

WORKING
HANDS-ON
WITH CLIENTS

WHAT DO
LEADING EXPERTS
IN THE FIELD
SUGGEST



WITH
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215-805-5895

PHTF CONFERENCE – “DIGGING IN, DIGGING OUT”
MAY 16, 2019



Presentation Goals

- Explore emerging models for lessening the impact of hoarding behavior on the individual, family members, loved ones and the community
 - ▣ Buried in Treasures Model
 - ▣ Motivational Interviewing
 - ▣ WRAP – **Wellness Recovery Action Plan** (mention briefly)
 - ▣ Harm Reduction Model
- Learning from the experts and each other
- Resources and Support

Current Intervention Model

- Cleanouts
 - ▣ High cost
 - ▣ Low rate of return on the investment
- Recidivism rate (“back-sliding”) is nearly 100%
- Cleanups are “stuff-centered”
- New intervention models are people-centered



Acknowledgements

- Michael Tompkins
- Christiana Bratiotis
- Randy Frost
- Gail Steketee
- Lee & Bec Sheur
- Jesse Edsell-Vetter
- Matt Paxton
- Judith Kolberg
- Phyllis Flood-Knerr



Clutter Above & Below the Surface

Above the surface, clutter is seen as stuff, the result of saving and acquiring habits.

Below the surface clutter is the result of:

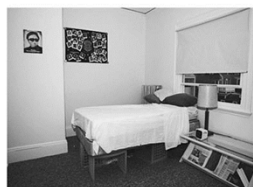
- ▣ Executive functioning issues
- ▣ Family history
- ▣ Memory issues
- ▣ Mental health
- ▣ Neurobiology
- ▣ Physical health
- ▣ Trauma and loss

This is where the key lies to
unlock these habits



Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

Hoarding vs. Squalor

- Hoarding focuses on:
 - ▣ volume of clutter
 - ▣ emotional attachment to possessions
- Hoarding clutter may exist with or without poor sanitation
- Squalor is defined as a state of being extremely dirty and filthy, the result of decay and neglect.
 - ▣ Characterized as rotting food, infestation, dilapidated environments and sometimes human or animal waste



Phenomenon of Hoarding

- Any container gets filled up.
 - ▣ Rooms, homes, sheds, cars, relatives' homes
 - ▣ The spread of stuff is constant and pervasive



Phenomenon of Hoarding

- 15% of people who hoard have insight & acknowledge their behavior as irrational.
- 50% of people who hoard grow up in a hoarded home.
- 92% of individuals diagnosed with Hoarding Disorder also have another co-occurring disorder



Phenomenon of Hoarding

- 2-6% of the population suffer from Hoarding Disorder
- 3-5% (15 million) in US - hoarding issues
- 31,000 -77,000 (2-5%) Philadelphians exhibit hoarding behaviors.
- Without intervention the, rate of recidivism (“back-sliding”) is nearly 100%.



Demographics

- Saving begins in childhood/adolescence
- Average age in treatment = 50
- Marital Status: tend to be single
- Education: ranges widely
- Family history of hoarding is common
- Crosses all economic borders



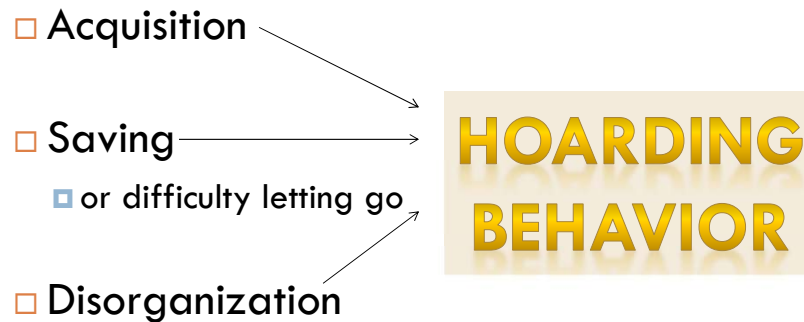
Hoarding Disorder Definition

American Psychiatric Association DSM-5

1. Difficulty discarding
2. Accumulation of stuff that prevents normal use of space
3. Distress or impairment
4. Not some other medical or mental health condition



Manifestation of Hoarding



Manifestation of Hoarding Why is Clutter Chronic and Persistent?

