

Fiscal Year 2009/10 Update to Sonoma County Department of Health Services/Mental Health Division's Three Year Program and Expenditure Plan for the Community Services and Supports Component

I. Summary Information on Approved Programs & Expansions

Sonoma County's FY 09/10 CSS funding is detailed in Exhibit E. Sonoma County is managing eight program initiatives with six Full Service Partnerships, two General System Development programs, and one Outreach and Engagement program. Program narratives are described in Exhibit 4. The major themes include:

- Full Service Partnerships for Children, Transitional Age Youth, Mentally Ill Offenders, Adults with Co-Occurring Disorders, Adults, and Older Adults with Serious Mental Illness
- Expanded and/or decentralized sites for community mental health services located in areas that are more accessible to consumers
- Capacity building, support, and collaboration with community-based primary care clinics serving ethnic minorities; homeless centers and shelters serving SMI homeless; consumer-operated services serving SMI consumers; and substance abuse treatment centers serving clients with co-occurring disorders
- Improved access for underserved ethnic minority consumers

Details in table below of Sonoma County's FY 09/10 funding plan for the CSS allocation

Type of Funding by Fiscal Year - Table

| Type of Funding | FY 0/10 | % |
|----------------------------|---------------------|----------|
| Full Service Partnerships | \$5,387,015 | 67.58% |
| General System Development | 1,000,000 | 12.54% |
| Outreach & Engagement | 1,584,520 | 19.88% |
| <i>Subtotal</i> | <i>\$7,971,571</i> | |
| Admin | 503,560 | |
| Reserve | 1,760,069 | |
| Total Budget | \$10,235,200 | |

EXHIBIT A: Program and Expenditure Plan Face Sheet

**MENTAL HEALTH SERVICES ACT (MHSA)
THREE-YEAR PROGRAM and EXPENDITURE PLAN
COMMUNITY SERVICES AND SUPPORTS
Fiscal Year 2009- 2010**

County: Sonoma Date: _____

County Mental Health Director:

Michael Kennedy
Printed Name

Signature

Date: _____

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Exhibit A
Community Services and Supports
FY 2009/10 Plan Update

COUNTY CERTIFICATION

I hereby certify that I am the official responsible for the administration of Community Mental Health Services in and for Sonoma County and that the following are true and correct:

This Community Services and Supports Plan Update is consistent with the Mental Health Services Act. This Plan Update is consistent with and supportive of the standards set forth in Title 9, California Code of Regulations (CCR) Section 3610 through 3650.

This Plan Update has been developed with the participation of stakeholders, in accordance with CCR Sections 3300, 3310, and 3315. The draft Plan Update was circulated for 30 days to stakeholders for review and comment. All input has been considered, with adjustments made, as appropriate.

Mental Health Services Act funds are and will be used in compliance with CCR Section 3410 of Title 9, Non-Supplant.

All documents in the attached Community Services and Supports Plan Update are true and correct.

Date: _____ Signature _____
Mental Health Director

Executed at: Santa Rosa, Sonoma County, California.

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

| | | |
|--|---|--|
| County SONOMA Fiscal Year 2009-2010 | | Program Work Plan Name Family Advocacy Stabilization Support Team (FASST) |
| Program Work Plan #1 | | |
| Description of Program: | <ul style="list-style-type: none"> ● Intensive Enrollee-Based Program for 40 children (ages 8-12) identified by Human Services, Juvenile Probation, Schools and the Community as needing intensive, integrated wraparound services ● Enhanced Capacity to provide TBS (Therapeutic Behavioral Services) <ul style="list-style-type: none"> ● Individual and Family therapy ● Rehabilitative groups ● Case Management Services, including intensive collaboration with Human Services, Probation, and Special Education <ul style="list-style-type: none"> ● Medication support services ● Linkage to Alcohol and Other Drug treatment services ● Human Services Dependents including but not limited to Residents at Valley of the Moon Children's Home at risk of placement in a residential facility <ul style="list-style-type: none"> ● Juvenile Probation Wards of the Court ○ Clients confined at Juvenile Hall and at risk of further incarceration or RCL 12 to 14 placement ● Special Education students served by Mental Health (AB 3632) <ul style="list-style-type: none"> ○ Clients at risk of out-of-home placement ● Clients at risk of psychiatric hospitalization, or hospitalized within the past six months | |
| Priority Population: | This program serves high risk SED children who have not responded to traditional levels of service and who have been identified by Human Services, Probation, Education, and the community | |

