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Sally Zinman Papers

1947-2021
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- [About SCUA](#)
 - [SCUA home](#)
 - [Credo digital](#)
- [Scope](#)
- [Overview](#)
 - [Series 1. Advocacy & Activism](#)
 - [Series 2. Publications](#)
 - [Series 3. Personal & Memorabilia](#)
 - [Series 4. Audiovisual](#)
 - [Series 5. Digital](#)
- [Inventory](#)
 - [Series 1. Advocacy & Activism](#)
 - [Series 2. Publications](#)
 - [Series 3. Personal & Memorabilia](#)
 - [Series 4. Audiovisual](#)
 - [Series 5. Digital](#)
- [Admin info](#)
- [Download](#)
 - [xml version](#)
 - [print version \(pdf\)](#)



Read collection overview

At the age of 34, Sally Zinman woke up one morning believing that she was not Sally Zinman. Her family put her in the care of psychotherapist John Nathaniel Rosen from 1971 to 1973, during which time Sally suffered physical abuse at the hands of Rosen and his aides, including beatings, restraint, and seclusion. After leaving Rosen's care—lying and pretending to have recovered so that she could get away—and recovering on an organic farm she bought in Florida, Zinman hired a private investigator to expose Rosen's abuse. Motivated by her experience, Zinman decided to dedicate her life to fighting for the civil rights of mental patients. She helped found several self-help organizations, including the Mental Patients' Rights Association in Florida, and—after moving to California—the Berkeley Drop-In Center, the California Network for Mental Health Clients, and the California Association of Mental Health Peer Run Organizations. She was also involved in several national organizations and activism efforts. Zinman remained an active and crucial figure in the psychiatric survivors movement until her death in August 2022.

The Sally Zinman Papers contain material from the earliest years of the psychiatric survivors movement to the present, including documents from the organizations and conferences with which Zinman was involved, newsletters, awards, documents related to her investigation into John Rosen, copies of speeches and presentations, photographs, and memorabilia.

Background on Sally Zinman

Sally Zinman, ca. 2005

Sally Zinman was born in 1937 in Pennsylvania, to Philip Zinman and Zola N. Zinman. Zinman would go on to earn her BA, with Honors in English, as well as her MA in English from the University of Pennsylvania; she was a Ph.D Candidate in English at New York University from 1966-1969.

At the age of 34, Zinman woke up one morning disassociated from her past, believing that she was not Sally Zinman, but a woman named Svetlana. Her family put her in the care of psychotherapist John Nathaniel Rosen from 1971 to 1973, during which time Zinman suffered physical abuse at the hands of Rosen and his aides, including beatings, restraint, and seclusion. Zinman tried to escape Rosen's influence several times, but was only able to leave his care by lying and pretending that she believed that she was Sally Zinman. After leaving and beginning her road to recovery on an organic vegetable farm she bought in Florida, Zinman hired private investigator Virginia Snyder to gather material about her past, which helped prove to Zinman that she was, in fact, Sally Zinman. Working with Snyder, Zinman sought to expose Rosen and his abuse, and get his license to practice revoked. An exposé against Rosen, based on material that Snyder gathered for Zinman's case, was run in The Miami Herald, and although there were investigations into deaths of patients under Rosen's care, it was not until 1982 that Rosen surrendered his medical license to avoid a public hearing.

After this experience, and after attending the International Conference of Human Rights Against Psychiatric Oppression in 1977, Zinman became more involved in fighting for the civil rights of mental patients, even running a couple of short ads in the personals section of The Miami Herald and Palm Beach Post-Times; these ads read: "LOOKING for persons to start an advocacy group for mental patients rights" and "Want to join an advocacy group for mental patients rights? Call collect, Sally." Eventually, this led to the founding of the Mental Patients' Rights Association (later called Alternatives to Psychiatry Association) in 1977, which included a drop-in center and residency. Zinman also served as a co-editor of Madness News Network during this time. While living in Florida, Zinman decided to adopt a child, Rachel, and raise her as a single mother.

Spurred by Rachel's adoption, Zinman made the move from Florida to Berkeley, California in 1983. Shortly after the move, Zinman was invited to the first meeting of the Consumer Steering Committee in 1983, the group that would later become the California Network of Mental Health Clients (CNMHC). Zinman was a founding member and first staff of this organization, helping to found and facilitate the Self-Help Committee of CNMHC, and she served as Executive Director from 1997 to 2007. Through her work with CNMHC, Zinman and other ex-patients were integral to contributing to the psychiatric survivors movement and especially the self-help movement. The CNMHC Public Education and Policy Project was instrumental in battling the stigma against mental illness and involuntary treatment. As part of CNMHC, Zinman was also involved in the Mental Health Services Oversight and Accountability Commission, which oversaw implementation of the Mental Health Services Act in California.

Zinman was also the founder and coordinator of the Berkeley Drop-In Center (BDIC), formally known as the Coalition for Alternatives in Mental Health. The BDIC provided job training, socialization, food service, housing, and other crucial support services run by and for persons with mental illness. Zinman's work with the BDIC spanned 1985 to 1997.

Other organizations with which Zinman was involved include the Alameda County Network of Mental Health Clients, as a consultant with the Office of Consumer Relations of the Alameda County Behavioral Health Care Services, the Bazelon Center for Mental Health Law, and more. She was also on the Steering Committee that was formed to discuss the founding of the first national organization (which would become the National Mental Health Consumers' Association); Zinman, Judi Chamberlin, Rae Unzicker, and others would eventually resign from the Steering Committee due to their different views regarding involuntary treatment. As a result of splintering off, the National Alliance of Mental Patients (later the National Association of Psychiatric Survivors) was established as an alternative national organization. Throughout this time, Zinman was a participant in the National Teleconference Project.

Zinman would later become the Executive Director of the California Association of Mental Health Peer Run Organizations (CAMHPRO), an organization with which she was involved until her death. In the later part of her life, Zinman would also work with the Pool of Consumer Champions (POCC; now known as Peers Organizing Community Change) and Peers Envisioning and Engaging in Recovery Services (PEERS).

Her leadership in the psychiatric survivors movement meant that Zinman was frequently invited to speak at conferences, and she often participated in interviews and panels. Much of Zinman's speech and presentation material related to these events highlight the importance of involving the ex-patients in the creation of mental health programs and legislation, and the history of the consumer/survivor movement from the 1970s to present day.

Throughout her life, Zinman worked tirelessly as an advocate for the rights of consumers/survivors/ex-patients. In recognition of her devotion to the psychiatric survivors movement, Zinman received several awards, certificates, and commendations. She was a crucial figure in establishing and providing guidance for the development of self-help groups throughout the movement.

Sally Zinman passed away on August 25, 2022 after battling cancer, infections, and COVID.

Scope of collection

The Sally Zinman Papers document nearly 40 years of tireless advocacy in the psychiatric survivors movement. Divided into 5 series, the collection includes extensive documentation related to Zinman's activism, advocacy, and personal life. For organizations in which Zinman was involved, she retained executive director and committee reports, meeting minutes, financial information, statistics, grant information, and legislative material. She collected various newsletters and published material from the movement, and held onto conference material that includes her own speeches, presentations, and notes.

While the collection contains mostly paper documents, glass awards, shirts, and political bumper stickers and buttons, Zinman also held onto an impressive collection of floppy disks and thumb drives containing digital files from her work with CNMHC and CAMHPRO.

Series descriptions

[Series 1. Advocacy & Activism](#)

1974-2021

The largest series in the collection, series 1 contains material on the various organizations and publications in the psychiatric survivors movement with which Zinman was involved. This includes meeting minutes, reports, statistics, and financial information. Copies of Madness Network News and Reaching Across, which Zinman edited, are included. There are also programs and correspondence related to conferences that Zinman attended, speech and presentation material, handwritten notepads and notebooks related to organizational and consultation activities, and public policy work

[Series 2. Publications](#)

1970-2020

Contains newsletters, pamphlets, and other publications produced by organizations and individuals in the psychiatric survivors movement.

[Series 3. Personal & Memorabilia](#)

1941-2018

This series contains Zinman's investigation into and legal action against Jonathan N. Rosen, her former psychiatrist. Virginia Snyder, the private investigator that Zinman hired to look into Rosen, provided Zinman with extensive notes following interviews with former patients and aides of Rosen's. Correspondence, newspaper clippings, and legal proceedings serve to round out the details of the case. The rest of the series includes a small amount of personal correspondence, awards and photographs from Zinman's advocacy work throughout the years, notes and health information, and travel information. Material related to Zinman's case against Rosen have been organized under one subject heading and then sorted alphabetically.

[Series 4. Audiovisual](#)

1977-2007

Includes VHS tapes, DVDs, audiocassettes, and 8mm film reels of conferences, panel discussions, interviews, and special events, many of which Zinman participated in. Includes other psychiatric survivor movement-related recordings that were of interest to Zinman.

[Series 5. Digital](#)

1988-2016

Composed of around 200 floppy disks and several thumb drives, this series is almost entirely related to Zinman's work with CNMHC and CAMHPRO from around 1998 to 2017, including reports, minutes, correspondence, and membership information. There is also information about mental health legislation and public policy, and conference material. A small amount of Zinman's personal documents and photographs are included. Much of the CNMHC material appears to be duplicated in the paper documents available in series 1. Not all of the floppy disks are readable, and not all files can be opened. Processing of the digital files is still in progress.