- Acquiring and Saving
 - ▣ Provides strong positive feelings (joy, delight)
- Discarding or Letting Go
 - ▣ Produces strong negative feelings (guilt, fear, anger)
- Acquiring, Saving and Discarding
 - ▣ Strong beliefs that items are “valuable” or “useful”, even when other people do not want them
- Difficulty organizing possessions

Understanding Hoarding Behavior

- Vulnerability
 - Mental Health
 - Physical Health
 - Trauma / Loss
 - Addiction
 - Family History
- Core Beliefs
 - Identity
 - Values
 - Responsibility
- Cognitive Processing
 - Decision Making
 - Attention
 - Memory
 - Problem Solving
 - Impairment carrying out daily life activities, example, tasks with multiple steps
 - Executive Functioning

Beliefs & Meanings

- Beauty / Aesthetics
- Memory
- Utility / Opportunity
- Sentimental
- Comfort
- Safety
- Value
- Identity / Potential Identity
- Control
- Mistakes
- Responsibility / Waste
- Perfectionism / Completeness

Manifestation of Hoarding - Complexity of Thoughts

- Acquisition
 - ▣ Vulnerabilities
 - ▣ Core Beliefs
- Saving
 - or difficulty letting go
 - ▣ Vulnerabilities
 - ▣ Core Beliefs
- Disorganization
 - ▣ Cognitive Processing

**HOARDING
BEHAVIOR**

Manifestation of Hoarding Why is Clutter Chronic and Persistent?

- Acquiring and Saving
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- Acquiring, Saving and Discarding
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- Difficulty organizing possessions

Manifestation of Hoarding Emotions – Both Positive and Negative

- **Positive Reinforcement**
- **Negative Reinforcement**



- **Saving / Acquiring**

Strong Negative and Positive Emotions
interact with beliefs
to produce hoarding tendencies and behaviors

Strong Negative and Positive Emotions interact
with beliefs to produce behaviors

Positive Emotions

- Pleasure
- Excitement
- Pride
- Relief
- Joy
- Fondness
- Satisfaction

Negative Emotions

- Grief / Loss
- Anxiety
- Sadness
- Guilt
- Anger
- Frustration
- Confusion

Avoidance Conditioning

- Distress
- Decisions
- Attending to
- Clutter
- Feelings of loss
- Feeling vulnerable
- Worrying
- Memory
- Memories
- Not inviting people
- Making mistakes
- Losing opportunities
- Losing information
- Depression
- Out of sight, out of mind



Manifestation of Hoarding Complexity of Thoughts

- Acquisition
 - ▣ Sentimental acquiring
 - ▣ Instrumental acquiring
 - ▣ Intrinsic acquiring
- Saving
 - or difficulty letting go
 - ▣ Sentimental saving
 - ▣ Instrumental saving
 - ▣ Intrinsic saving
- Disorganization
 - ▣ Randomness of piles

**HOARDING
BEHAVIOR**



Special Meaning Given to Possessions

- Beauty / Aesthetics
- Memory / Memories
- Utility / Opportunity
- Uniqueness
- Sentimental
- Comfort
- Safety
- Identity / Potential
- Control
- Mistakes
- Responsibility / Waste
- Completeness
- Validation of Worth
- Socialization

A unique way of seeing the world and the things in it!



Gift or a Curse?

“People who hoard might have a special ability to see uniqueness where others do not...

It is not an item's use but their potential and perceived uniqueness that is the appeal.

This special ability is both a **gift and a curse.**”

— Randy Frost, PhD,
Smith College Department of Psychology

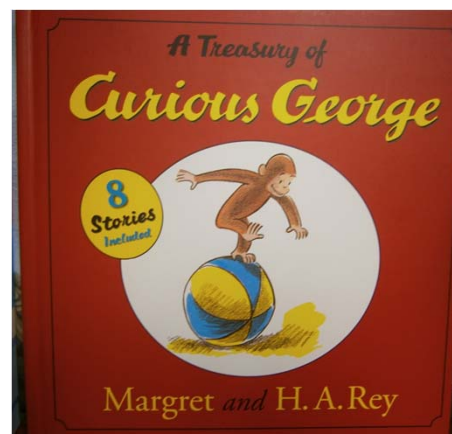


Life Story

Life Story - Be Curious

Ask Open-Ended Questions

- ☐ What?
- ☐ Why?
- ☐ How?



