

## What is hoarding?

Hoarding is compulsive buying or acquiring free things coupled with the inability to discard anything. Clutter is the end result of acquiring and saving and is a symptom of the disorder. Hoarding poses a physical health risks to the hoarder (including fire hazard, fall hazard, unsanitary conditions, inability to prepare food, sleeping areas compromised). Hoarding is a brain disorder and there may be a genetic component. It can start as early as ten years of age and affects every socioeconomic group. Hoarders can experience grief-like feelings of loss in response to getting rid of anything. It affects approximately .02-.04 % of the population, about 1,000-5,000 people in Marin County alone.

## What are the most commonly hoarded items?

Animals, newspapers, old clothing, containers, (bags, boxes, milk cartons, bottles, cans etc), mail, personal papers

## How can I get help?

If you, a friend, neighbor or relative has a hoarding problem, you can contact one of the support groups or therapists listed in this brochure. Please remember, that this issue has most likely been developing for a long time, and there is no "quick fix". ***It is not helpful to a hoarder to remove their possessions without their involvement or consent.***

## COMMUNITY RESOURCES

### Fair Housing of Marin

(415) 457-5025

[www.fairhousingmarin.com](http://www.fairhousingmarin.com)

### Legal Aid of Marin

(415) 492-0230

[www.legalaidmarin.org](http://www.legalaidmarin.org)

### Environmental Services

415-507-4129

### Hoarding Alliance of Marin

Gail Mosconi (415) 491-2586

### Marin Humane Society

(415) 883-4621

[www.marinhumanesociety.org](http://www.marinhumanesociety.org)

### "211"

Dial 2-1-1 to access hundreds of community services, 24 hrs/day or call (800)273-6222

### NAMI Marin

(415) 444-0480

[www.namimarin.org](http://www.namimarin.org)

### Adult Social Services

(415) 499-7118

### Adult Protective Services

(415) 507-2774

### Older Adult Mental Health-HOPE

(415) 499-6802

### Community Mental Health Services

(415) 499-6769

### West Marin Health & Human

Services (415) 473-3800

# Hoarding Alliance of Marin Resource Guide

Information for people with too  
much clutter

*A journey of a thousand miles  
begins with a single step.*

*Lao-Tzu*

*The Hoarding Alliance of Marin is a diverse group of professionals, community members and people who identify as hoarders who are working together to understand the complexities of compulsive hoarding and cluttering. Our aim is to provide resources for hoarders with the goal of keeping people in their homes and to ensure the safety of the hoarder and the community at large. The Alliance meets monthly to share information, and to work together to provide a coordinated inter-agency, community-wide response to hoarding.*

## TREATMENT, SUPPORT GROUP & COUNSELING

### CHADD CHILDREN & ADULTS WITH ADHD

Talk with others who really understand, share and develop life skills.

A drop-in peer-support group, the first Tuesday of each month.

Beverlee (415) 789-464

### HOARDING/CLUTTERING SUPPORT GROUP

Tuesdays 5:30-7:00 p.m.

Enterprise Resource Center

(415) 457-4554

### THERAPISTS

Alexandra Matthews, PhD

(415) 388-0300

Daniel Kalb, PhD

Novato (415)

898-9015x525

Works with adults only, makes house calls.

Specializes in anxiety disorders.

Can accept MediCare, not Medi-Cal.

Jeffrey R. Martin, PhD

Kentfield

(415) 461-3175

Works with adults only, specializes in anxiety disorders.

## RECYCLING RESOURCES

### Marin Resource Recovery Center

565 Jacoby St. San Rafael

(415) 453-1404

### Novato Recycling Center

7576 Redwood Blvd. Novato

(415) 897-4177

### Recycling Guide - Search engine list

recycling options in over 100 categories

[www.marinrecycles.org/recyclingguide.Cfm](http://www.marinrecycles.org/recyclingguide.Cfm)

### California Materials Exchange

(CalMAX)

[www.ciwmb.ca.gov/calmax/](http://www.ciwmb.ca.gov/calmax/)

### iReuse

[www.ireuse.com](http://www.ireuse.com)

### MarinMax

Marin's online materials exchange website

[www.MarinMax.org](http://www.MarinMax.org)

### TooMuchStuff

I help sort, pack and take away unwanted items that go to non profits, hazardous waste, freecycle etc. You can know where your stuff goes and get an itemized list for tax purposes. \$25/hour

Contact Libby McQuiston (415) 533-2459

### For Earth's Sake

Donated items become materials for student art projects as they learn about the concept of "re-use". (415) 884-3517

<http://www.marincc.org>

## MOVIES ABOUT HOARDING

*Grey Garden's* (documentary about Jackie Kennedy's cousin)

*Unstrung Heroes* (based on a famous case of hoarding in New York)

## WEB RESOURCES

[www.ocfoundation.org](http://www.ocfoundation.org): Hoarding web site by Dr. Randy Frost & Dr. Gail Steketee

[http://understanding OCD.tripod.com/index\\_hoarding.html](http://understanding OCD.tripod.com/index_hoarding.html): Understanding Hoarding

[www.childrenofhoarders.com](http://www.childrenofhoarders.com) Growing up in a cluttered home

[http://www.clutterless.org/seniors/senior\\_intro.htm](http://www.clutterless.org/seniors/senior_intro.htm) Senior Cluttering Issues

## BOOKS

**Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding** Tolin, D.F., Frost, R.O., & Steketee, G. (2007) New York: Oxford University Press.

**Compulsive Hoarding and Acquiring: Therapist Guide S.**

**Compulsive Hoarding and Acquiring:** Steketee, G. & Frost, R.O. (2007) New York: Oxford University Press

**Workbook** Steketee, G. & Frost, R.O. (2007) New York: Oxford University Press.

**Overcoming Compulsive Hoarding: Why You Save and How You Can Stop** Neziroglu, F., Bublick, J., Yaryura-Tobias, J.A. (2004) New York: New Harbinger