Program Summary

Sonoma County utilized Full Service Partnership funds to develop an Intensive Enrollee-Based Program focused on SED children 8-12 years who are at risk of out-of-home placement. The program provides eligible children with a family-centered, strength-based, intensive case management service-driven program.

Community Partners

The following community partner provides contracted services under the FASST Program:

- ☞ Sunny Hills Services

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

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|--|--|--|--|
| County SONOMA Fiscal Year 2009 - 2010 | | Program Work Plan Name Transitional Age Youth (TAY) Intensive Services | |
| Program Work Plan #2 | | | |
| Description of Program: | | <ul style="list-style-type: none"> ● Intensive integrated service team program for Transitional Age Youth (18-25) providing mental health services, intensive case management, housing, employment services and Independent Living Skills. Program for 30 high-risk Transitional Age Youth. ● Case Management Specialist for Transitional Age Youth needing referrals to Linkage follow-up <ul style="list-style-type: none"> ● Permanent supportive housing services that include: <ul style="list-style-type: none"> - Independent living apartments (including Master lease and collaboration with new 14 unit building) - Case management (including assistance w/medication management, medication adherence, and crisis response) - Permanent supportive housing services are staffed by community partners, Social Advocates for Youth and Buckelew Programs. ● Transitional Age Youth County-Wide Team provides <ul style="list-style-type: none"> - Outreach - Case Management - Employment opportunities - Socialization activities <ul style="list-style-type: none"> ● Peer Support and mentoring ● Linkage and referral to substance abuse treatment for TAY living with co-occurring disorders | |
| Priority Population: | | Transitional Age Youth 18-25 with SED/SMI, aging out of children's Mental Health services, who require services and are at risk of homelessness, hospitalization, or incarceration, or who are leaving placement. | |

Program Summary

Full Service Partnership for 40 TAY/Young Adults ages 18-25. Intensive Integrated Service Team Program providing mental health services, intensive case management, housing, employment services, and independent living skills.

Program Strategies

- Youth development approach to services
 - Build resiliency skills
- TAY-driven and goal-directed services
 - Culturally competent
 - Family participation
- Coordinated services, specialized psychiatry
- Employment services and supportive housing
 - Peer support services and mentoring

Community Partners

The following community partners provide contracted services under the Transitional Age Youth Program:

- ☞ Buckelew Supportive Employment
- ☞ Buckelew Transitional Age Youth Housing
- ☞ Social Advocates for Youth – Transitional Age Youth Housing

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

County SONOMA
Fiscal Year 2009-2010

Program Work Plan Name
Forensic Assertive Community Team (FACT) Project

Program Work Plan #3

Description of Program:

- FACT and Mental Health Court – Forensic Assertive Community Treatment Team to serve 50 Mentally Ill Offenders coming directly from the Jail through a Mental Health Court.
- Program Description:**
- FACT program components include multiple case management sessions each week, monthly psychiatric consultation, medication management, group counseling, referral to substance abuse treatment, scheduled and random urinalysis testing, and money management. The FACT team is on-call 24/7 in order to support non-hospital crisis intervention, and FACT clients are required to be in attendance at the program’s offices several days each week. The program operates with an emphasis on concurrent dual recovery from substance abuse and mental illness. FACT contracts for community-based supportive housing for some participants. There is no predetermined curriculum or length of participation in the FACT program; each client works collaboratively with a case manager to develop an individualized treatment plan.
 - Sonoma County’s Mental Health Court (MHC) acts as both a diagnostic and disposition tool for the Sonoma County Criminal Justice System. The MHC is a collaboration between the Sheriff’s department, Probation, the District Attorney, Public Defender, the Superior Court, and the Santa Rosa Police Department. The Court addresses the complex needs of mentally ill offenders through community-based sentencing, closely supervised probation. All FACT clients are on probation and monitored by the MHC and the on-site probation officer, who participates in all FACT treatment planning meetings. FACT team members participate in MHC decision processes, providing testimony regularly on clients’ participation in FACT program activities.
 - Peer mentoring / Peer support inclusive of forming a gradual close relationship based on mutual trust. Goal is empowerment and awareness of positive options.