Life Story - Be Curious

- Get to know your client
 - ▣ What are their interests. What brings them joy.
 - ▣ What are their accomplishments they are most proud of.
 - ▣ What do they care most about.
 - Family, friends, honesty, achievements, etc.
- What is the legacy they want to leave behind?
What do they want to be known for?
- What does the client most want to do in the remainder of their life?
 - ▣ List their goals and aspirations moving forward.



Life Story - Be Curious

Initial Meeting

- Tell me about this room.
- What kinds of things will we find in this area?
- How long has the room been filled like this?
- Tell me about this?
- What do you use this for?
- How did you come up with that idea?
- How often do you find yourself using or needing this?



Emerging Intervention Models



Intervention Models

- Buried in Treasures / Clinical Guide
 - Randy Frost, PhD / Gail Steketee, PhD
 - Lee and Bec Shuer/Matt Paxton/Judith Kolberg
 - Michael Tompkins, PhD / David Tolin, PhD
- Motivational Interviewing
 - Gail Steketee. PhD,
- WRAP – Wellness Recovery Action Plan (brief mention)
 - Lee Shuer (Becca Belofsky Shuer)
- Harm Reduction Model
 - Jesse Edsel-Vetter
Metro Boston Housing Authority



Intervention Models - Common Threads

- Client-centered approach - including the client as part of the solution
- Eye on the safety and wellbeing of the individual
- Listen, listen, listen is key
- Reframing old thoughts and beliefs to reduce the dependence on acquiring and saving
- Understanding that relapses can/does occur (back sliding)
- Use assessment tools and specific measureable goals
- Developing a plan to prevent future clutter (ex: monitoring plan, support groups)



Initial Interviews with Clients

Goal is to learn about and understand the client's perspective.

- Why the items being saved are important to the client
- Where the items are acquired
- Client's vision, goal and / or use for the item
- Client's goals and aspirations in life



Interview Questions

- ☐ Tell me about your X
(teapots, games, books, flyers, bags, etc.)
- ☐ Are there activities that you would like to be able to do in your home that are difficult now?
- ☐ I wonder if there was a time when you felt that you successfully organized your home?



Interview Questions

- ☐ Have others in your life commented on your clutter before?
- ☐ It seems that there are some health/safety concerns being expressed by your family, neighbors, landlord. What are your thoughts about those concerns?



Interview Questions


- ☐ Are there ways that the clutter prevents you from doing things that are important to you?
- ☐ Has anyone offered to help you address your clutter before?



Value, Vision and Motivation (Motivational Interviewing)



What Motivates People to Change

- 
- Gail Steketee, PhD
at Boston University
 - What makes people motivated to change?
 - ▣ Importance
 - ▣ Confidence
 - Enhancing Motivation
 - Focus on their vision and values



Value & Vision - Motivation

Motivational Interviewing (MI)

- A client-centered, directive method for enhancing people's natural motivation to change
- Focus on the value gained from change
- Brainstorming with the client ways to change behaviors that are in line with their values and goals.



Assumptions of Motivational Interviewing (MI)

- Motivational Interviewing (MI) style is quiet and eliciting
- Team member (T) elicits, explores and helps resolve ambivalence
- Readiness to change develops from interaction between the team member and the client
- The team member is a partner, not an expert to the client



Principles of Motivational Interviewing (MI)

- Expressing empathy
- Developing discrepancy
- Rolling with resistance
- Supporting self-efficiency

Mood or style of MI is:
Collaborative vs. confrontational



Establish Personal Value & Vision



- Engage with the client - Value
 - ▣ What are their interest
 - ▣ What brings them joy
 - ▣ What do they care most about
 - Family, friends, honesty, achievements, etc.
- Identify - vision for the future
 - ▣ What does the client most want to do in the remainder of their life? What legacy do they want to leave behind
 - List their goals and aspirations
- Refer back to their values, vision & goals to clarity & reduce indecision

Value & Vision - MI Use Open-Ended Questions

- What benefit would reducing your clutter provide you?
- What does change look & feel like to you?
- What would be possible in your life that is not possible now if you had less clutter?
- Who else in your life would benefit if you had less clutter in your home?
- What would be hard for you about reducing the amount of clutter?
- What support would be good for you, if any, if you were to reduce the amount of clutter in your home?