Inventory

Series 1. Advocacy & Activism

1974-2021

Alameda County Behavioral Health Care Services

ca.2012

Box 1: 1

Alameda County Behavioral Health Care Services: African American utilization study
2011-2012
Box 1: 2
Alameda County Behavioral Health Care Services: mental health courts
2008
Box 1: 3
Alameda County Behavioral Health Care Services: mental health courts
2008
Box 1: 4
Alameda County Behavioral Health Care Services: notebook
2007
Box 25: 1
Alameda County Behavioral Health Care Services: presentation: orientation to the BHCS Office of Consumer
Relations and Consumer Operated
2011 May 9
Box 1: 5
Alameda County Health Care Services Agency: focus group of the health care services prioritization project
1989
Box 1: 6
Alameda County Health Care Services Agency: focus group of the health care services prioritization project
1989
Box 1: 7
Alameda County Health Care Services Agency: focus group of the health care services prioritization project
1989
Box 1: 8
Alameda County Mental Health Advisory Board: meeting minutes
1988 May
Box 1: 9
Alameda County Mental Health Advisory Board: meeting minutes
1988 Jun
Box 1: 10
Alameda County Mental Health Advisory Board: meeting minutes
1988 Jul
Box 1: 11
Alameda County Mental Health Advisory Board: meeting minutes
1988 Aug
Box 1: 12
Alameda County Mental Health Advisory Board: meeting minutes
1988 Sep
Box 1: 13
Alameda County Mental Health supported housing workshop
1992 Jul
Box 1: 14
Alameda County Network of Mental Health Clients: Alameda Center for Crisis and Emergency Survival
Services
ca.1990
Box 1: 15
Alameda County Network of Mental Health Clients: Board of Directors, material
1990
Box 1: 16
Alameda County Network of Mental Health Clients: Board of Directors, material
1990
Box 1: 17
Alameda County Network of Mental Health Clients: Board of Directors, material
1990
Box 1: 18
Alameda County Network of Mental Health Clients: Board of Directors, meeting minutes
1990
Box 1: 19
Alameda County Network of Mental Health Clients: Board of Directors, meeting minutes
1990-1991
Box 1: 20
Alameda County Network of Mental Health Clients: Board of Directors, meeting minutes
2005
Box 1: 21
Alameda County Network of Mental Health Clients: co-administrator position
1990
Box 1: 22

Alameda County Network of Mental Health Clients: Community Support Program (CSP) consumer-operated demonstration project
1989
Box 1: 23

Alameda County Network of Mental Health Clients: Community Support Program (CSP) consumer-operated demonstration project
1989
Box 1: 24

Alameda County Network of Mental Health Clients: Community Support Program (CSP) grant material
1987
Box 1: 25

Alameda County Network of Mental Health Clients: contract information
2010
Box 1: 26

Alameda County Network of Mental Health Clients: coordinated self-help system
1987
Box 1: 27

Alameda County Network of Mental Health Clients: coordinated self-help system, notepads
ca.1987
Box 1: 28

Alameda County Network of Mental Health Clients: coordinated self-help system, proposal drafts
ca.1987
Box 1: 29

Alameda County Network of Mental Health Clients: coordinated self-help system, proposal drafts
ca.1987
Box 1: 30

Alameda County Network of Mental Health Clients: coordinated self-help system, report draft
1991
Box 1: 31

Alameda County Network of Mental Health Clients: a decade of self-help
1998
Box 1: 32

Alameda County Network of Mental Health Clients: grant notepad
ca.2000
Box 1: 33

Alameda County Network of Mental Health Clients: Group Insurance Trust of the United Way of the Bay Area
1989
Box 1: 34

Alameda County Network of Mental Health Clients: mailings
1985-1986
Box 1: 35

Alameda County Network of Mental Health Clients: notepad
1998
Box 1: 36

Alameda County Network of Mental Health Clients: Northern California Grantmakers
1989-1990
Box 1: 37

Alameda County Network of Mental Health Clients: personnel committee supervision
1990
Box 1: 38

Alameda County Task Force on Homelessness: Homelessness in Alameda County
1987
Box 1: 39

Alameda County Task Force on the Homeless
1986 Oct
Box 1: 40

Alternatives to Psychiatry Association, Inc.
1982-1983
Box 1: 41

American Orthopsychiatric Association: form for submitting program proposals
1987
Box 1: 42

American Psychiatric Association: mental health newspaper articles
1984
Box 1: 43

American Psychiatric Association: speeches and demonstrations
1984-1985
Box 1: 44

American Psychiatric Association: speeches and demonstrations
1984-1985
Box 1: 45
American Psychiatric Association: speeches and demonstrations, correspondence
1984
Box 1: 46
Articles: community treatment
ca.1990
Box 2: 1
Articles: Lee, Carmen
2001
Box 2: 2
Articles: mental illness treatment
2001-2004
Box 2: 3
Articles: mental illness treatment, newspapers
1999, 2001
Box 2: 4
Articles: mental institution graves
2001
Box 2: 5
Articles: minds over matter
2001
Box 2: 6
Articles: ten things that drive psychiatrists to distraction
ca.2001
Box 2: 7
Bay Area Networks of Mental Health Clients: meeting minutes
1991-1993
Box 2: 8
Bazelon Center for Mental Health Law: an act providing a right to mental health services and supports
2002
Box 2: 9
Bazelon Center for Mental Health Law: mailings
1999
Box 2: 10
Bazelon Center for Mental Health Law: Once Upon a Time: Lee Carty retirement book
2011
Box 2: 11
Berkeley Drop-In Center

10th anniversary celebration program of events
ca.1995
Box 2: 12
1986 information
1986
Box 2: 13
Action plan and daily tally sheet
ca.1990
Box 2: 14
Agency manual
ca.1989
Box 2: 15
Agency manual
ca.1989
Box 2: 16
Agency manual
ca.1989
Box 2: 17
Agency manual, notepad
ca.1989
Box 2: 18
Alameda County Mental Health Services reports
1992
Box 2: 19
Alameda County Mental Health Services reports
1993

Box 2: 20
Alameda County Mental Health Services reports
1994

Box 2: 21
Alameda County Mental Health Services reports
1995

Box 2: 22
Alameda County Mental Health Services reports
1996

Box 2: 23
Alameda County Mental Health Services reports
1997

Box 2: 24
Basic monthly raw stats
1995 Jul-Sep

Box 2: 25
Basic monthly raw stats
1995 Oct-Dec

Box 2: 26
Basic monthly raw stats
1996 Jan-Mar

Box 2: 27
Basic monthly raw stats
1996 Apr-Jun

Box 2: 28
Basic monthly raw stats
1996 Jul-Dec

Box 2: 29
Basic monthly raw stats
1997 Jan-Jun

Box 2: 30
Berkeley Community Action Agency, contract
1986-1987

Box 2: 31
Berkeley Community Action Agency, contract
1992-1993

Box 2: 32
Berkeley Community Action Agency, contract and forms
1985

Box 2: 33
Berkeley Community Action Agency, contract, amendment to contract
1994

Box 2: 34
Berkeley Community Action Agency, contractors invoices
1986

Box 2: 35
Berkeley Community Action Agency, contractors invoices
1987

Box 2: 36
Berkeley Community Action Agency, contractors invoices
1992-1993

Box 2: 37
Berkeley Community Action Agency, contractors invoices
1994-1995

Box 2: 38
Berkeley Community Action Agency, CSBG client characteristics reports
1991, 1994

Box 2: 39
Berkeley Community Action Agency, CSBG client characteristics reports
1995

Box 2: 40
Berkeley Community Action Agency, grant work process
1987-1989

Box 2: 41
Berkeley Community Action Agency, grant work process, notepad
1987-1989

Box 2: 42
Berkeley Community Action Agency, monthly and quarterly project status reports

