

# Welcome to Sound Pathways

Since 1969, we have been dedicated to creating a safe and supportive place for our clients to become self-reliant, sober, and successful.

Sound Pathways offers prevention, intervention and harm reduction programs designed to meet people where they are – with a special focus on supporting substance use recovery, regaining health and stability, strengthening and restoring families, and enhancing personal, professional and social skills.

## This is critical work for our Snohomish County community:

- Approximately 1 out of every 5 opioid deaths in Washington State occur in Snohomish County
- Each year there are 1,400 emergency room visits caused by substance use in Snohomish County
- Snohomish County maintains 576 emergency shelter beds – a fraction of those beds are reserved for households with children
- At any time, Snohomish County has on average 31 unsheltered households with children



Learn more at  
[soundpathways.org](https://soundpathways.org)  
425-259-7142



Celebrating  
over 50 years of  
service to our  
community



Sound Pathways programs are free to eligible clients.

Sound Pathways serves and supports more than 5,000 people each year. As a result, hundreds of families have been reunited or have been spared the trauma of separation.

## Sound Pathways Programs

### Parent Child Assistance Program (PCAP)

In this three-year program, PCAP case managers help mothers with substance use disorders achieve and maintain recovery, build healthy family lives, and prevent the births of subsequent alcohol/drug exposed infants.

- After three years, 93% of clients completed alcohol/drug treatment programs with 76% abstinent for more than 6 months
- 78% of mothers had legal custody of target child at program exit and 80% were in stable housing

### Foundational Community Supports Supportive Housing Program (FCS)

This program helps people who are Medicaid eligible find and secure housing. Case managers partner with clients to overcome housing barriers including criminal background, substance use disorders, mental health, financial and/or credit, eviction history, and SSI/SSDI. FCS has helped

- 99 households secure and maintain housing this past year
- aided 25 families with emergency housing

### Harm Reduction Program (HRC)

The HRC is a community-based, public health program providing critical services to people who use drugs. Outreach specialists serve the community by reducing the harms associated with drug use, Prevent HIV and viral hepatitis infections and connect people to vital resources.

To learn about program eligibility and how to apply, visit [soundpathways.org/application](https://soundpathways.org/application)

Using evidence-based approaches, case managers, outreach specialists, and other dedicated staff offer unwavering support, empowerment, and guidance to those we serve, as they navigate their journey towards stability and independence.

Over the years, our mission and our vision have lit our path and driven our work.

#### Mission:

We serve as a beacon of hope and healing for at-risk individuals and families facing challenges related to alcohol, substance use and mental health in Snohomish County. We work collaboratively to uplift our clients and to help our community thrive.

Through our work and by hiring exceptional staff, many with lived experience, Sound Pathways has developed a deep understanding of the needs of our clients. As a result, we have built successful, tailored programs that address those needs.



### Health Engagement Hub (HEH)

The HEH serves as an all-in-one location where people who use drugs can access a range of medical, harm reduction, treatment, and social services. Offering a physical site and mobile care units throughout the County.