Value & Vision – Motivation Client Responses

- ☐ “Enjoy entertaining again.”
- ☐ “Sleep in my bed again / have the whole bed to myself.”
- ☐ “Have a place for family and friends to sit when they visit.”
- ☐ “Have my grandchildren come to stay with me.”
- ☐ “To have a kitchen that is safe and one where I can cook in again.”
- ☐ “Not panic if someone rings the door.”
- ☐ “To take a bath.”



Value & Vision - Motivation

What makes people motivated to change?

- ☐ Importance
- ☐ Confidence

Why don't people change?

- ☐ Cost of change (risk)
- ☐ Benefit of change



Enhancing Motivation – Exploring the Pros and Cons

Continue to do X

Benefits:

- ☐
- ☐
- ☐

Costs:

- ☐
- ☐
- ☐

Change and do Y

Benefits:

- ☐
- ☐
- ☐

Costs:

- ☐
- ☐
- ☐



Enhancing Motivation – Exploring the Pros and Cons

Continue to do X

Benefits:

- ☐ Get to keep stuff
- ☐ Avoid decision making
- ☐ Don't have to do the work of cleaning up

Costs:

- ☐ Can't find anything
- ☐ Can't have people over
- ☐ House smells
- ☐ Friends and family are always upset with me
- ☐ Safety hazard

Change to do Y

Benefits:

- ☐ Have a place for everything
- ☐ Can invite people over
- ☐ Can move around more easily
- ☐ Family & friends won't be angry
- ☐ Neighbors won't complain

Costs:

- ☐ I'll have to part with stuff
- ☐ It will be hard, stressful work



Value & Vision

Ambivalence & Motivation

Cost of Change = Ambivalence

- ☐ Don't resist it or try to talk the person out of it
- ☐ Recognize & acknowledge the ambivalence
- ☐ Reinforce change talk & action



Value & Vision

Ambivalence & Motivation - Practice

- ☐ "I don't know how I'd feel if I got rid of it."
- ☐ "If I am not going to subscribe to more magazines, I should hold onto the ones I have."
- ☐ "It doesn't make sense / it's crazy to throw something away that is perfectly good."
- ☐ "How do I remember what I want to get if I don't get it at that moment?"
- ☐ "I don't know who to give my stuff to."



Objectives

Questions to Ask to Reduce Clutter

What questions would be helpful for the client when sorting and discarding?

These questions will be unique to the client and be a reflection of their vision.

- ☐ What benefit does this provide me?
- ☐ Is there someone who could use this more than I can?
- ☐ Is there another place I could put this that would be more helpful?
- ☐ How many of these do I already have?
- ☐ Can I make do with what I have now in order to realize my overall desire to live with less clutter?
- ☐ Do I have enough of these?

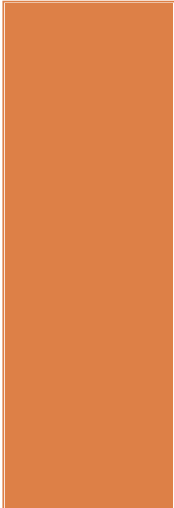


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- ☐ Supporting self-efficiency

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W.A.R.P.