1992-1993

Box 2: 43

Berkeley Community Action Agency, monthly project status reports
1985

Box 2: 44

Berkeley Community Action Agency, monthly project status reports
1986

Box 2: 45

Berkeley Community Action Agency, monthly project status reports
1987

Box 2: 46

Berkeley Community Agency, contract
1996

Box 2: 47

Berkeley Support Services, contract
1986

Box 3: 1

Board of Directors, meeting minutes
1989 Mar-Jul

Box 3: 2

Board of Directors, meeting minutes
1989 Aug-Dec

Box 3: 3

Board of Directors, meeting minutes
1990 Jan-May

Box 3: 4

Board of Directors, meeting minutes
1990 Jun-Nov

Box 3: 5

Board of Directors, meeting minutes
1991 Jan-Jun

Box 3: 6

Board of Directors, meeting minutes
1991 Jul-Nov

Box 3: 7

Board of Directors, meeting minutes
1992

Box 3: 8

Board of Directors, meeting minutes
1993 Jan-Jun

Box 3: 9

Board of Directors, meeting minutes
1993 Jul-Dec

Box 3: 10

Board of Directors, meeting minutes
1994

Box 3: 11

Board of Directors, meeting minutes
1995 Jan-Feb

Box 3: 12

Board of Directors, meeting minutes
1995 Mar-Jun

Box 3: 13

Board of Directors, meeting minutes
1995 Jul-Dec

Box 3: 14

Board of Directors, meeting minutes
1996 Jan-Apr

Box 3: 15

Board of Directors, meeting minutes
1996 May-Nov

Box 3: 16

Board of Directors, meeting minutes
1997 Jan-May

Box 3: 17

Board of Directors, meeting minutes, notepad
ca.1991

Box 3: 18

Bylaw changes
ca.1995
Box 3: 19
City of Berkeley Community Agency, invoices
1996-1997
Box 3: 20
City of Berkeley Community Agency, invoices, homeless services
1996-1997
Box 3: 21
City of Berkeley Community Agency, monthly reports
1996-1997
Box 3: 22
Community Services Block Grant/General Fund amendments
1985
Box 3: 23
County contract
1994-1995
Box 3: 24
Davis, Ashante, artwork
ca.2008
Box 28: 1
Donations and gifts
1994-1995
Box 3: 25
Drop-in center material
1984
Box 3: 26
Drop-in center material
1984
Box 3: 27
Drop-in center material
1984-1985
Box 3: 28
Financial information
1986-1987
Box 28: 2
Fliers
1978
Box 3: 29
Grant applications and inquiries
1988-1989
Box 3: 30
Grant applications and inquiries
1988-1989
Box 3: 31
Grants
1984-1987
Box 3: 32
Homeless project
1981-1986
Box 3: 33
Homeless project
1985-1986
Box 3: 34
Homeless project
1985-1986
Box 3: 35
Homeless project
1987
Box 3: 36
Homeless project, monthly reports
1985-1986
Box 3: 37
Homeless project, monthly reports
1986-1987
Box 3: 38
Homeless project, monthly reports
1987

Box 3: 39
Important papers
1985-1986
Box 3: 40
Mayor's Task Force on Mental Health
1979, 1984
Box 3: 41
Old center, committee minutes
1986-1987
Box 3: 42
Renovation
1989
Box 3: 43
Request for funds, city foundations
1986-1989
Box 4: 1
Request for funds, city foundations
ca.1987
Box 4: 2
Request for funds, Community Services Block Grant/General Fund
1985-1987
Box 4: 3
Request for funds, the Zellerbach Family Fund
1987
Box 4: 4
SB 910 time study form
ca.1993
Box 4: 5
Shattuck Avenue relocation
1985-1988
Box 4: 6
Shattuck Avenue relocation
1987
Box 4: 7
Shattuck Avenue relocation
1987-1988
Box 4: 8
Shattuck Avenue relocation
1987-1988
Box 4: 9
Shattuck Avenue relocation
1988
Box 4: 10
Shattuck Avenue relocation, Berkeley Board of Adjustments
1987-1988
Box 4: 11
Shattuck Avenue relocation, Berkeley Board of Adjustments
1987-1988
Box 4: 12
Shattuck Avenue relocation, Berkeley Board of Adjustments
1987-1988
Box 4: 13
Shattuck Avenue relocation, original documents
1987
Box 4: 14
Shattuck Avenue relocation, public hearing
1988
Box 4: 15
Shattuck Avenue relocation, public hearing, notepad
1988
Box 4: 16
Shattuck Avenue relocation, Rosemary Muller and Associates
1987
Box 4: 17
South Berkeley Community Church
1984
Box 4: 18
Survey of homeless funded programs

1986-1987
Box 4: 19
Tac material
1993-1995
Box 4: 20
Volunteer sign-in sheets
1993-1995
Box 4: 21
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1987 Dec-1988 Jan
Box 4: 22
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1987 Jan-1988 Feb
Box 4: 23
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Mar
Box 4: 24
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Apr
Box 4: 25
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 May
Box 4: 26
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Jun
Box 4: 27
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Jul
Box 4: 28
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Sep
Box 4: 29
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Oct
Box 4: 30
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Nov
Box 4: 31
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1988 Dec
Box 4: 32
Berkeley/Albany Mental Health Advisory Board: meeting minutes
1989 Apr
Box 4: 33
California Association of Mental Health Peer Run Organizations

2016 annual consumer conference
2016 Apr
Box 4: 34
Application for individual membership
ca.2014
Box 4: 35
Board of Directors, meeting minutes
2014 Mar-Aug
Box 4: 36
Board of Directors, meeting minutes
2014 Sep
Box 4: 37
Board of Directors, meeting minutes
2014 Oct
Box 4: 38
Board of Directors, meeting minutes
2014 Nov-2015 Mar
Box 4: 39
Board of Directors, meeting minutes
2015 Mar
Box 4: 40

Board of Directors, meeting minutes
2015 Apr 11
Box 4: 41
Board of Directors, meeting minutes
2015 May
Box 4: 42
Board of Directors, meeting minutes
2015 Jul
Box 4: 43
Board of Directors, meeting minutes
2015 Jul-Dec
Box 4: 44
Board of Directors, meeting minutes
2015 Mar-2016 Mar
Box 4: 45
Board of Directors, meeting minutes, notepad
2014
Box 4: 46
California Department of Mental Health presentation
2014
Box 4: 47
California Mental Health Services Authority, the lived experience employment and advancement project
2017
Box 4: 48
Consumer movement public policy and organizational development webinar series
2016
Box 4: 49
Involuntary outpatient commitment
2014
Box 5: 1
Lived Experience, Advocacy, and Diversity State of the Community report
2021
Box 5: 2
Mental Health Services Oversight and Accountability Commission, California Youth Connection
2016 Jun
Box 5: 3
Mental Health Services Oversight and Accountability Commission, client stakeholder project
2014 Aug 5
Box 5: 4
Mental Health Services Oversight and Accountability Commission, history of peer certification
2016
Box 5: 5
Mental Health Services Oversight and Accountability Commission, meeting minutes
2016 Jan 28
Box 5: 6
Mental Health Services Oversight and Accountability Commission, Mental Health America of Northern
California
2017
Box 5: 7
Mental Health Services Oversight and Accountability Commission, Mental Health America of Northern
California
2017
Box 5: 8
Mental Health Services Oversight and Accountability Commission, request for proposal
2016
Box 5: 9
Mental Health Services Oversight and Accountability Commission, request for proposal
2016 May
Box 5: 10
Mental Health Services Oversight and Accountability Commission, request for proposal application
2016
Box 5: 11
Mental Health Services Oversight and Accountability Commission, request for proposal application
2016
Box 5: 12
Mental Health Services Oversight and Accountability Commission, request for proposal application
2016
Box 5: 13

Mental Health Services Oversight and Accountability Commission, request for proposal attachments
2017
Box 5: 14
Mental Health Services Oversight and Accountability Commission, request for proposal attachments
2017
Box 5: 15
Mental Health Services Oversight and Accountability Commission, request for proposal notepads
2016
Box 5: 16
Mental Health Services Oversight and Accountability Commission, stakeholder request for proposal project
2016 Oct
Box 5: 17
Nominating committee
2016
Box 5: 18
Presentation: Empowering Consumer Communities
2018 Feb 2
Box 5: 19
Presentation: Peers in the Behavioral Workforce
ca.2018
Box 5: 20
Presentation: Solano County Regional Policy Forum on Peer Support Services and Certification
2018 Feb 14
Box 5: 21
Protest of award of Mental Health Services and Accountability Commission, request for proposal
2016
Box 5: 22
Stakeholder training activating key empowerment
ca.2014
Box 5: 23
State peer certification
2016
Box 5: 24
State peer certification
2016
Box 5: 25
California Coalition for Mental Health: meeting minutes material
2002-2003
Box 5: 26
California Coalition for Mental Health: meeting minutes material
ca.2002
Box 5: 27
California Commission for Economic Development. Task Force for the Seriously Mentally Ill: An Integrated
Service System for People with Series Mental Illness
1987
Box 5: 28
California Commission for Economic Development. Task Force for the Seriously Mentally Ill: An Integrated
Service System for People with Series Mental Illness, notepad
1987
Box 5: 29
California Council of Community Mental Health Agencies: Mental Health Services Act guidance
2005
Box 5: 30
California County Mental Health Departments
2001
Box 5: 31
California Department of Mental Health: client and family expert pool application
2005
Box 5: 32
California Department of Mental Health: mental health specialist application
2005
Box 5: 33
California Department of Mental Health: mental health system material
1984-1985
Box 5: 34
California Department of Mental Health: regional self-help service centers bid form
1988
Box 5: 35

California Legislature: Assembly and Senate bills

2001 Feb

Box 5: 36

California Legislature: Senate Committee on Budget and Fiscal Review. Subcommittee No. 3-Health, Human Services, Labor and Veteran Affairs: Governor's budget

2003

Box 5: 37

California Legislature: Senate Committee on Budget and Fiscal Review. Subcommittee No. 3-Health, Human Services, Labor and Veteran Affairs: Governor's budget

2003

Box 5: 38

California Mental Health Directors Association: annual governing board retreat

2006

Box 6: 1

California Mental Health Directors Association: some statements about the recovery process

