

# **Hoarding Intervention Resource Guide**

Distributed by the Orange County, California, Task Force on Hoarding May 2011

## **Countywide Services**

**Orange County Task Force on Hoarding** - "A Collaborative Effort to Effectively Impact Hoarding." An advisory body which meets regularly to identify and understand hoarding, develop and maximize resources, educate the public, develop humane options and interventions for individuals and communities impacted by hoarding behavior. <a href="http://www.mhaoc.org/hoarding">http://www.mhaoc.org/hoarding</a> 714-547-7559

County of Orange Health Care Agency, Behavioral Health, Adult Mental Health Services - Services include: outreach and engagement; assessment; evaluation; individual and group therapy; collateral therapy; substance abuse treatment; medication support; rehabilitation; linkage and consultation; placement; plan development; crisis intervention and other services for individuals with serious and persistent mental illnesses.

Adult Mental Health Services Info Line: 714-834-6900 http://www.ochealthinfo.com/amhs Older Adult Services: 714-972-3700 http://www.ochealthinfo.com/oas

#### County of Orange Social Services Agency www.ssa.ocgov.com

**Adult Protective Services (APS)** - Directed at preventing and remedying neglect (including self-neglect), abuse or exploitation of adults unable to protect their own interests because of age or disability. Serves elders, aged 65+ and dependent adults with physical, mental or developmental disabilities. 800-451-5155 (24-hour hotline)

**Child Protective Services (CPS)** - Investigates suspected child abuse including; neglect, emotional, physical and sexual abuse. 714-940-1000 or 800-207-4464 (24-hour hotline)

**Code Enforcement and Community Preservation** - Contact your local city for information on your community's code enforcement neighborhood improvement department. For unincorporated sections of Orange County: OC Community Development Code Enforcement Services (toll-free call) 866-552-8120 <a href="http://www.ocplanning.net/CodeEnforcement.aspx">http://www.ocplanning.net/CodeEnforcement.aspx</a>

**Mental Health Association of Orange County -** Non-profit mental health service provider with programs that follow the psychosocial rehabilitation, wellness and recovery model. 714-547-7559 <a href="https://www.mhaoc.org">www.mhaoc.org</a>

**OC Animal Services 24/7** - Providing animal assistance services to most, but not all, cities and unincorporated areas in Orange County. 8am-5pm daily 714-935-6848 or 949-249-5160 or 5pm-8am nightly 714-935-7158.

**Orange County Vector Control District (OCVCD)** - Specifically dedicated to protecting public health by controlling rats, flies, mosquitoes, fire ants and vector related problems. 714-971-2421 or 949-654-2421 <a href="http://www.ocvcd.org/">http://www.ocvcd.org/</a>

**Orange County Fire Authority (OCFA)** - Provides emergency, safety and support services to unincorporated areas and 22 cities in the county. 714-573-6000 <a href="https://www.ocfa.org/index.htm">www.ocfa.org/index.htm</a>

## **Support Groups**

Clutterers Anonymous (CLA) is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem with clutter and help each other to recover. Face-to-face and phone support group meetings can be found in the "Meetings" section of website: <a href="http://www.clutterersanonymous.net">http://www.clutterersanonymous.net</a>

**Hoarding Support Group** – meets the <u>third</u> Thursday of every month at 12 noon at the **Buena Park Senior "Activity" Center**, 714-236-3870, 8150 Knott Avenue, Buena Park 90620 Facilitated by: Rosemary Nielsen, MSW, Outreach Coordinator, Buena Park Senior Center

## **Professional Organizers**

Visit the two websites below to find Professional Organizers in Orange County who work with people who have problems with "chronic disorganization."