Wellness Recovery Action Plan

Lee Shuer

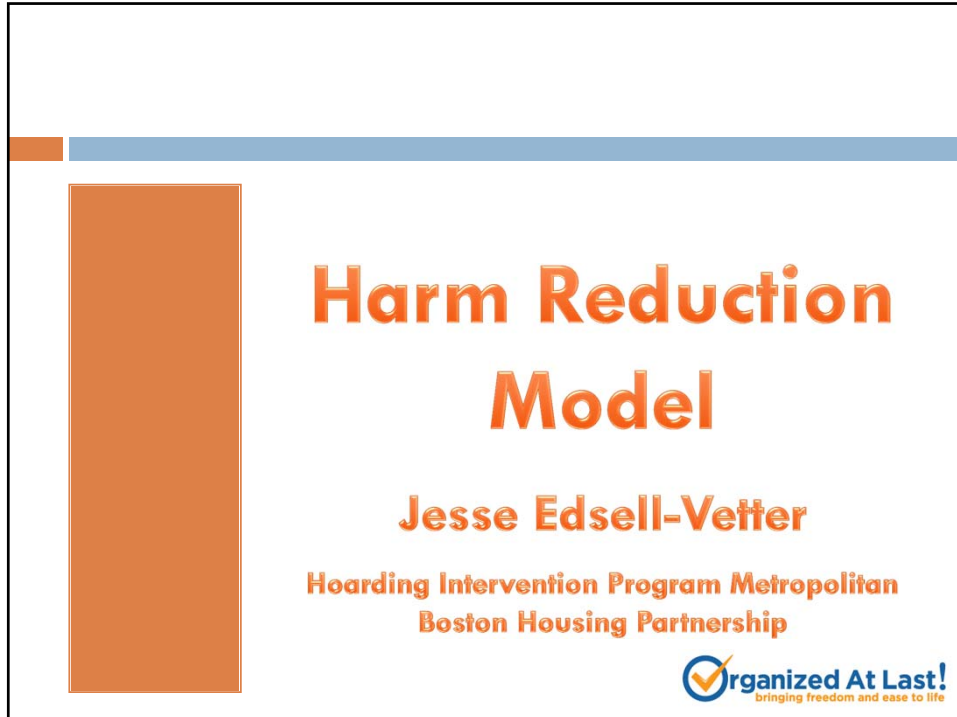


Objectives – From Vision to Action

WRAP

Wellness Recovery Action Plan


- Lee Shuer – “Buried in Treasures Workshop”
- Wellness Toolbox
 - ▣ Activities, items or daily practices that nourish them
- Trigger Action Plan (Saving, Acquiring, etc.)
 - ▣ What are your triggers – Action plan for a breakdown
 - ▣ Eye on the Prize – Goals for Decluttering
 - ▣ How to Keep Yourself Motivated



Harm Reduction Model

Jesse Edsell-Vetter

Hoarding Intervention Program Metropolitan
Boston Housing Partnership



Harm Reduction Model

Jesse Edsell-Vetter - Hoarding Intervention
Program Manager, Metropolitan Boston
Housing Partnership

- ☐ Health & Safety
- ☐ Identify key health/safety concerns
- ☐ Use appropriate assessment tools to identify safety issues
- ☐ Implement harm reduction strategies for hoarding situations

Harm Reduction Model

- Educate family, friends, landlords, building managers about the phenomenon and characteristics associated with hoarding behavior
- Explain that the goal is to reduce the risks associated with hoarding
- Explain that the worst thing to do is to go in and throw things away for them or go in and throw things away when the owner is there or not there.



Harm Reduction Model

- Keep people safe in their homes
- Focus on the reduction of possessions in high risk areas
- Set up systems to minimize acquisition and maintain organization
- Provide supportive monitoring for safety maintenance
- Do not expect overnight miracles
- Goal is house functional, not house beautiful



Common Code Violations

Objective is Safety First

- ❑ Blocked egress
- ❑ Fire load (volume of items is too great)
- ❑ Fire hazards (items in oven, near heat source, etc)
- ❑ Trip hazards
- ❑ Crush hazards
- ❑ Infestation



Common Code Violations (con't)



- ❑ Plumbing not functioning
- ❑ Sanitation concerns (rotting food, feces, etc)
- ❑ Structural safety (weight of items)
- ❑ Electrical wiring under the clutter

Harm Reduction - Communication

- Be clear about expectations and limitations
- Ask open-ended questions
- Use respectful, non-judgmental language
- Mirror the language used by the individual
- Expect that engagement and motivation are on-going parts of communication
- Genuinely praise success, however small



Harm Reduction Strategies

- List safety and health concerns
- Articulate action plan for compliance
- Give reasonable expectations & timeframes
- Specific measurable objectives & benchmarks
- Visual cues and feedback
- Discuss & write out plan
- Plan ongoing follow through and follow up



Clutter Image Rating: Bedroom
Please select the photo that most accurately reflects the amount of clutter in your room.











