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**SOUND MENTAL HEALTH TO PRESENT AT
INTERNATIONAL MENTAL HEALTH CONFERENCE**

SEATTLE – Mar. 31, 2010 – Behavioral health specialists from Sound Mental Health will present findings from a promising treatment program at the National Association for the Dually Diagnosed (NADD) International Conference on April 14-16, 2010. David O’Neal, MS and Arden James, MBA, CDP, of Sound Mental Health, will share their innovative chemical dependency treatment model, called the STAR program.

Also known as the “Substance Treatment and Recovery” program, STAR has produced effective treatment practices for one of the most vulnerable populations in mental health: cognitively challenged adults with substance abuse problems.

Taking place in Toronto, Canada, the conference brings experts from around the world to exchange ideas and best practices for the treatment of individuals with mental illness and developmental disabilities. Hundreds of mental health professionals worldwide will be in attendance. To learn more, visit <http://www.thenadd.org/pages/conferences/041610/index.shtml>.

Traditional chemical dependency programs do not address the specialized needs of cognitively challenged people. Substance abuse issues can often undermine the recovery efforts of these individuals. Sound Mental Health’s award-winning STAR program was developed specifically to address the unique needs of this community through treatment that incorporates aggressive outreach, innovative and unique programming, behavioral reinforcement and other adaptations.

“STAR continues to offer intriguing insights, which we believe can be replicated,” said David O’Neal, department manager for Sound Mental Health’s Community Networks Program. “We are eager to share the program’s promising practices with our colleagues, and help them realize that success is possible for those who work with this complex population.”

In addition to highlighting STAR program outcomes, O’Neal and James will discuss the unique challenges facing the community and examine successful approaches necessary to engage the developmentally disabled community.

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O'Neal and James are also scheduled to present their findings from the STAR program during the NADD conference in Seattle Washington, in November 2010. To learn more, visit <http://www.thenadd.org>.

About Sound Mental Health

Sound Mental Health is a private, non-profit organization that has provided a comprehensive array of mental health and related services to the King County community since 1966. Our goal is to help individuals and families achieve the highest level of independence and (mental) health possible. Services are tailored to meet the unique needs of different age, disability and cultural/ethnic groups. To learn more, visit www.smh.org.

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