2000 Apr

Box 6: 2

California Mental Health Planning Council

2005

Box 6: 3

California Mental Health Services Authority: Prevention and Early Intervention, Statewide Stigma and Discrimination Reduction Consortium

ca.2000

Box 6: 4

California Network of Mental Health Clients

Affiliate application

ca.2003

Box 6: 5

Agreement with Sally Zinman

1997-1998

Box 6: 6

Alternatives '91 material

1991

Box 6: 7

Alternatives '99 material

1999

Box 6: 8

Alternatives 2005 material

2005

Box 6: 9

Alternatives 2006 material

2006

Box 6: 10

Alternatives 2006 material

2006

Box 6: 11

Annual Day at the Capitol

2002-2006

Box 6: 12

Annual report material

2007

Box 6: 13

Annual report material, notepad

2007

Box 6: 14

Appointed board membership

2001-2003

Box 6: 15

Appointed board membership

2004

Box 6: 16

Articles

1983-1989

Box 6: 17

Bay Area Region

2000-2006

Box 6: 18
Bay Area Regional forum
2010 May
Box 6: 19
Bianca, Mari
1989-1991
Box 6: 20
Board of Directors, action plans and budgets
1990 Aug
Box 6: 21
Board of Directors, material
1999-2000
Box 6: 22
Board of Directors, material
2002-2005
Box 6: 23
Board of Directors, material
2006
Box 6: 24
Board of Directors, material
2007
Box 6: 25
Board of Directors, material
2007
Box 6: 26
Board of Directors, material, notepad
ca.1990
Box 6: 27
Board of Directors, meeting minutes
1990
Box 6: 28
Board of Directors, meeting minutes
1990
Box 6: 29
Board of Directors, meeting minutes
1990 Jun, Aug
Box 6: 30
Board of Directors, meeting minutes
1990-1991
Box 6: 31
Board of Directors, meeting minutes
1991
Box 6: 32
Board of Directors, meeting minutes
1991 Jan-Mar
Box 6: 33
Board of Directors, meeting minutes
1991 Apr-May
Box 6: 34
Board of Directors, meeting minutes
1991 May-Jun
Box 6: 35
Board of Directors, meeting minutes
1991 Sep
Box 6: 36
Board of Directors, rosters
1990-2002
Box 6: 37
Board of Directors, teleconference
2001, 2005
Box 6: 38
Board of Directors, teleconference
2007 Jun
Box 6: 39
Budget and finance
2001 Sep
Box 6: 40
Budget and finance

2001-2002
Box 6: 41
Budget and finance
2002
Box 6: 42
Budget and finance
2003
Box 6: 43
Budget and finance
2003
Box 6: 44
Budget and finance
2003
Box 6: 45
Budget and finance
2004
Box 6: 46
Budget and finance
2004
Box 6: 47
Budget and finance
2004
Box 6: 48
Budget and finance
2005
Box 6: 49
Budget and finance
2005
Box 6: 50
Budget and finance
2005
Box 6: 51
Budget and finance
2006
Box 7: 1
Budget and finance
2006
Box 7: 2
Budget and finance
2006
Box 7: 3
Budget and finance
2006
Box 7: 4
Budget and finance
2006
Box 7: 5
Budget and finance
2006
Box 7: 6
Budget and finance
2007
Box 7: 7
Budget and finance, end of year
2006
Box 7: 8
Budget and finance, end of year
2007
Box 7: 9
Budget and finance, final for January
2005 Feb
Box 7: 10
Budget and finance, future budget proposals
2007-2008
Box 7: 11
Budget and finance, travel reimbursement
2005
Box 7: 12

Budget crisis
2003
Box 7: 13
Budget crisis, May revision to Governor's budget
2003
Box 7: 14
Budget crisis, Senate budget and fiscal review
2003
Box 7: 15
Budget modifications
1999-2000
Box 7: 16
Budget modifications
1999-2000
Box 7: 17
Bylaws
2000
Box 7: 18
Bylaws masters
2001
Box 7: 19
Bylaws research
1998-1999
Box 7: 20
Cal Net Gazette
1998-2001
Box 7: 21
Cal Net Gazette
2005
Box 7: 22
California Department of Mental Health, annual report
2007
Box 7: 23
California Department of Mental Health, contract expansion proposal
2005-2006
Box 7: 24
California Department of Mental Health, merged budget
2006-2007
Box 7: 25
California Department of Mental Health, Oversight and Accountability contract
2007
Box 7: 26
California Department of Mental Health, project reports
1996-1997
Box 7: 27
California Department of Mental Health, project reports
1998
Box 7: 28
California Education and Outreach Collaborative
2005
Box 7: 29
California Education and Outreach Collaborative
2005-2006
Box 7: 30
California Memorial Project
2001
Box 7: 31
California Memorial Project
2002-2004
Box 7: 32
California Memorial Project
2005-2006
Box 7: 33
California Memorial Project
2007
Box 7: 34
California Memorial Project, coordinator applications
2002

Box 7: 35
The California Model
1985
Box 7: 36
California self-help legislation
ca.1989
Box 7: 37
California self-help legislation
1989-1990
Box 7: 38
Client culture trainings/focus group project
1998
Box 7: 39
Client Day budget
ca.1985
Box 7: 40
Client Forum 1999
1999
Box 7: 41
Client Forum 2000
2000
Box 7: 42
Client Forum 2001
2001
Box 7: 43
Client Forum 2002 originals
2002
Box 7: 44
Client Forum 2002 originals
2002
Box 8: 1
Client Forum 2002 originals
2002
Box 8: 2
Client Forum 2002 program
2002
Box 8: 3
Client Forum 2003 material
2003
Box 8: 4
Client Forum 2003 material
2003
Box 8: 5
Client Forum 2003 originals
2003
Box 8: 6
Client Forum 2003 originals
2003
Box 8: 7
Client Forum 2003 programs
2003
Box 8: 8
Client Forum 2005
2005
Box 8: 9
Client Forum 2006
2006
Box 8: 10
Client Forum 2006
2006
Box 8: 11
Client Forum 2006
2006
Box 8: 12
Client Forum 2006
2006
Box 8: 13
Client Forum 2006 information

2006
Box 8: 14
Client Forum 2007
2007
Box 8: 15
Client Forum 2007 attendant list and banquet event order
2007
Box 8: 16
Client Forum 2007 planning
2007
Box 8: 17
Client Forum 2008
2008
Box 8: 18
Client Forum 2008, notepad
2008
Box 8: 19
Client involvement survey
ca.2007
Box 8: 20
Contract and budget modifications
2000, 2003
Box 8: 21
Correspondence
1991 Oct
Box 8: 22
Correspondence
1999-2004
Box 8: 23
Cultural competency
2001-2002
Box 8: 24
Cultural competency questionnaire
ca.1998
Box 8: 25
Description of services
ca.2003
Box 8: 26
Employment and training client priorities
2007
Box 8: 27
Envelopes
1999, 2002
Box 8: 28
Executive Director hiring process, notepad
2009
Box 8: 29
Executive Director report
1999 Jun
Box 8: 30
Executive Director report
1999 Jul
Box 8: 31
Executive Director report
1999 Aug
Box 8: 32
Executive Director report
1999 Sep
Box 8: 33
Executive Director report
1999 Oct
Box 8: 34
Executive Director report
1999 Nov
Box 8: 35
Executive Director report
1999 Dec
Box 8: 36

Executive Director report
2000 Feb
Box 8: 37
Executive Director report
2000 Mar
Box 8: 38
Executive Director report
2000 Apr
Box 8: 39
Executive Director report
2000 May
Box 8: 40
Executive Director report
2000 Jul
Box 8: 41
Executive Director report
2000 Sep
Box 8: 42
Executive Director report
2000 Oct
Box 8: 43
Executive Director report
2000 Nov
Box 8: 44
Executive Director report
2000 Dec
Box 8: 45
Executive Director report
2001 Feb
Box 8: 46
Executive Director report
2001 Apr
Box 8: 47
Executive Director report
2002 Sep
Box 8: 48
Far South Region membership meeting
2006
Box 8: 49
Far South Region membership meeting
2006
Box 8: 50
Far South regional project coordinator/services providers
1999, 2004
Box 8: 51
Finance committee
1991 Mar
Box 8: 52
Finding Our Voice Empowerment training series
2006
Box 8: 53
Finding Our Voice Empowerment training series
2007
Box 8: 54
Freedom Forum
2003
Box 8: 55
Freedom rally
2002-2003
Box 8: 56
Freedom rally
2003
Box 8: 57
Freedom rally, notebook
2003
Box 8: 58
Freedom rally, notepad
2003

Box 8: 59
Governance committee
2002
Box 9: 1
Hosseini, David: The California Network of Mental Health Clients Board and Care Project
ca.2004
Box 9: 2
Law enforcement and mental health
2006
Box 9: 3
Little Hoover Commission testimony
1999-2000
Box 9: 4
Mailings
1999-2002
Box 9: 5
Managed care material
1998
Box 9: 6
Managed care material
1998
Box 9: 7
Managed care material
1998
Box 9: 8
Mental Health Consumer Concerns contract
2006
Box 9: 9
Mental health courts
2007
Box 9: 10
Mental Health Financial Challenges in Building a Recovery Oriented System
2006
Box 9: 11
Mental Health Initiative
2003
Box 9: 12
Mental Health Initiative
2003
Box 9: 13
Mental Health Services Act
2004
Box 9: 14
Mental Health Services Act
2004-2007
Box 9: 15
Mental Health Services Act
2005
Box 9: 16
Mental Health Services Act
2005
Box 9: 17
Mental Health Services Act
2005
Box 9: 18
Mental Health Services Act
2005-2006
Box 9: 19
Mental Health Services Act
2006
Box 9: 20
Mental Health Services Act
2006
Box 9: 21
Mental Health Services Act Project
ca.2005
Box 9: 22
Mental Health Services Act, client implementation