HOMES[®] Multi-disciplinary Hoarding Risk Assessment

Health

<input type="checkbox"/> Cannot use bathtub/shower	<input type="checkbox"/> Cannot prepare food	<input type="checkbox"/> Presence of spoiled food	<input type="checkbox"/> Presence of insects/rodents
<input type="checkbox"/> Cannot access toilet	<input type="checkbox"/> Cannot sleep in bed	<input type="checkbox"/> Presence of feces/urine (human or animal)	<input type="checkbox"/> Presence of mold or chronic dampness
<input type="checkbox"/> Garbage/Trash Overflow	<input type="checkbox"/> Cannot use stove/fridge/sink	<input type="checkbox"/> Cannot locate medications or equipment	

Notes: _____

Obstacles

<input type="checkbox"/> Cannot move freely/safely in home	<input type="checkbox"/> Unstable piles/avalanche risk
<input type="checkbox"/> Inability for EMT to enter/gain access	<input type="checkbox"/> Egresses, exits or vents blocked or unusable

Notes: _____

Mental health (Note that this is not a clinical diagnosis; use only to identify risk factors)

<input type="checkbox"/> Does not seem to understand seriousness of problem	<input type="checkbox"/> Defensive or angry	<input type="checkbox"/> Unaware, not alert, or confused
<input type="checkbox"/> Does not seem to accept likely consequence of problem	<input type="checkbox"/> Anxious or apprehensive	

Notes: _____

Endangerment (evaluate threat based on other sections with attention to specific populations listed below)


<input type="checkbox"/> Threat to health or safety of child/minor	<input type="checkbox"/> Threat to health or safety of person with disability
<input type="checkbox"/> Threat to health or safety of older adult	<input type="checkbox"/> Threat to health or safety of animal

Notes: _____

Structure & Safety









<input type="checkbox"/> Unstable floorboards/stairs/porch	<input type="checkbox"/> Leaking roof	<input type="checkbox"/> Electrical wires/cords exposed	<input type="checkbox"/> No running water/plumbing problems
<input type="checkbox"/> Flammable items beside heat source	<input type="checkbox"/> Caving walls	<input type="checkbox"/> No heat/electricity	<input type="checkbox"/> Blocked/unsafe electric heater or vents
<input type="checkbox"/> Storage of hazardous materials/weapons			

Notes: _____



PATHWAYS TO A HEALTHY & SAFE HOME

Initial Benchmarks
Start with these 8 goals to reduce risk and improve safety in your home.

		Comments / Assignments / Goals
<input type="checkbox"/>	 Clear 3 feet wide pathways throughout the home including hallways and stairs.	
<input type="checkbox"/>	 Reduce all piles to no more than 4 feet above the floor.	
<input type="checkbox"/>	 Reduce all piles near windows to below window sill height and keep windows accessible so they can be opened.	
<input type="checkbox"/>	 Keep all doors clear of belongings, so that they can be opened freely.	
<input type="checkbox"/>	 Keep the stove and oven clear of all clutter, so that the oven door can open completely. Keep paper and other flammable materials at least 1 foot away from the stovetop.	
<input type="checkbox"/>	 Keep belongings at least 1 foot away from heaters, heating equipment, hot water heaters and electrical panels.	
<input type="checkbox"/>	 Regularly remove rotting food, food containers and garbage from the home.	
<input type="checkbox"/>	 Keep outlets, surge protectors and extension cords clear of clutter. Do not run extension cords across piles or pathways.	

Once you've got these covered, you're well on your way to a healthy and safe home! Remember, if your home also has structural, electrical, plumbing or infestation issues, then there will be some additional steps to take to ensure a healthy and safe home.

Pathways to a Healthy & Safe Home

- ☐ Developed by the Phila. Hoarding Task Force
- ☐ 8 goals to reduce risk
 1. 3' wide path
 2. Piles below 4'
 3. Piles below windows
 4. Doorways cleared
 5. Stove & oven clear
 6. Keep items away from heaters, hot water heater, etc
 7. Regular removal of garbage
 8. Keep outlets, surge protectors & extension cords clear

Resources and Organizations



Resources – Hoarding Task Force

Philadelphia Hoarding Task Force

www.PhiladelphiaHoarding.org

Includes resource guide – always updating

Helplines

- Two helplines based on the age of the person with hoarding issues:

Under 60 years of age: **215-751-1800**

60 years of age and above: **215-545-5728**



Objectives – Picking a Team

Help From Community Agencies

- Animal Care & Control Team
- Center for Advocacy for the Interests and Rights of the Elderly
- Clutterer's Anonymous
- Community Behavioral Health
- Columbus Property Management
- Community Legal Services
- Department of Behavioral Health
- Department of Human Services
- Department of Public Health
- Jewish Family and Children Services
- Liberty Community Connections
- Licenses & Inspections
- Mental Health Association of Southeastern Pennsylvania
- National Association of Professional Organizers/Institute for Challenging Disorganization
- Office of Supportive Housing
- Pennsylvania SPCA
- Philadelphia Corporation for Aging
- Philadelphia Housing Authority
- Philadelphia Fire Department
- Senior Law Center
- Tenant Union Representative
- Visiting Nurse Association