National Association of Professional Organizers - www.napo.net/

**Institute for Challenging Disorganization Clutter Hoarding Scale** (formerly known as the National Study Group on Chronic Disorganization) - <a href="http://www.challengingdisorganization.org">http://www.challengingdisorganization.org</a>

## **Heavy Cleaners and Biohazard Clean Up Services**

We suggest search the internet concerning "biohazard clean up companies Orange County"

# **Legal and Mediation Assistance (non profit or other resource)**

Chapman Elder Law Clinic - 714-628-2504

Fair Housing Council of Orange County - 714-569-0823 www.fairhousingoc.org

Legal Aid Society of Orange County - 714 571-5200 www.legal-aid.com

National Academy of Elder Law Attorneys - www.naela.org

O.C. Bar Association - Pro Bono 949-440-6700 and Modest Means 877-257-4762 www.ocbgr.org

Public Law Center - 714-541-1010 http://www.publiclawcenter.org/

#### Books

Buried in Treasures.

By Tolin, D., Frost, R., and Stekeetee, G. 2007, Oxford University Press

Compulsive Hoarding and Acquiring: Therapist Guide and Workbook.

By Steketee, G., Frost, R.O., 2007, Oxford University Press

Conquering Chronic Disorganization.

By Kolberg, J., 1998 Squall Press

**Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring**By Tompkins, M., Hartl, T. 2009 New Harbinger Publications

Overcoming Compulsive Hoarding: Why You Save & How You Can Stop.

By Neziroglu, F., Bubrick, J., and Yaryura-Tobias, J. 2004 New Harbinger Publications

## Online Resources, Discussion Boards and Groups

International Obsessive Compulsive Disorders Foundation Hoarding Center - The most thorough and extensive website dedicated to helping people afflicted and impacted by hoarding disorder. http://www.ocfoundation.org/hoarding/

**International Exchange on Hoarding** - dedicated to the exchange of information between agencies and organizations that provide community based multi-agency interventions for hoarding situations that come to the attention of public authorities <a href="http://www.hoardingtaskforce.org">http://www.hoardingtaskforce.org</a>

**Clutterless Recovery Groups, Inc.** - National organization - Newsletter, literature, information, referrals, conferences, pen pals and group meeting locations. www.clutterless.org

**H-C (Hoarding/Clutter)** - For compulsive hoarders with Obsessive Compulsive Disorder and a strong desire to improve their living or work spaces. This is a working group; be prepared to be in the action stage within 60 days of joining, with regular reporting back to the group. http://health.groups.yahoo.com/group/H-C/

**Messies Anonymous** - National organization - multilingual 12-step program. Motivation and improve self-image as control of house and life is obtained. Meetings, quarterly newsletter, interactive online group, books and materials available. Phone: 305-271-84041-800-MESS-AWAY www.messies.com/

**O-H-T Overcoming Hoarding Together** - For loved ones of people with hoarding behavior. Offers education, enlightenment, encouragement. Under the guidance of a licensed marriage and family therapist. <a href="http://health.groups.yahoo.com/group/O-H-T/">http://health.groups.yahoo.com/group/O-H-T/</a>

**Paula hosts H-C (Hoarding-Cluttering) -** This is the "launch pad" for those who just learned that they have something called Obsessive Compulsive Disorder or hoarding. Information to help the newly-diagnosed to learn about hoarding and what they can do to help themselves. http://health.groups.yahoo.com/group/H-C/

**SerenityBayHoarding** - Group for hoarders trying to understand their illness. Fun, Christian Fellowship and Encouragement. <a href="http://health.groups.yahoo.com/group/SerenityBayHoarding/">http://health.groups.yahoo.com/group/SerenityBayHoarding/</a>

Southern California OCD and Hoarding Support Group - For loved ones of an adult dealing with Obsessive Compulsive Disorder and compulsive hoarding. Meetings every 6-8 weeks for 2-3 hours. Contact Sydney Turk Porter at: <a href="http://health.groups.yahoo.com/group/ocdsupportgroups/links/orturk.porter@verizon.net">http://health.groups.yahoo.com/group/ocdsupportgroups/links/orturk.porter@verizon.net</a>

Children of Hoarders - www.childrenofhoarders.com
Clutterers Anonymous (CLA) - www.clutterersanonymous.net
Helping Hoarders - www.helpinghoarders.com
Hoarding of Animals Research Consortium - www.tufts.edu/vet/cfa/hoarding/index.html