Priority Population:

Non-violent mentally ill offenders booked into Sonoma County Jail; priority to those with two or more previous incarcerations and/or failures to appear; inmates with no previous incarceration eligible if Mental Health determines them to be at risk for recidivism; severe mental health diagnosis; repeated contact with the mental health system; Sonoma County residents; willing to participate; exclusions for history of arrests for serious violent offenses

Community Partners

The following community partner provides contracted services under the FACT Program:

- ☞ Buckelew FACT Housing

| EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY | |
|---|--|
| County SONOMA Fiscal Year 2009-2010 | Program Work Plan Name Integrated Recovery Team (IRT) |
| Program Work Plan #4 | |
| Description of Program: | The Sonoma County Mental Health Division implemented a new full service partnership – utilizing a Integrated Dual Diagnosis Treatment (IDDT) approach for adults with co-occurring disorders (mental illness and substance abuse). This new Adult Integrated Recovery Team serves 125 individuals and will be a partnership between Sonoma County Mental Health staff and community partners. Treatment focused on the stages of change, and both a harm reduction approach and motivational interviewing is utilized. Pharmacological treatment, case management, self help groups run by peers, family education, and aftercare services are provided. Program has a high staff to client ratio and ability to respond 24/7. Housing and employment services are part of the array of supports offered by this new program. |
| Priority Population: | IRT provides services to 125 adults with serious mental illness and have co-occurring alcohol and other drug problems, who currently do not receive comprehensive services. |

Program Summary

The Department of Health Services Mental Health Division provides an integrated and a comprehensive, bio-behavioral, substance abuse treatment approach in order to enable the Sonoma County Mental Health Division (SCMHD) to expand capacity and strengthen their integrated treatment services for adults with co-occurring substance abuse disorders and serious and persistent mental illness.

The goal of the Integrated Recovery Team (IRT) is to strengthen the Sonoma County Mental Health treatment systems for adults with co-occurring disorders and to provide a long term, staged approach to recovery which includes assertive community treatment, motivational interventions, and individual and group cognitive behavioral treatment. These effective models of interventions are fully integrated into this full service partnership. The Project expands and enhances the SCMHD's adult system of care by offering multiple levels of culturally competent and integrated substance abuse treatment. Services include screening, assessment, outpatient detoxification services, multi-level treatment interventions, peer led self help groups, aftercare services, case management and coordinated referrals to long term care – designed specifically to meet the unique needs of over 125 adults with co-occurring disorders on a yearly basis. IRT offers an integrated dual diagnosis treatment program by reducing barriers to the disenfranchised mentally ill adults by offering specialized and integrated substance abuse services in-house and on site within an Assertive Community Treatment model.

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

County SONOMA
Fiscal Year 2009-2010

Program Work Plan Name
Community Mental Health Centers (CMHC)

Program Work Plan #5

Description of Program:

Regionally based Community Mental Health Centers (CMHC's) provide intensive community services and supports enhancing mental health services throughout Sonoma County. The CMHCs are primarily aimed at providing access for underserved populations, including providing culturally and linguistically appropriate services to locally underserved racially and ethnically diverse communities, and homeless individuals with mental illness in four regionally-based areas of Sonoma County. The service teams are linked to the larger Adult Systems of Care but focuses on providing services and supports in the smaller communities where they are located. These Sonoma County communities include Guerneville, Cloverdale, Petaluma, and the City of Sonoma. Additionally, these CMHCs have enhanced capacity within each community to provide in the field crisis response, not previously available in any of Sonoma County Mental Health Services programs. Services are provided through partnerships between each CMHC and community-based providers and law enforcement agencies in each city. CMHC Mental Health staff work in collaboration with the local Federally Qualified Health Centers (FQHCs).

