

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.

Why Our Work Matters:

- Nearly 10% of all opioid-related deaths in Washington State occurred in Snohomish County last year, highlighting the urgent need for local action.
- In 2025, HRC distributed 18,371 Naloxone kits, with 819 reported overdose reversals—clear evidence that harm reduction saves lives every day.
- PCAP outcomes remain strong: 92% of participants completed treatment, and 78% sustained recovery for a year or longer.
- Housing instability remains a critical challenge. In 2025, 1,140 individuals (890 households) were documented living in shelters, transitional housing, or unsheltered.
- FCS helped 128 households secure stable housing—a 97% increase from the previous year—and provided rental assistance to 53 households, preventing homelessness and stabilizing families.



Learn more at
soundpathways.org
425-259-7142



Celebrating
over 55 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.

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.

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

Health Engagement Hub (HEH)

The HEH serves as an all-in-one location where people who use drugs can access a full range of services. Offering both a physical site and mobile care units throughout the County, providing flexible access to care. Services include drop-in medical, substance use disorder assessments, urgent medication management, harm reduction supplies, peer navigation, and connections to long-term treatment and mental health support.

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.

