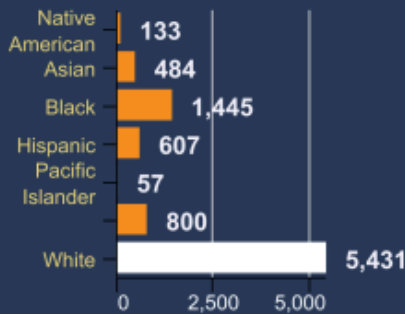


We are doing
this together!

Clinical Diverse
Team Members



Client Demographic



Client Demographics



Race	Clinicians	Clients	Clinician to Client Ratio
Native American	3	133	1 to 44
Asian	62	484	1 to 8
Black	109	1445	1 to 13
Hispanic	32	607	1 to 19
Pacific Islander	8	57	1 to 7
Two or More	53	800	1 to 15
White	297	5431	1 to 18

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LIVES



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