2005
Box 9: 23
Mental Health Services Act, client implementation
2005
Box 9: 24
Mental Health Services Act, client implementation presentation
ca.2006
Box 9: 25
Mental Health Services Act, client involvement survey
2006
Box 9: 26
Mental Health Services Act, correspondence
2004
Box 9: 27
Mental Health Services Act, emergency regulation
2006-2007
Box 9: 28
Mental Health Services Act, emergency regulation and client involvement program
2007
Box 9: 29
Mental Health Services Act, Proposition 63
2004
Box 9: 30
Mental Health Services Act, Proposition 63
2004
Box 9: 31
Mental Health Services Act, Proposition 63
2004
Box 9: 32
Mental Health Services Act, Proposition 63
2004
Box 9: 33
Mental Health Services Act, Proposition 63
2005
Box 9: 34
Mental Health Services Act, Proposition 63 team
2004
Box 9: 35
Mental Health Services Act, Proposition 63 team
2004
Box 9: 36
Mental Health Services Act, regional coordinator position
2006
Box 10: 1
Mental Health Services Act, speaking material
2005-2006
Box 10: 2
Mental Health Services Act, a status report
2006
Box 10: 3
Mental Health Services Oversight and Accountability Commission
2006
Box 10: 4
Mental Health Services Oversight and Accountability Commission
2006
Box 10: 5
Mental Health Services Oversight and Accountability Commission, meeting minutes
2005
Box 10: 6
Mental Health Services Oversight and Accountability Commission, meeting minutes
2006
Box 10: 7
Mental Health Services Oversight and Accountability Commission, meeting minutes
2006
Box 10: 8
Mental Health Services Oversight and Accountability Commission, notepad
ca.2006
Box 10: 9

National Empowerment Center, recovery consortium
2004
Box 10: 10
National Empowerment Center, Technical Assistance Centers on Consumer/Peer-run Programs
ca.2004
Box 10: 11
National Technical Assistance Grant
2002
Box 10: 12
Network News
1985, 1987
Box 10: 13
News Alert
1999-2002
Box 10: 14
News Alert
2004-2006
Box 10: 15
Nominating sub-committee
1984 Dec
Box 10: 16
Notepad
undated
Box 10: 17
Notepad
2002
Box 10: 18
Notepad
ca.2003
Box 10: 19
Office of Self-Help/Technical Assistance and Support Center
2005
Box 10: 20
Office of Self-Help/Technical Assistance and Support Center
2005
Box 10: 21
One time only consumer/family support fund
2003
Box 10: 22
Organizational material
1998-2000
Box 10: 23
Peer and self advocacy program
1989
Box 10: 24
Peer Training Project
2000-2002
Box 10: 25
Peer Training Project, applications
1998
Box 10: 26
Peer Training Project, applications
2001
Box 10: 27
Peer Training Project, federal grant
1998
Box 10: 28
People Say I'm CRAZY!
1989, 2008
Box 10: 29
Performance evaluation
2002
Box 10: 30
Personnel committee
1990-1991
Box 10: 31
Personnel committee teleconference
2006

Box 10: 32
Personnel policies
ca.1989

Box 10: 33
Position Paper on the Implementation of the Mental Health Services Act
2004

Box 10: 34
Position papers
2002-2004

Box 10: 35
Power of Attorney Housing Advance Directive
2004

Box 10: 36
Presentation: Advocating for Your Issues on Mental Health Boards, Committees and Elsewhere
undated

Box 10: 37
Programs
2006

Box 10: 38
Project reports
1999-2000

Box 10: 39
Project reports
2000-2001

Box 10: 40
Project reports
2001

Box 10: 41
Project reports
2001-2002

Box 10: 42
Project reports
2001-2002

Box 10: 43
Project reports
2002-2003

Box 10: 44
Project reports
2002-2003

Box 11: 1
Project reports
2003

Box 11: 2
Project reports
2004

Box 11: 3
Project reports
2004-2006

Box 11: 4
Project reports
2005-2006

Box 11: 5
Project reports
2006

Box 11: 6
Project reports, notepads
2001-2002

Box 11: 7
Public day
1989-1990

Box 11: 8
Public Education and Policy Project
1997-1998

Box 11: 9
Public Education and Policy Project
1998

Box 11: 10
Public Education and Policy Project

2000
Box 11: 11
Public Education and Policy Project
2002
Box 11: 12
Public Education and Policy Project
2006
Box 11: 13
Public Education and Policy Project, AB 1421
2002-2003
Box 11: 14
Public Education and Policy Project, AB 1421 articles
2000-2003
Box 11: 15
Public Education and Policy Project, AB 1421 governor veto file
2002
Box 11: 16
Public Education and Policy Project, AB 1421 lawsuit
2004-2005
Box 11: 17
Public Education and Policy Project, AB 1421 lawsuit
2004-2005
Box 11: 18
Public Education and Policy Project, AB 1421 lawsuit
2005
Box 11: 19
Public Education and Policy Project, AB 1421 Los Angeles County - Protection and Advocacy, Inc. action
2003
Box 11: 20
Public Education and Policy Project, AB 1421 Los Angeles County - Protection and Advocacy, Inc. action
2003
Box 11: 21
Public Education and Policy Project, AB 1421 revised
2002
Box 11: 22
Public Education and Policy Project, AB 1800
1999-2000
Box 11: 23
Public Education and Policy Project, AB 1800
1999-2000
Box 11: 24
Public Education and Policy Project, AB 1800
2000
Box 11: 25
Public Education and Policy Project, AB 2357
2005-2006
Box 11: 26
Public Education and Policy Project, AB 2357
ca.2006
Box 11: 27
Public Education and Policy Project, AB 2357, notepads
2006
Box 11: 28
Public Education and Policy Project, Disability Rights Advocates Fund
1999-2000
Box 11: 29
Public Education and Policy Project, legislation
1999-2001
Box 11: 30
Public Education and Policy Project, legislation
2000
Box 11: 31
Public Education and Policy Project, legislation
2000
Box 11: 32
Public Education and Policy Project, legislation
2001
Box 11: 33

Public Education and Policy Project, legislation
2004
Box 12: 1
Public Education and Policy Project, legislation
2004
Box 12: 2
Public Education and Policy Project, new legislation and supported bills
2002
Box 12: 3
Public Education and Policy Project, new legislation and supported bills
2002
Box 12: 4
Public Education and Policy Project, notebook
1999-2000
Box 25: 2
Public Education and Policy Project, notebook
2000
Box 25: 3
Public Education and Policy Project, notebook
2000-2001
Box 25: 4
Public Education and Policy Project, notebook
2003
Box 25: 5
Public Education and Policy Project, notebook
2002-2003
Box 25: 6
Public Education and Policy Project, notebook
2003
Box 25: 7
Public Education and Policy Project, notebook
2004
Box 25: 8
Public Education and Policy Project, policy positions
2002-2003
Box 12: 5
Public Education and Policy Project, psych bill
2002
Box 12: 6
Public Education and Policy Project, public policy packet
2002
Box 12: 7
Public Education and Policy Project, RAND study on involuntary outpatient commitment
2000-2001
Box 12: 8
Public Education and Policy Project, SB 931
2001
Box 12: 9
Public Education and Policy Project, SB 931, notepad
ca.2001
Box 12: 10
Public Education and Policy Project, SB 1290
2002
Box 12: 11
Public Education and Policy Project, SB 1858
2000
Box 12: 12
Public Education and Policy Project, state projects
1997-1998
Box 12: 13
Public Education and Policy Project, state projects
1998
Box 12: 14
Public Education and Policy Project, teleconference
2002
Box 12: 15
Public Education and Policy Project/Executive Committees teleconference
2001

Box 12: 16
Public policy
2001-2002

Box 12: 17
Public policy
2001-2002

Box 12: 18
Public policy
2001-2002

Box 12: 19
Public policy
2001-2002

Box 12: 20
Public policy committee
1989 Apr

Box 12: 21
Public policy teleconference
1999

Box 12: 22
Public policy, outpatient commitment information
1998-1999

Box 12: 23
Public policy, outpatient commitment information
ca.1999

Box 12: 24
Public policy, outpatient commitment information
ca.2000

Box 12: 25
Public policy, outpatient commitment information
ca.2000

Box 12: 26
Public policy, outpatient commitment information
ca.2000

Box 12: 27
Reorganization project
1996 Jan

Box 12: 28
Resource guide to self-help groups
1990

Box 12: 29
Self-help committee
1987

Box 12: 30
Self-help committee
1987

Box 12: 31
Self-help committee
1987-1988

Box 12: 32
Self-help committee
1988

Box 12: 33
Self-help committee
1990-1991

Box 12: 34
Self-help committee
1990-1991

Box 12: 35
Self-help committee, notepad
ca.1990

Box 12: 36
Self-help grantwriting committee
1991

Box 12: 37
Self-help groups
ca.1989

Box 12: 38
Self-Help Technical Assistance and Support Center, application for federal assistance

