

SOUND EFFECTS

A LETTER FROM THE CEO

March 31, 2026 // Issue #3

DEAR FRIENDS OF SOUND,

As we continue celebrating SOUND's 60th anniversary, March offers an opportunity to look ahead — focusing not only on our legacy, but on how we continue to show up for our community in real and meaningful ways.

In the coming weeks, we look forward to sharing more about a new 60th anniversary initiative that will invite organizations across King County to join us in advancing behavioral health. This effort reflects the collective spirit that has sustained SOUND for six decades, and the shared responsibility we all have in building a stronger, more connected system of care for our community.

Earlier this month, SOUND was featured in *The Seattle Times* for our role in launching King County's first [post-crisis follow-up team program](#) — an important step in strengthening the region's behavioral health continuum. These teams provide hands-on support to help individuals safely transition from crisis care to ongoing treatment and recovery, a time where they are at their most vulnerable.

From helping someone get to a follow-up appointment to ensuring they are not navigating recovery alone, this work reflects our commitment to trauma-informed care that truly uplifts those who need our support. We are proud to be part of a broader system working to strengthen behavioral health support beyond the point of crisis.

We also saw meaningful recognition of SOUND's commitment to the communities we serve through Joe Vela, our Director of Crisis Services, who was recently featured in the [Latino Herald](#). His perspective reinforces an important truth: that SOUND stands with our communities, and that we do not work with immigration enforcement. We remain focused on ensuring that individuals and families feel secure seeking the support they need, regardless of your background or where you come from.

With 60 years of service behind us, we remain committed to strengthening partnerships, expanding access, and continuing to open The Orange Door to care for those who need it most.

On behalf of the SOUND team, thank you for your continued partnership and support.

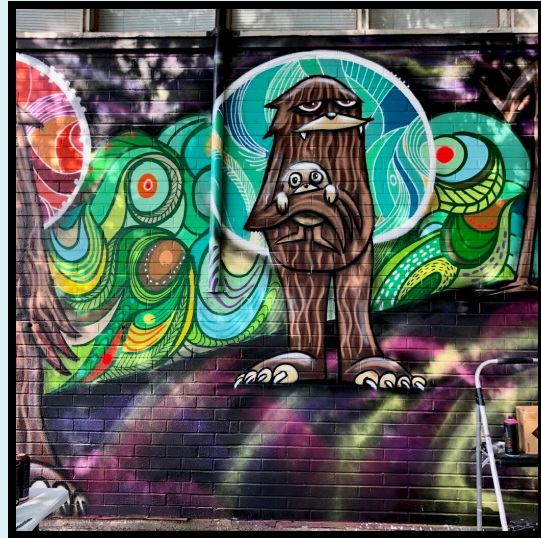
Most sincerely,



A Creative Spark at Belltown

We were thrilled to welcome **Ryan “henry” Ward** to SOUND’s Belltown Clinic this morning to explore an exciting new collaboration. Henry’s vibrant, joy-filled work has become a beloved part of Seattle’s cultural landscape, and the conversation sparked meaningful possibilities for bringing art, healing, and community together in new ways.

Thank you, henry — good things ahead for our clients, our spaces, and our city.



Stepping Forward for Mental Health at NAMIWalks Washington

For 60 years, SOUND Behavioral Health has been committed to strengthening mental health and wellness across our community — and we’re proud to once again partner with NAMI for

NAMIWalks Washington.

This year, Team SOUND is walking for hope, healing, and the power of a SOUND mind. Together, we're showing up for the thousands of children, youth, and adults who rely on compassionate, accessible behavioral health care.

Whether you join us on the walk or support Team SOUND with a donation, every step and every contribution fuels our mission and expands what's possible for our community.

Let's walk it out for mental health — together.



SOUND Joins Regional Leaders to Shape the Future of Health Care

In March, our President & CEO Katrina Egner joined regional leaders at the Puget Sound Business Journal's Health Care of the Future panel.

The discussion highlighted the major forces reshaping care in our region — from emerging technologies and innovative care models to the ongoing work of advancing equity and expanding access. Panelists underscored the need for health systems to evolve in ways that truly meet the needs of our communities today and in the years ahead.

One theme rose above the rest: the future of health care must include stronger investment in behavioral health and community-based care. At SOUND, we're proud to help lead that future — ensuring people across our region can access the support they need, when they need it.



SOUND of Gratitude

We're grateful to Latino Herald for highlighting our **Mobile Rapid Response Crisis Team** and the lifesaving support available through 988 Suicide & Crisis Lifeline.

Mental health crises can happen to anyone, and help should be accessible to everyone. Our MRRCT team responds quickly with trained clinicians who can de-escalate crises and connect people to care.

These services are free, confidential, and available regardless of insurance, income, or immigration status. No one should be afraid to ask for help when they need it most.

Read the full story here:
<https://lnkd.in/dymczR2vdifference>.

Latino Herald

Crisis Response 988: Immediate and Confidential Support for Immigrant Communities

By Luca Lázaro Bertrand



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