



## Memorandum

**TO:** EXECUTIVE SATPAL SIDHU  
**FROM:** Jackie Mitchell  
**DATE:** JAN 25, 2022  
**RE:** NOMINATION TO THE NORTH SOUND BEHAVIORAL ORGANIZATION  
HEALTH ADVISORY BOARD

*Pls. Appoint*

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I am pleased to forward a nomination for the **NORTH SOUND ADMINISTRATIVE SERVICES ORGANIZATION (ASO) BEHAVIORAL HEALTH (BH) ADVISORY BOARD.**

Kara Allen (formerly Mitchell) has experience with substance use disorders and she and her husband are setting up clean and sober housing and job experience for people in recovery in Whatcom County. Her "lived" experience has been a great asset to the ASO's BH Advisory Board.

We highly recommend Kara for a second term to the North Sound BHO Advisory Board.

Thank you for considering this nomination.