2004
Box 12: 39
Self-help teleconferences
1990-1991
Box 12: 40
Self-help workshop
1988
Box 13: 1
Service Employees International Union Education and Training partnership
2005
Box 13: 2
Service Employees International Union Education and Training partnership
2007
Box 13: 3
Service Employees International Union, notepad
ca.2003
Box 13: 4
State budget committee
2006
Box 13: 5
State institution history project
1988-2001
Box 13: 6
State systems improvement grant proposal
1991 May
Box 13: 7
Technical assistance manual project
1990 Jul
Box 13: 8
Travel forms
1991 May
Box 13: 9
United Choice for Freedom
1999 Nov
Box 13: 10
You Are Not Alone
1984
Box 13: 11
Zimmer, Karen C.
2002
Box 13: 12
Zinman, Sally, application for Board of Directors membership
1985 Oct
Box 13: 13
Zinman, Sally, self-help facilitator position
1987 Oct
Box 13: 14
Campaign for Mental Health: Mental Health Services Act, Proposition 63
2003
Box 13: 15
Campaign for Mental Health: Mental Health Services Act, Proposition 63
2004
Box 13: 16
Campaign for Mental Health: Mental Health Services Act, Proposition 63
2004
Box 13: 17
Campaign for Mental Health: Mental Health Services Act, Proposition 63
2004
Box 13: 18
Campaign for Mental Health: Mental Health Services Act, Proposition 63
2004
Box 13: 19
Campaign for Mental Health: Mental Health Services Act, Yes on 63, steering committee
2004
Box 13: 20
Capitol Action Day Steering Committee: meeting minutes
2006
Box 13: 21

Center for Civic Partnerships: organizational development services program
2006
Box 13: 22
Center for Self-Help Research and Knowledge Dissemination
1990
Box 13: 23
Center for Self-Help Research: community treatment for dual diagnosis grant application
1991
Box 13: 24
Center for Self-Help Research: convening a national videoconference for mental health consumers
1991
Box 13: 25
Center for Self-Help Research: Emerick, Robert E.
1988-1990
Box 13: 26
Center for Self-Help Research: grant application
1989
Box 13: 27
Center for Self-Help Research: grant application
1989
Box 13: 28
Center for Self-Help Research: grant application
1989
Box 13: 29
Center for Self-Help Research: grant application
1989
Box 13: 30
Center for Self-Help Research: meeting minutes
1990
Box 13: 31
Center for Self-Help Research: meeting minutes
1991
Box 13: 32
Center for Self-Help Research: self-help agency functions empowerment and member outcome grant
application
1990
Box 13: 33
Center for Self-Help Research: Self-help material
1984, 1991
Box 13: 34
Citizens Commission on Human Rights of Los Angeles
2001
Box 13: 35
City of Berkeley: Citywide Homeless Task Force meeting summaries
1986 Sep-Nov
Box 13: 36
City of Berkeley: Emergency Shelter Task Force Planning and Policy Sub-committee report
1988 April
Box 13: 37
Coalition Advocating for Rights Empowerment and Services
ca.2000
Box 13: 38
Coalition Advocating for Rights Empowerment and Services: coalition meeting
2000-2001
Box 13: 39
Coalition for Human Rights in American Psychiatry: American Psychiatric Association demonstration
1984
Box 13: 40
Coalition for Human Rights in American Psychiatry: American Psychiatric Association demonstration
1984
Box 13: 41
Conference

The 1983 Southeast USA Conference on Community Support Programs
1983

Box 13: 42
1983 Statewide Mental Health Advocacy Conference: "Building Bridges for Mental Health Advocacy"

1983
Box 13: 43
1986 Patients' Rights Advocacy Conference
1986 Sep
Box 13: 44
Adult System of Care Conference: 1st Annual
1995
Box 13: 45
Adult System of Care Conference: Partners in Excellence
1999
Box 13: 46
Adult System of Care Conference: Partners in Excellence
1999
Box 13: 47
Adult Systems of Care Conference: Thinking Outside the Box
2002 Sep
Box 13: 48
Alameda County
1989, 1997
Box 13: 49
Alameda County
2008
Box 13: 50
Alameda County Mental Health "Consumers Speak!"
1984-1985
Box 13: 51
Alameda County Mental Health Advisory Board: Annual Community Service Awards 2017
2017
Box 13: 52
Alternatives '85
1985
Box 13: 53
Alternatives '86
1986
Box 13: 54
Alternatives '88, correspondence
1988
Box 13: 55
Alternatives '89
1989
Box 13: 56
Alternatives '90
1990
Box 13: 57
Alternatives '95
1995
Box 13: 58
Alternatives '96
1996
Box 13: 59
Alternatives '99, notepad
1999
Box 13: 60
Alternatives 2005
2005
Box 14: 1
Alternatives 2005, notepad
2005
Box 14: 2
Alternatives 2005, planning board
2005
Box 14: 3
Alternatives 2007
2007
Box 14: 4
Alternatives 2008
2008
Box 14: 5

Alternatives 2009
2009
Box 14: 6
Alternatives 2010
2010
Box 14: 7
Alternatives 2011
2011
Box 14: 8
Alternatives 2012
2012
Box 14: 9
Alternatives 2016, history of Alternatives conference
2016
Box 14: 10
Articles
1995-1999
Box 14: 11
Articles
1998-1999
Box 14: 12
Breaking the Ties that Bind: Challenging Mental Health Stigma and Discrimination
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Box 14: 13
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1988 Jun
Box 14: 14
The California Consumer Employment Summit
2008 Oct
Box 14: 15
The California Mental Health Advocacy Conference
2010 Apr
Box 14: 16
California Mental Health Policy Forum
2007 Sep
Box 14: 17
Center for Mental Health Services, A Call to Action
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Box 14: 18
Center for Mental Health Services, Consumers and Psychologists in Dialogue
1997-1998
Box 14: 19
Community Health Worker Day
2021
Box 14: 20
Community Support Program (CSP) 6th National Learning Community Conference
1983 Jun
Box 14: 21
Community Support Program (CSP) 8th National Learning Community Conference
1987
Box 14: 22
Community Support Program (CSP) 9th National Learning Community Conference
1991 Apr
Box 14: 23
Consumer Speaks Conference
2005
Box 14: 24
Consumer Speaks Conference, 10th Anniversary Celebration
1998 Nov
Box 14: 25
Consumer Speaks Conference, 9th Annual
1992 Feb
Box 14: 26
Consumer Speaks Conference, Helping Others Help Themselves
1997 Oct
Box 14: 27
Consumer Speaks Conference, Reaching Out To The Invisible Community
2001

Box 14: 28
Consumers Speak Conference, 20th Anniversary
2016

Box 14: 29
Contra Costa Network of Mental Health Clients: Awards Banquets
1997, 2004

Box 14: 30
Correspondence
1983-2000

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First Wisconsin Mental Health Consumer Conference
1988 Jun

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Box 14: 35
Homeless Conference
1986 Nov

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Hospital and Community Psychiatry Institute: Ethical Issues in Community Mental Health
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Housing California '95
1995

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International Association of Peer Supporters (INAPS): 11th Annual National Peer Support Conference
2017 Oct

Box 14: 39
International Association of Psychological Rehabilitation Services
1992 Apr

Box 14: 40
International Association of Psychological Rehabilitation Services: 10th Annual
1985 Jun

Box 14: 41
International Association of Psychological Rehabilitation Services: 14th Annual
1989 Jun

Box 14: 42
International Association of Psychological Rehabilitation Services: 17th Annual
1992 May

Box 14: 43
Kansas Primary Mental Health Consumer Conference
1985

Box 14: 44
Lived Experience 2.0: Peer and Family Action Summit
2017 Oct

Box 14: 45
Marin Network of Mental Health Clients: Consumers Speak
1985

Box 14: 46
Meeting on consumer-run programs
1991

Box 14: 47
Michigan Right to Choose/Right to Refuse Consumer Forum
1989 Nov

Box 14: 48
National Association for Rights Protection and Advocacy: 1986 Rights Conference
1986

Box 14: 49
National Association for Rights Protection and Advocacy: 10th Annual
1991

Box 14: 50
National Association for Rights Protection and Advocacy: 11th Annual

1992
Box 14: 51
National Association for Rights Protection and Advocacy: 19th Annual
2000
Box 14: 52
National Association of Case Management: Fifth National Case Management Conference
1997 Oct
Box 14: 53
New York Association of Psychiatric Rehabilitation Services: 17th Annual
1999
Box 14: 54
New York Association of Psychiatric Rehabilitation Services: 31st Annual
2013
Box 14: 55
On Our Own Maryland's 20th Annual Statewide Consumer Conference
2012
Box 14: 56
Programs
1985-2016
Box 14: 57
Registration information
2006
Box 14: 58
San Francisco Mental Health Clients' Rights Advocates: First Annual San Francisco Mental Health Client
Conference
ca.2008
Box 14: 59
Santa Clara County Self-Help Planning Conference
ca.1998
Box 14: 60
SAW Social Action Workshop
2003
Box 14: 61
Sixth Annual Integrated Services Conference
2008 Apr
Box 14: 62
SPIRIT Mental Health Service Provider Individualized Recovery Intensive Training
2003, 2006
Box 14: 63
Summit 2000: The Second National Summit of Mental Health Consumers and Survivors
2000 Jun
Box 14: 64
Trieste in California
2005
Box 14: 65
Vermont Liberation Organization: 13th Annual International Conference for Human Rights and Against
Psychiatric Oppression
1985
Box 14: 66
Vermont Liberation Organization: 7th Learning Community Conference
1985 Apr
Box 14: 67
Wealth of Health
1996 Apr
Box 14: 68
Wellness and Recovery Taskforce
2004
Box 14: 69
WRAP Around the World
2017 Jun
Box 14: 71
WRAP Around the World International Conference
2013
Box 14: 72
Consumer steering committee agenda
1983 Sep
Box 14: 73
Correspondence: Brown, Neal B.