Resources

Video Library

Randy Frost, PhD

Classic Profile of Hoarding Behavior (5:50 min)

Acquisition, Difficulty Discarding, Lack of Ability to Organize All Their Stuff (information processing issue)

<https://www.youtube.com/watch?v=wQYSWuE5ATc>

Causes of Hoarding (5:55 min)

Trouble with Categorizing & Decision Making

Commonly organize visually and spaceally (remembering where things are in space)

Focus on and appreciate the minute details of objects

Creativity run a muck

<https://www.youtube.com/watch?v=1MkefvnFwes>



Resources

Video Library (continued)

Randy Frost, PhD

Ways to Help a Family Member Who Hoards (4:28 min)

<https://www.youtube.com/watch?v=JkTONiolPbk>

What to Do When the Person with Hoarding Behavior Does Not Change (3:09 min)

Creating a support team – Hoarding Task Force, clergy, family members, Professional Organizers, therapist, etc.

Education about the nature of the behavior for the person

<https://www.youtube.com/watch?v=Jzfy2xWEzEI>



Resources

Video Library (continued)

Hoarding Workshop with Dr. Randy Frost:

Hoarding Workshop Part 1 (11:19 min)

<https://www.youtube.com/watch?v=xCq8si9S05c>

Hoarding Workshop Part 2 (13:08 min)

<https://www.youtube.com/watch?v=le8Fr1SuiPs>

Hoarding Workshop Part 3 (17:35 min)

<https://www.youtube.com/watch?v=1IbjnGPa7rw>

Hoarding Workshop Part 4 (7:59 min)

<https://www.youtube.com/watch?v=-saZw8nYEQg>



Resources

Video Library (continued)

For Family Members

Typical Profile of Hoarding Behavior - Randy Frost (5:51 min)

<https://www.youtube.com/watch?v=wQYSWuE5ATc&pbjreload=10>

Ways to help family members that hoard - Randy Frost (4:28 min)

<https://www.youtube.com/watch?v=JkTONioIPbk>

What to Do when Someone with Hoarding Behavior won't Change (3:09 min)

<https://www.youtube.com/watch?v=Jzfy2xWEzEI>

Families Understanding Hoarding - Gail Steketee, PhD (1:04 min)

<https://www.youtube.com/watch?v=7p9WIVvC7ak>



Resources

Video Library (continued)

For Family Members

Tips for Family Members of Hoarding Disorder Sufferers

Gail Steketee, PhD (1:55 min)

<https://www.youtube.com/watch?v=1CfmBnH3mWE>

When Does Hoarding Begin

Gail Steketee, PhD (1:48 min)

<https://www.youtube.com/watch?v=obqqun0UYwg>

Michael Tompkins (28:32 min)

https://www.youtube.com/watch?v=evvOD5_tQ0U



Resources

Video Library (continued)

Buried in Treasures Model

Randy Frost, PhD - Hoarding Forum with Randy Frost

June 2014 (2hrs 15 min)

Buried in Treasures – Understanding Compulsive Hoarding

<https://www.youtube.com/watch?v=Ke950ThjLLE>

Dr. Randy Frost Key Note:

Ownership Gone Awry Stockton University May 18 2015

<https://www.youtube.com/watch?v=icbNpdwizZc>

Gail Steketee, PhD

Buried Treasures: Understanding and Treating Compulsive Hoarding

April 2007 (1hr 24 min)

<https://www.youtube.com/watch?v=yEagU8DLMCg>



Resources

Video Library (continued)

- Keep Talking: Compulsive Hoarding Disorder
Randy Frost, PhD
<https://www.youtube.com/watch?v=7gEW4uzVqbw>
- When Stuff Takes Over – Gail Steketee, PhD
<https://www.youtube.com/watch?v=vmXQ6GaCwaA>



Resources

Video Library (continued)

Buried in Treasures Model

Lee Shuer

Lee Shuer & Becca Belofsky Shuer, - 2016 (23:50 min)

Lee and Bec talk Buried in Treasures, language, clutter stigma, and hope.