Priority Population:

CMHCs provide services to 300 adults with serious mental illness who are homeless and/or have co-occurring alcohol and other drug problems, and those underserved ethnic minority community members (Latinos, Asians, Native Americans, and African Americans).

Program Summary

Mental health services and supports are provided at Community Mental Health Centers (CMHCs) based in the cities of Guerneville, Cloverdale, Petaluma, and the City of Sonoma. Staff also provides enhanced services in Sebastopol and Healdsburg for the first time in the history of Sonoma County Mental Health. These regional-based Sonoma County centers bring enhanced services and provide access for those individuals needing services in these outlying communities. These communities have previously been underserved and residents have been forced to travel long distances for mental health services. The focus of these CMHCs includes local capacity building; support and collaboration with community-based primary care clinics serving ethnic minorities; homeless centers and shelters serving SMI consumers; and local mental health services for children and youth. Partnerships with primary care clinics include the development of a behavioral health/primary care integration model.

Community Intervention Program provides:

- Enhanced mental health services and outreach capacity at homeless shelters in Santa Rosa, Petaluma and Guerneville, Cloverdale, and Sonoma

- Enhanced capacity to provide on-site mental health services at key ethnic-specific health centers serving Latinos, Asians, Native Americans, and African Americans. Improve cultural competency training capacity.
- Enhanced capacity within the community to provide mobile crisis response. Mental Health partners with law enforcement in Santa Rosa, Guerneville, Petaluma, Sebastopol, Cloverdale, and the City of Sonoma.

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

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|--|--|--|
| County SONOMA Fiscal Year 2009-2010 | | Program Work Plan Name Older Adult Integrated Services Team |
| Program Work Plan #6 | | |
| Description of Program: | <ul style="list-style-type: none"> ● This full service partnership program will provide intensive, integrated services for older adults with serious mental illness coupled with more complex medical conditions requiring close coordination between the mental health and primary or specialty medical providers. ● The team will provide intensive case management helping clients to access needed primary and specialty medical care and to ensure ongoing coordination between the clients' mental health and physical health providers. ● The program will include supported housing services designed to assist the older adult clients in living as independently as is possible. The support services will include medication management and adherence support, coordination with health care providers, and coordination with family or friends who are acting as caregivers for the clients. ● The program will leverage existing MHSA funding peer support services. <ul style="list-style-type: none"> ● The program will provide support to the family and friends of clients who are acting as caregivers. | |
| Priority Population: | The Older Adult Integrated Services Team will provide services to 50 older adults with serious mental illness who also have complicating medical conditions. | |

Program Summary

Sonoma County proposes to utilize Full Service Partnership funds to provide intensive services to 50 older adults with serious mental illness and complex medical issues. The clinical team will focus on coordination with primary and/or specialty health care providers working to integrate the mental health and physical health service plans. The program will work with the existing MHSA funded Older Adult Peer Support services to access peer support and family/friend care giver support.

Community Partners

- Council on Aging
- Family service Agency
- Jewish Family Services
- Clients' Primary Care and/or Specialty Medical Providers
- Community Health Care Clinics located in Sonoma County: Alliance Medical Center, Sonoma County Indian Health Project, Southwest Community Health Center, West County Community Health, dba Russian River Health Center
 - Buckelew Family Services Coordinator

