

About Sound

Founded in 1966, Sound offers comprehensive, quality behavioral health services for all ages, many cultures, and in all parts of King County.

A central tenet of our work is Reaching Recovery, an evidence-based clinical care model that promotes high levels of client engagement, improves healthcare outcomes and enables providers to better measure a client's recovery.

Sound is a private, non-profit 501(c)(3) organization, and is a United Way partner agency.

Our Team

Sound employs a multidisciplinary approach to care, including addiction treatment professionals, social workers, counselors, psychologists, psychiatrists and other medical professionals, all of whom are state registered and licensed. Our diverse team of professionals enables us to provide specialized care for a wide range of behavioral health issues.



The forefront of healthcare

Our Mission

To strengthen our community and improve the lives of our clients by delivering excellent health and human services tailored to meet their needs.

Our Vision

To provide effective and innovative whole healthcare for the people and community we serve.

Service locations throughout King County

www.sound.health
(206) 901-2000

Toll free: (800) 828-1449

Fax: (206) 901-2010

Wellness and Recovery
Happen Here!



Ask us why our CARF accreditation is important to you.



Addiction Treatment
Services

GUIDE FOR CLIENTS



Sound Addiction Treatment Services

Welcome to Sound's Addiction Treatment program! We are committed to helping you. With more than 50 years of integrated behavioral health experience, Sound uses a comprehensive, evidence-based approach to deliver quality and effective care for alcohol and drug addiction.

Across King County We Welcome:

- Adults and families
- Deaf and hard of hearing people
- Ethnic and cultural minorities
- Members of the LGBTQ community
- Post-release clients with legal involvement
- People experiencing homelessness
- People with co-occurring symptoms

Client Referral Process

Sound is now open for in-person, safely-distanced appointments as well as telehealth.

To arrange for an appointment:
Admissions: (206) 302-2300 x 2
Toll-Free: (800) 828-1449
TTY: (206) 302-2209

Services Provided

- Assessment, treatment and discharge planning made in accordance with ASAM criteria
- Intensive outpatient and outpatient groups
- Therapy, groups and individual counseling that support strengthening brain, body and mind connections
- Motivational enhancement and trauma-informed care
- Matrix curriculum, specializing in stimulant use disorder
- Inpatient referral services with aftercare
- Integrated co-occurring disorder treatment, including evidence-based practices: CBT, DBT, MRT
- Specialized support for legally involved clients. **No DUI treatment**
- Referral to primary care, onsite pharmacy, housing services, mental health services and employment services
- Suboxone for opiate cessation (through Sound primary care, does not require treatment enrollment)

Tailored Care for You

For your convenience, we offer in-person, group and telehealth services. Visit our web site for walk-in hours at our Capitol Hill and Lake City Way locations.

Addiction is a disease.
Genetics, including your living environment, accounts for 40-60 % of risk for addiction



Client Expectations

- Clients can expect to receive individualized, comprehensive behavioral healthcare services in a respectful, supportive and confidential manner that meets their current level of functioning.
- All clients will complete an assessment process that identifies needs across all life domains, including substance use and mental health issues.
- All clients will be included in the treatment planning process.
- All clients can expect to have case management, individual, group and/or family therapy based on need.

Americans between the ages of 18 and 25 are most likely to use addictive drugs

Contact Us

For more information, or to learn more about Sound Addiction Treatment services, contact Lisa Rogers at lisa.rogers@sound.health.