1986 Jul 18
Box 14: 74
Correspondence: CBS News, 60 Minutes
1999
Box 14: 75
Correspondence: Interrupted Lives
1984
Box 15: 1
Correspondence: Larry King Live
1990 Nov
Box 15: 2
Correspondence: Mental Health Policy Resource Center
1989 Feb
Box 15: 3
Correspondence: Rogers, Joe
1985-1986
Box 15: 4
Correspondence: Santa Clara Valley Health and Hospital System
1999
Box 15: 5
Disability Capitol Action Day: meeting minutes
2006
Box 15: 6
Emergency Services Network of Alameda County: 1989 composite profile and unduplicated count
1989
Box 15: 7
Emergency Services Network of Alameda County: homelessness in Alameda County
1987
Box 15: 8
Emergency Services Network of Alameda County: meeting minutes
1986-1990
Box 15: 9
Emergency Services Network of Alameda County: meeting minutes
1987
Box 15: 10
Emergency Services Network of Alameda County: meeting minutes
1988
Box 15: 11
Emergency Services Network of Alameda County: meeting minutes
1988
Box 15: 12
Emergency Services Network of Alameda County: meeting minutes
1988
Box 15: 13
Emergency Services Network of Alameda County: meeting minutes
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Zinman, Sally: presentation: history of the consumer/survivor movement
2017-2019

Box 20: 53
Zinman, Sally: presentation: history of the consumer/survivor movement
2017

Box 20: 54
Zinman, Sally: presentation: making a difference as an advocate
ca.2010

Box 21: 1
Zinman, Sally: presentation: mental health financial challenges in building a recovery oriented system
2010 Jul 27

Box 21: 2
Zinman, Sally: presentation: self-help and peer support
undated

Box 21: 3
Zinman, Sally: presentation: snapshot of the mental health consumer/survivor movement in Alameda County
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Box 21: 4
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Zinman, Sally: Reaching Across: Mental Health Clients Helping Each Other, chapter 1

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Box 21: 7
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Box 21: 8
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1999
Box 21: 9
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Box 21: 10
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Box 21: 11
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1988-1989
Box 21: 12
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Box 21: 13
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Box 21: 14
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Box 21: 17
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Box 21: 20
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Box 21: 22
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Box 21: 23
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Box 21: 24
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Breakthrough: Read by Decision Makers
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Box 21: 43
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Box 21: 44
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Box 21: 49
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Box 21: 51
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Box 21: 52
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Box 21: 53
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Box 21: 54
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1986
Box 21: 55
Crossroads Journal
ca.1984
Box 21: 56
Dendron
1988-1989
Box 21: 57
Dendron
1994
Box 21: 58
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1997-1999
Box 21: 59
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Box 21: 60
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Box 21: 66
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Box 21: 69
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Box 22: 36
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Box 22: 37
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1997-2001
Box 22: 38
Network Independent
1981 Sep
Box 22: 39
New Camaldi Hermitage: Needs, Hopes and Dreams
undated
Box 22: 40
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1990
Box 22: 41
New Voices at Bay
2009
Box 22: 42
New York Association of Psychiatric Rehabilitation Services: peer bridger project

ca.1996
Box 22: 43
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1990 Mar
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NIMBY (Not-In-My-Back-Yard) resource list
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Notes from CHAMP
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O.P.E.N. (Oakland Patient Empowerment News) Newsletter
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Box 22: 51
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The Option
1986 Sep
Box 22: 53
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Box 22: 54
Our Voices
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Box 22: 55
PA: Peer Advocate
1988
Box 22: 56
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Box 22: 57
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Box 22: 72
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Box 22: 73
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Box 22: 74
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Box 22: 75
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1978, 1980
Box 23: 6
Street Spirit
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Box 23: 7
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1977
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2006
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Your Choice
1987-1988
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1975
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1977
Box 23: 17
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1986
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Series 3. Personal & Memorabilia
1941-2018
Award: 2019 San Diego County Wellness & Recovery Summit: National "This Person" award
2019 March 20
Box 29
Award: Alameda County Behavioral Health Care Services, Pool of Consumer Champions, PEERS and
ACNMHC: appreciation award
2013 April 24
Box 29
Award: Alternatives Conference 2015: lifetime achievement award
2015 October 16
Box 30
Award: California Mental Health Change Champions: client champion award
2008 April 18

Box 30
Award: California Network of Mental Health Clients
2007 January
Box 31
Award: California Network of Mental Health Clients: clock
undated
Box 31
Award: California Network of Mental Health Clients: special tribute
2007
Box 30
Award: Contra Costa Behavioral Health, Office of Consumer Empowerment
2017 May 11
Box 29
Award: The Mental Health Association in California: excellence in advocacy award
2007 January 26
Box 29
Award: Mental Health Association of San Francisco: National Champion for Mental Health and Human Dignity
2013
Box 30
Award: National Association for Rights Protection and Advocacy: Bill Johnson Award for Lifetime
Achievements In the Field of Mental Health Advocacy
1999
Box 29
Award: National Association of Peer Support: lifetime achievement award
2017
Box 30
Award: National Empowerment Center: leadership award 2000
2000
Box 30
Award: New York Association of Psychiatric Rehabilitation Services, Board of Directors: lifetime achievement
award
2013 September 11
Box 29
Award: New York Association of Psychiatric Rehabilitation Services, Board of Directors: lifetime achievement
award
2019 September 5
Box 29
Award: Pool of Consumer Champions: Sally Zinman Consumer Advocacy award
2012
Box 31
Award: Substance Abuse and Mental Health Services Administration: The Voice Awards,
consumer/peer/family leadership
2016
Box 30
Awards and certificates
1992-2017
Box 23: 19
Best wishes tribute book
2008
Box 28
Cancelled trip information
2005
Box 23: 20
Commendations and certificates
2003, 2007-2008, 2018
Box COS 1: 5
Correspondence: Barritt, Robert Martin
1988 Oct
Box 23: 21
Correspondence: Belli, Paula L.
1988
Box 23: 22
Correspondence: Berthold, Marj
1988
Box 23: 23
Correspondence: Brooks, Anne
2000 Sep
Box 23: 24

Correspondence: Budd, Su and Dennis
1989
Box 23: 25
Correspondence: Chamberlin, Judi
2008-2009
Box 23: 26
Correspondence: Christensen, Kyle
1989
Box 23: 27
Correspondence: Clay, Sally S.
1988, 1990
Box 23: 28
Correspondence: Fleming, Mary L.
1983 Sep 17
Box 23: 29
Correspondence: Geld, Howard (Howie the Harp)
1988 Oct 13
Box 23: 30
Correspondence: Griffin, Steve
ca.1988
Box 23: 31
Correspondence: Justin Dart's death
2002 Jun
Box 23: 32
Correspondence: Notes from Pool of Consumer Champions members
2011
Box 23: 33
Correspondence: Pryor, LaRita
1989
Box 23: 34
Correspondence: Snyder, Jane
1988 Feb 10
Box 23: 35
Correspondence: United Airline Refund Department
2005
Box 23: 36
Correspondence: Unknown
1988 Mar
Box 23: 37
Correspondence: Warren, Jenny
ca.1988
Box 23: 38
Correspondence: Wesson, Janet
1981 Dec
Box 23: 39
Correspondence: Zimmerman, Fred
1988 Jul 3
Box 23: 40
Envelope: University of California San Francisco Comprehensive Cancer Center
2006
Box 23: 41
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2007
Box 23: 42
Glentons crystal vase
undated
Box 31
In memoriam and obituaries
ca.1995
Box 23: 43
In memoriam and obituaries
2000-2007
Box 23: 44
Kaiser Foundation Health Plan, Inc.
ca.1990
Box 23: 45
Patient Advisory leaflet
2013

Box 23: 46
Photographs: Alternatives Conference, movement leaders
undated

Box 23: 47
Photographs: Berkeley Drop-In Center and Chestnut House
ca.1988

Box 23: 48
Photographs: Berkeley Women's Award
ca.1997

Box 23: 49
Photographs: California Network of Mental Health Clients, disability rally
ca.2001

Box 23: 50
Photographs: Caroline O'Connor - part for herself
ca.1990

Box 23: 51
Photographs: Dendron Summer 2000 Cover
2000

Box 23: 52
Photographs: family photos
ca.2010

Box 23: 53
Photographs: first presentation of history of movement for SAMHSA
ca.2008

Box 23: 54
Photographs: miscellaneous
undated

Box 23: 55
Photographs: Kate Millet's visit to Berkeley
1997

Box 23: 56
Photographs: Pool of Consumer Champions holiday cultural event
ca.2010

Box 23: 57
Photographs: Teresa, Florida, Mental Patients' Rights Association
ca.1977

Box 23: 58
Photographs: Zinman, Sally
1997-2007

Box 23: 59
Photographs: Zinman, Sally and Judi Chamberlin
2009 Aug 1

Box 23: 60
Photographs: Zinman, Sally, Susan and Jay Mahler, Ted Chabasinski, Leonard Frank
ca.1990