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

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|--|--|--|
| <p>County SONOMA Fiscal Year 2009-2010</p> | | <p>Program Work Plan Name Community Intervention Program (CIP)</p> |
| <p>Program Work Plan #7</p> | | |
| <p>Description of Program:</p> | <p>On-site community services provided by Mental Health Team and on-site staff shared across participating agencies providing the following:</p> <ul style="list-style-type: none"> ● Enhanced mental health services at homeless shelters in Santa Rosa, Petaluma and Guerneville. Enhanced outreach capacity. ● Enhanced capacity to provide on-site mental health services at key ethnic-specific health centers serving Latinos, Asians, Native Americans, and African Americans. Improved cultural competency training capacity. ● Enhanced capacity within the community to provide crisis response. Mental Health partners with law enforcement in Santa Rosa, Guerneville and Petaluma; includes Peer Outreach positions <p>Enhanced capacity to provide mental health services within a collaborative service approach at AODS and substance abuse provider facilities. Family Service Coordinator provides coordination within the mental health system.</p> <p>CIP provides culturally based services to Latino, Asian, Native American, and African American populations. Services include:</p> <ul style="list-style-type: none"> - Psychiatry - Crisis intervention - Peer support - Outreach | |
| <p>Priority Population:</p> | <p>The priority population is individuals with serious mental illness who are homeless and/or have co-occurring alcohol and other drug problems, and those underserved ethnic minority community members (Latinos, Asians, Native Americans, and African Americans) who are accessing services at the community health centers but are not receiving mental health services.</p> | |

Program Summary

Community Intervention Program provides:

- Enhanced mental health services at homeless shelters in Santa Rosa, Petaluma and Guerneville. Enhanced outreach capacity.
- Enhanced capacity to provide on-site mental health services at key ethnic-specific community health centers serving Latinos, Asians, Native Americans, and African Americans. Improve cultural competency training capacity.
- Enhanced capacity within the community to provide crisis response. Mental Health partners with law enforcement in Santa Rosa, Guerneville and Petaluma; includes Peer Outreach positions

- Enhanced capacity to provide mental health services within a collaborative service approach at AODS and substance abuse provider facilities. Family Services Coordinator works within the Mental Health system.

Community Partners

The following community partners provide contracted services under the Community Intervention Program:

- ☞ Alliance Medical Center, Inc. (FQHC)
- ☞ Buckelew Family Services Coordinator
- ☞ Disability Rights California (formerly Protection & Advocacy, Inc.)
- ☞ Drug Abuse Alternatives Center (DAAC)
- ☞ Sonoma County Human Services Department – JOB LINK
- ☞ Petaluma People Services Center (PPSC) – Mary Isaak Center for the Homeless
- ☞ National Alliance for the Mentally Ill, Sonoma County of Sonoma
- ☞ Sonoma County Indian Health Project (FQHC)
- ☞ Southwest Community Health Center (FQHC)
- ☞ West County Community Health, dba Russian River Health Center (FQHC)

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

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|--|--|--|
| County SONOMA Fiscal Year 2009-2010 | | Program Work Plan Name Older Adults Team (OAT) Peer Support Program |
| Program Work Plan #8 | | |
| Description of Program: | Sonoma County has improved access to Older Adult Services while providing community outreach to SMI Older Adults by adding a 1.0 FTE Licensed Clinical Social Worker (LCSW) Older Adult Liaison position to work closely with the Human Services Department and other senior service providers. This position, along with the Program Manager of Mental Health's Older Adult Team, works to improve coordination and collaboration across providers in the Older Adult System of Care. Sonoma County utilizes MHSA funding to enhance the community's capacity to provide targeted peer counseling and support services to SMI older adults. Through community collaboration and contract services, an Older Adult Peer Counseling Training program involving consumers and the community has been implemented. Access has improved with contracts for psychiatry consultation and LCSW hours at community agencies. Peer training programs also train and recruit providers to work with Spanish-speaking SMI older adults. | |
| Priority Population: | Older Adults with Serious Mental Illness, aged 60 and older, with functional impairments. This includes older adults with co-occurring substance abuse disorders, and/or other physical health conditions. | |

Program Summary

- Enhanced peer counseling and support services delivered through key community providers for SMI Older Adults.
- Enhanced peer counseling training, assessment and case management capacity through contracts with community providers.
 - Addition of an LCSW Older Adult Service Liaison position to collaborate with community and Sonoma County Human Services' Older Adult and Aging Services.

