

SOUND EFFECTS

A LETTER FROM THE CEO

June 30, 2026 // Issue #4

DEAR FRIENDS OF SOUND,

This month, we are proud to share our 2025 Annual Report, which offers a meaningful look at the lives touched, services provided, and partnerships strengthened throughout the past year. Behind every statistic is a real person—a family member, colleague, neighbor, or friend—who found support, connection, and hope through SOUND. You can read the Annual Report on our website [here](#).

The numbers tell an important story. Last year, SOUND provided care and services to more than 15,000 people across King County, the vast majority of whom faced significant economic barriers to accessing care. As demand for behavioral health services continues to grow, families and individuals across our region are navigating rising complexity, persistent stigma, and too many barriers to timely support. At SOUND, we remain committed to meeting people where they are and ensuring care is available when it is needed most. That commitment is just as vital today, as we celebrate our 60th anniversary, as it was when SOUND first opened its doors in 1966.

Our Annual Report also highlights the people and partnerships that make this work possible. This year marks the 20th anniversary of SOUND's Middle School Support Program (MSSP), which has provided critical school-based support to students across King County for two decades. The program helps young people build resilience, navigate challenges, and access care in a setting where they feel safe and supported. We are deeply grateful to the Nesholm Family Foundation, whose generous support since the program's inception has helped make a lasting difference in the lives of countless students and families.

As we reflect on this milestone year, we are reminded that access to behavioral health care must be rooted in dignity, belonging, and trust. We remain committed to advancing equitable access to care by ensuring that language, culture, identity, and lived experience are honored in every interaction. That means continuing to invest in compassionate, culturally responsive services and reducing barriers that have historically prevented too many people from getting the support they deserve.

June is also Pride Month, a time to celebrate the 2SLGBTQIA+ community and reaffirm our commitment to creating safe, welcoming, and affirming spaces for all. At SOUND, we believe every person deserves care that honors who they are, respects their lived experience, and supports their well-being. We are committed not only to inclusion, but to

care that recognizes the resilience, strength, and humanity of 2SLGBTQIA+ individuals and communities. We were proud to stand alongside our community at Trans Pride Seattle and the Seattle Pride Parade last weekend, celebrating the diversity, authenticity and belonging that make our region stronger.

We also continue to be inspired by the many community partnerships that strengthen our mission. During National Mental Health Awareness Month in May, supporters joined us through educational events, community gatherings, and fundraising partnerships that helped raise awareness and expand support for behavioral health services. From documentary screenings and community celebrations to dine-out fundraising events, these collaborations demonstrate what is possible when a community comes together around a shared belief: that mental health matters, recovery is possible, and no one should have to struggle alone.

Looking ahead, we invite you to join us for the second annual Swing for Hope Golf Classic on July 31. This event brings together community partners, supporters, and advocates for a day of connection and impact, with proceeds helping SOUND provide critical behavioral health services throughout King County. Whether through sponsorship, participation, or simply sharing the event with others, your support helps ensure more people can access the care they need. If you are interested in sponsoring the event or playing, please email development@sound.health.

As we celebrate 60 years of service, we remain focused on the future: strengthening partnerships, expanding access to care, and opening The Orange Door even wider for those seeking hope and healing. We invite you to take one step with us this month—read and share our Annual Report, attend a community event, support Swing for Hope, or help amplify the message that behavioral health care should be accessible to everyone. Every action helps build a healthier, more connected community.

Thank you for standing with SOUND and for helping ensure that every person who seeks support finds an open door, a compassionate response, and a path toward healing.

Sincerely,

Katrina L. Egner
SOUND President & CEO



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