Box 23: 61
Political bumper stickers
undated

Box 33
Political buttons
undated

Box 33
Sally Zinman vs. John N. Rosen: affidavit
1977

Box 23: 62
Sally Zinman vs. John N. Rosen: Boca Raton police reports
1969-1975

Box 23: 63
Sally Zinman vs. John N. Rosen: clippings
1976-1984

Box 23: 64
Sally Zinman vs. John N. Rosen: correspondence
1977

Box 23: 65
Sally Zinman vs. John N. Rosen: deposition of Rufus Mahlon Vaughn
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Box 23: 66
Sally Zinman vs. John N. Rosen: excerpt of John N. Rosen court transcript

ca.1978
Box 23: 67
Sally Zinman vs. John N. Rosen: John Nathaniel Rosen, M.D. vs. The Miami Herald Publishing Company, et al., trial material
1976-1981
Box 23: 68
Sally Zinman vs. John N. Rosen: John Nathaniel Rosen, M.D. vs. The Miami Herald Publishing Company, et al.
1981
Box 23: 69
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ca.1988
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ca.1977
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Sally Zinman vs. John N. Rosen: Pennsylvania State Board of Medical Education and Licensure vs. John N. Rosen, M.D.
1982-1983
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Sally Zinman vs. John N. Rosen: reviews of John N. Rosen books
1947-1950
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Sally Zinman vs. John N. Rosen: The Rights of the Mentally Ill During Incarceration
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1957-1970
Box 23: 77
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1977-1978
Box 23: 78
Sally Zinman vs. John N. Rosen: Rosen, John N., clippings
1980-1984
Box 23: 79
Sally Zinman vs. John N. Rosen: Rosen, John N., clippings
1985
Box 23: 80
Sally Zinman vs. John N. Rosen: Rosen, John N., selected personal information
1977
Box 23: 81
Sally Zinman vs. John N. Rosen: Snyder, Ross Sorrell, birth certificate
1941
Box 23: 82
Sally Zinman vs. John N. Rosen: Snyder, Virginia, clippings
1976, 1985
Box 23: 83
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1977-1978
Box 23: 84
Sally Zinman vs. John N. Rosen: Snyder, Virginia, correspondence
1983-1985
Box 23: 85
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1977
Box 23: 86
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1977
Box 24: 1
Sally Zinman vs. John N. Rosen: Snyder, Virginia, notes
1977
Box 24: 2
Sally Zinman vs. John N. Rosen: Snyder, Virginia, notes

1978, 1980

Box 24: 3

Sally Zinman vs. John N. Rosen: Snyder, Virginia, notes, Jane Trippe case

1980

Box 24: 4

Sally Zinman vs. John N. Rosen: Snyder, Virginia, Private Investigative Agency license

1976

Box 24: 5

Sally Zinman vs. John N. Rosen: Snyder, Virginia, Professional Cronyism

1981

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Sally Zinman vs. John N. Rosen: Statement of ACLU Position on the Selection of a Police Chief in Delray Beach

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Box 24: 7

Sally Zinman vs. John N. Rosen: United States vs. John N. Rosen

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Box 24: 9

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ca.1982

Box 24: 10

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1970-1977

Box 24: 11

Scrapbook: Mental Patients' Rights Association

1979-1983

Box 28

Scrapbook: Mental Patients' Rights Association, loose material

1979-1983

Box 28: 4

Shirts

undated

7 shirts

Box 31

Shirts

undated

27 shirts

Box 31

Travel information

2001, 2003

Box 24: 12

Zinman, Sally: journal

1989

Box 24: 13

Zinman, Sally: questions for doctor

ca.2008

Box 24: 14

Zinman, Sally: resume

ca.1995

Box 24: 15

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1977-2007

60 Minutes: Ed Roberts, World Institute on Disability

1989

VHS tape

Box 34

Alternatives 2000: How to Deal with Differences Within the Ex-User/Survivor Movement

2000

Audiocassette

Box 35

Alternatives 2000: Opening General Session "History of the Consumer/Survivor/Ex=Patient Movement"

2000

Audiocassette

Box 35

Alternatives 2005: Transformation: The Opportunities and the Obstacles

2005

DVD
Box 35
Alternatives 2012: Friday Breakfast, "Building Our Future"
2012
DVD
Box 35
Baby Don't Cry - a film about the homeless
undated
VHS tape
Box 34
California Network of Mental Health Clients: Peer Counseling Training Video
undated
VHS tape
Box 34
Center for Independent Living (CIL) Fair
1977 Jun 9
3 8mm film reels
Box 34
"Client as Culture" Excerpts
1998 Nov 18
VHS tape
Box 34
CSP 6th Learning Community Conference: #11 Consumer Perspectives on CSS Issues
1983
DVD
Box 35
CSP 6th Learning Community Conference: #12 Client Run Alternatives
1983
DVD
Box 35
CSP 6th Learning Community Conference: #20 Street People: The Plight of the Homeless
1983
Audiocassette
Box 35
A Day in the Life - Steve, Shana, Shannon
1982 May
VHS tape
Box 34
Drop-In
undated
Audiocassette
Box 35
Families + Law Enforcement: a co-training (3 parts in one)
1994
VHS tape
Box 34
Howie the Harp excerpts from "The Committee" - a work-in-progress
undated
VHS tape
Box 34
Howie the Harp: interview and Alternatives '88 keynote address
1988, 1990
Audiocassette
Box 35
KIDS at Jewish Feminist conference
undated
VHS tape
Box 34
KIDS training (Oakland) Howie the Harp Ed.
undated
VHS tape
Box 34
KNBR: Forced Drugging. Gimmy Park Li - Colette Hughes - Carol Patterson
1986 June 8
Audiocassette
Box 35
Mental Health Matters Day: Sally & Jay
2014

DVD
Box 35
Mental Health Matters, Alameda County: #1 Woodruff, Jones
2007
DVD
Box 35
Mental Health Matters, Alameda County: #2 Clifford, Lum
2007 April
DVD
Box 35
Mental Health Matters, Alameda County: #3 Aslami, Jewell
2007 May
DVD
Box 35
Mental Health Matters, Alameda County: #4 Beth & John Schaefer
2007
DVD
Box 35
Mental Health Matters, Alameda County: #5 African Americans
2008 July
DVD
Box 35
Mental Health Matters, Alameda County: #6 Patterson and Thomas
2008
DVD
Box 35
Mental Health Matters, Alameda County: #7 Kurtz and Orenstein
2008
DVD
Box 35
Mental Health Matters, Alameda County: #8 Lukoff
2008 November
1 DVD
Box 35
Mental Health Matters, Alameda County: #9 Depression - Baker, Hogan
2008 December
DVD
Box 35
Mental Health Matters, Alameda County: #11 Gayle and Pating
2008
DVD
Box 35
Mental Health Matters: #1
undated
DVD
Box 35
National Association for Rights Protection and Advocacy 1990
1990
DVD
Box 35
National Association for Rights Protection and Advocacy 1990: Abuse of Women & Children By Men, Virginia
Ross-Breggin & Peter Breggin
1990
DVD
Box 35
Network Video Pt. 1 pictures
undated
VHS tape
Box 34
No More Stares Training
undated
VHS tape
Box 34
People Are Talking
1988 August 19
VHS tape
Box 34
Self Help Live, Self Help Centers

1992 October 19
VHS tape
Box 34
Steves Day - Outtakes
undated
VHS tape
Box 34
Tape 960 #11. - Client
undated
Audiocassette
Box 35
Tape 960 #B. Luncheon Speaker Zenman
undated
Audiocassette
Box 35
Taylor's Campaign
undated
VHS tape
Box 34
Teleconference tape 1A/tape 2B
undated
Audiocassette
Box 35
Teleconference tape 2A/teleconference tape 2B
undated
Audiocassette
Box 35
Telling Our Stories
undated
Audiocassette
Box 35
Unlabeled [California Network of Mental Health Clients: California Memorial Project, Freedom to Speak
interviews]
ca.2001
VHS tape
Box 34
Unlabeled [Chesbro]
undated
VHS tape
Box 35
Unlabeled [Kate Millett talk]
undated
VHS tape
Box 34
Unlabeled [United Consumer Advocacy Network conference, pt. 1]
undated
Audiocassette
Box 35
Unlabeled [United Consumer Advocacy Network conference, pt. 2]
undated
Audiocassette
Box 35
we don't live under NORMAL CONDITIONS
undated
VHS tape
Box 34
White Light Communications: Self Help Live II: Employment
undated
VHS tape
Box 34
White Light Communications: Self Help Live 3: Housing & Homelessness
undated
VHS tape
Box 34
White Light Communications: Show #28, Paul Carling
undated
VHS tape
Box 34

Series 5. Digital
1988-2016
Floppy disks
ca.1988-2005
200 disks (approx)
Box 36
USB drives
ca.2003-2016
10 drives
Box 36

Administrative information

Access

The collection is open for research.

Provenance

Gift of Sally Zinman, 2022.

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Search terms

Subjects

- Alternatives to psychiatric hospitalization
- Antipsychiatry
- Ex-mental patients
- Mental health services--Citizen participation
- People with disabilities--Civil rights--United States
- People with disabilities--Legal status, laws, etc.
- Psychiatric survivors movement

Contributors

- Zinman, Sally [main entry]
- California Network of Mental Health Clients

Genres and formats

- Audiocassettes
- Awards
- Circular letters
- Minutes (administrative records)
- Newsletters
- Notes (documents)
- Videotapes

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