Community Partners

The following community partners provide contracted services under the Older Adult Peer Support Program:

- ☞ Council on Aging
- ☞ Family Service Agency
- ☞ Jewish Family Services

EXHIBIT D: COMMUNITY SERVICES AND SUPPORTS WORK PLAN SUMMARY

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|--|---|---|
| County SONOMA Fiscal Year 2009-2010 | | Program Work Plan Name Consumer Driven/Operated Services |
| Program Work Plan #9 | | |
| Description of Program: | <ol style="list-style-type: none"> 1. Sonoma County utilized MHSA funds to develop and support a wellness recovery and support center for consumers facing the challenges of serious mental illness. The Wellness and Advocacy Center is managed and staffed by consumers; it is a centralized meeting place for consumers. Recovery principles are integrated throughout the Center's programming, which include <ul style="list-style-type: none"> • Holistic alternative treatment • Employment programs • Recreational and socialization opportunities <ul style="list-style-type: none"> • Consumer-operated business <ul style="list-style-type: none"> • Art studio and store • Horticulture and community garden <ul style="list-style-type: none"> • Peer/Self Advocacy Program 2. MHSA funding is also utilized to develop an Empowerment - consumer drop-in center in Guerneville, providing access for consumers in west Sonoma County and utilizing local community agencies. | |
| Priority Population: | The priority population is transition age young adults, adults, older adults with serious mental illness. Persons of all genders, sexual orientation, races and ethnicities are served. | |

Program Summary

Consumers developed a recovery and support center. This center is fully operated by consumers. While this center includes a drop-in program, its services and programs go far beyond the drop-in function. Self-help and client-run programs include job training classes, client advocacy training, peer-led self-help/support groups, supportive employment opportunities, cooking and life skills classes, a community garden, and daytime socialization and recreational activities. Consumer drop-in center has been expanded in Guerneville.

Substance abuse services provided by consumers are being delivered at the Interlink Self-Help Center in Santa Rosa.

Community Partners

The following community partners provide contracted services under the Consumer Driven/Operated Services Program:

- ☞ Goodwill Industries of the Redwood Empire – Wellness and Advocacy Center
- ☞ Goodwill Industries of the Redwood Empire – Interlink Client Self-Help Center
- ☞ West County Community Services – Empowerment Center

EXHIBIT E1 – CSS Funding Request

Sonoma

Date: 2/24/2009

| No. | Name | Estimated MHSA Funds by Service Category | | | Estimated MHSA Funds by Age Group | | | | | | |
|-----|---|--|---------------------------------|--------------------|-----------------------------------|----------------------|-------------------------------------|----------------------|-----------|-------------|-----------|
| | | New (N)/ Approved Existing (E) | Full Service Partnerships (FSP) | System Development | Outreach and Engagement | MHSA Housing Program | Children, Youth, and Their Families | Transition Age Youth | Adult | Older Adult | |
| 1. | FAST - Family Advocacy and Support Team - for Children (8-12) | E | \$270,000 | \$270,000 | | | | \$270,000 | | | |
| 2. | TAY - Transitional Age Youth Intensive Services | E | \$315,234 | \$315,234 | | | | | \$315,234 | | |
| 3. | FACT - Forensic Assertive Community Team | E | \$730,125 | \$730,125 | | | | \$0 | \$36,506 | \$584,100 | \$109,519 |
| 4. | IRT - Integrated Recovery Team | E | \$1,418,647 | \$1,418,647 | | | | \$0 | \$141,865 | \$1,134,918 | \$141,865 |
| 5. | CMHCs - Community Mental Health Centers | E | \$1,949,485 | \$1,949,485 | | | | \$0 | \$194,949 | \$1,559,588 | \$194,949 |
| 6. | Older Adult Full Service Partnership | N | \$703,560 | \$703,560 | | | | \$0 | \$0 | \$0 | \$703,560 |
| 7. | CIP - Community Intervention Program | E | \$971,263 | | | \$971,263 | | \$0 | \$48,563 | \$777,010 | \$145,689 |
| 8. | Older Adult Services Peer Support | E | \$613,257 | | | \$613,257 | | \$0 | \$0 | \$0 | \$613,257 |
| 9. | Consumer Driven/Operated Services | E | \$1,000,000 | | \$1,000,000 | | | \$0 | \$100,000 | \$800,000 | \$100,000 |