

WHAT IS HOARDING?

Hoarding is the compulsive buying, or acquiring of free things, coupled with the inability to discard even items seemingly without value. Clutter is the end result of acquiring and saving is a symptom of the disorder. Hoarding poses health risks (fires, injuries from falling, unsanitary living conditions, inability to use rooms as intended-kitchens, bedrooms, bathrooms) and affects entire families and communities. It is a brain disorder that may have a genetic component, can begin as early as six years old and occurs across all socioeconomic groups. Those who hoard often experience grief-like feelings of loss in response to getting rid of anything. It affects between 2-4% of the population and that is about 5,000 – 12,500 people in Marin County alone.

SELF-HELP/SUPPORT GROUPS

Online

- **Messies Anonymous**
www.messies.com
- **Clutterers Anonymous**
www.clutterersanonymous.net
- **Overcoming Hoarding Together (O-H-T)**
<http://health.groups.yahoo.com/group/O-H-T>
- **Bay Area Resources: Support Groups**
www.hoarders.org
- **Flylady** Personal online coach to help you gain control of your house and home
www.flylady.net

Local

- **CHADD - Children & Adults with ADHD**
1st Tuesday of the month - 7 – 9 PM
Drop-in peer-support group - Greenbrae
Sue Zee (415) 492-8822
www.chaddnorcal.org
- **Hoarding/Cluttering Support Group**
TUESDAYS 5:30-7:00 p.m.
E. R. C. 3270 Kerner, San Rafael
(415) 457-4554

COMMUNITY RESOURCES

- **Hoarding Alliance of Marin**
Gail Mosconi (415) 491-2586
- **Fair Housing of Marin**
(415) 457-5025
www.fairhousingmarin.com
- **Legal Aid of Marin**
(415) 492-0230
www.legalaidmarin.org
- **Environmental Health Services**
415-499-6907
- **Marin Humane Society**
(415) 883-4621
www.marinhumanesociety.org
- **"211"** Dial 2-1-1 - access hundreds of community services, 24 hrs/day or call (800)273-6222
- **County Code Enforcement**
(415) 499-6269
- **Adult Social Services**
(415) 473-7118
- **Adult Protective Services**
(415) 473-2774
- **Older Adult Mental Health-HOPE**
(415) 473-4306
- **National Alliance on Mental Illness**
(415) 444-0480
www.namimarin.org
- **National Association of Professional Organizers – SF/Bay Area Chapter**
www.napo-sfba.org
- **National Study Group on Chronic Disorganization**
www.nsgcd.org

Hoarding Alliance of Marin Resource Guide

Information for people with too much
clutter and those who love them

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

The Hoarding Alliance of Marin is a group of professionals, community members and people who hoard, working together to better understand compulsive hoarding and cluttering. Our aim is to provide resources for those who hoard, their families and friends and ensure their safety and the safety of the community at large. The Alliance meets monthly to share information and to provide education and consultation to interested parties as we work together to provide an inter-agency, community-wide response to the personal impact of hoarding.

How can I get help or learn more?

If you or anyone you know has a hoarding problem, you can contact one of the support groups or therapists listed in this brochure or read one of the books. Please remember that this issue has most likely been developing for a long time, and there is no "quick fix".

Note: It is not helpful to remove someone's possessions without his or her involvement or consent.

TREATMENT & COUNSELING

- **Alexandra Matthews, PhD**
Mill Valley (415) 388-0800
Cognitive-Behavioral Therapy for hoarding,
OCD, anxiety & other disorders.
www.amatthewsphd.com
- **Daniel Kalb, PhD**
Novato (415) 898-9015 x525
Works with adults only, makes house calls.
Specializes in anxiety disorders.
Can accept Medicare, not Medi-Cal.
- **Cognitive Behavioral Associates of Marin**
www.cbtam.com

PROFESSIONAL ORGANIZERS

- Sue Zee Poinsett, MA (415) 492-8822
- Victoria Roberts, CPO® (415) 380-0751

RECYCLING & RE-USE RESOURCES

- **Recycling Guide** – Search engine lists recycling options in over 100 categories
http://www.marinrecycles.org/recycling_guide.cfm
- **Marin Resource Recovery Center**
Electronics, hazardous waste, etc.
1050 Andersen Dr., San Rafael
(415) 485-5646
- **Novato Recycling Center**
7576 Redwood Blvd., Novato
(415) 897-4177
- **TooMuchStuff** (415) 533-2459
Sorting, packing, removing, recycling
Reasonable rates
- **Marin Freecycle**
Free site to list items for giveaway
www.freecycle.org

- **Renew Computers** (415) 457-8801
Electronics/sm. appliances, wires/cords, etc.
San Rafael
www.renewcomputers.com
- **The Away Station** (415) 453-4410
A marketplace for construction reuse-Fairfax
www.theawaystation.org
- **Goodwill** (415) 456-5273
Pick-up & drop-off - San Rafael
- **Salvation Army** (800) 728-7825
Pick-up & drop-off – San Rafael
- **Lifeshouse** (800) 675-4499
Pick-up of household items & clothing
- **Ritter Center** (415) 457-8182
Clothing, toiletries, grocery sacks - San Rafael
- **Hospice Hodgepodge**
San Rafael (415) 388-4332
- **Mt. Carmel Thrift Shop**
Mill Valley (415) 388-4332
- **Tiburon Thrift Shop**
(415) 435-7605
- **Earth911.com**
Find local recycling centers for most items.
www.earth911.com
- **Craigslist.com**
Sell or give away belongings.
<http://sfbay.craigslist.org/>

Check the Yellow Pages in your local phonebook for additional local Thrifts

Cars (working or not) may be donated to the Marin Humane Society and several other charities.

ADDITIONAL WEB RESOURCES

- www.ocfoundation.org
Hoarding web site by Frost & Steketee
- http://understanding OCD.tripod.com/index_hoarding.html
Understanding Hoarding
- www.childrenofhoarders.com
Growing up in a cluttered home
- <http://clutterless.org/Hoarding/hoarding.htm> More on hoarding & cluttering

BOOKS

- **Stuff: Compulsive Hoarding & the Meaning of Things** – Frost/Steketee (2010)
- **Digging Out: Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring** – Tompkins/Hartl (2009)
- **Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding** – Tolin/Frost/Steketee (2007)
- **Compulsive Hoarding and Acquiring: Therapist Guide** – Steketee/Frost (2007)
- **Compulsive Hoarding and Acquiring: Workbook** – Steketee & Frost (2007)
- **Compulsive Hoarding and Acquiring: Overcoming Compulsive Hoarding: Why You Save and How You Can Stop** – Neziroglu/Bubrick/Yaryura-Tobias (2004)

Inclusion in this brochure should not be construed as an endorsement of services offered.