<https://www.youtube.com/watch?v=cJ7NvMKa6UU>

Lee Shuer - Hope for Hoarders: Supportive Housing NY - 2014 (1hr 13 min)

<https://www.youtube.com/watch?v=OQ-EjNqEcl&t=3270s>

Becca Belofsky Shuer - Lost in Clutter - 2015 (24:05 min)

(Experience as a spouse)

<https://www.youtube.com/watch?v=mnkmylcTTdE&t=292s>

Lee Shuer - Less Finding + Less Keeping = More Living - 2015 (42:17 min)

<https://www.youtube.com/watch?v=IYR234wzm2g>

Lee Shuer & Becca Belofsky Shuer - Buried in Treasures Comes to Supportive Housing - 2017 (1hr 26 min)

<https://www.youtube.com/watch?v=8CVQHsYMHlQ>



Resources

- International OCD Foundation (IOCDF), PO Box 961029, Boston, MA 02196, 617.973.5801 - <http://www.ocfoundation.org>
- Boston University School of Social Work - www.bu.edu/ssw/research/hoarding
- Smith College Department of Psychology
(www.science.smith.edu/departments/PSYCH/rfrost)
- **Where can I find further information and help?**
 - Boston University School of Social Work (www.bu.edu/ssw/research/hoarding)
 - Smith College Department of Psychology
(www.science.smith.edu/departments/PSYCH/rfrost)
- Jesse Edsell-Vetter - Hoarding Intervention Program Manager, Metropolitan Boston Housing Partnership
<https://www.metrohousingboston.org/what-we-do/hoarding-intervention/>



Resources - Books

- | | |
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| <ul style="list-style-type: none"> □ <u>For anyone</u> <ul style="list-style-type: none"> □ Stuff (Steketee & Frost) □ The Secret Lives of Hoarders (Matt Paxton) □ <u>For people with hoarding behaviors</u> <ul style="list-style-type: none"> □ Buried in Treasures (Steketee, Tolin & Frost) □ <u>For family members and loved ones</u> <ul style="list-style-type: none"> □ Digging Out (Tompkins & Hartl) | <ul style="list-style-type: none"> □ <u>For children who grew up in a hoarded home</u> <ul style="list-style-type: none"> □ Coming Clean (Miller) □ <u>For service providers/clinicians</u> <ul style="list-style-type: none"> □ The Hoarding Handbook (Bratiliotis, Schmalisch & Steketee) □ Compulsive Hoarding and Acquiring Workbook (Steketee & Frost) □ ICD Guide to Collaborating with Professional Organizers (Knerr) |
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Resources – Assessment Tools

- Clutter Image Rating Scale –
Measures the volume of hoarded items.
 - http://www.hoardingconnectioncc.org/Hoarding_cir.pdf
- HOMES – Multi-disciplinary Hoarding Risk Assessment
Looks more closely at the risk factors associated with the volume of hoarded items that could potentially contribute to issues around the individual's overall health, hygiene, safety, etc.
 - https://vet.tufts.edu/wp-content/uploads/HOMES_SCALE.pdf
- Activities of Daily Living for Hoarding
Measures the extent to which hoarding interferes with daily functioning
 - <http://www.oxfordclinicalpsych.com/view/10.1093/med:psych/9780199334940.001.0001/med-9780199334940-interactive-pdf-006.pdf>
- Uniform Inspection Checklist
Ensure housing is decent, safe, sanitary and in good repair
 - <http://www.philadelphiahoarding.org/resources/Uniform%20Inspection%20Checklist%20-%20Quick%20Reference.pdf>



Resources - Organizations

- Clutterers Anonymous <https://clutterersanonymous.org/>
- Mutual Support Consulting (MSC): <http://www.mutual-support.com/>
- Institute for Challenging Disorganization (ICD).
<http://www.challengingdisorganization.org/>.
- International OCD Foundation (IOCDF). <http://www.ocfoundation.org/>.
- Institute on Compulsive Hoarding & Cluttering -
www.mentalhealthsf.org/programs/ichc
- Help for People with Hoarding Behavior - www.helpforhoarders.co.uk
- International OCD Foundation - www.ocfoundation.org/hoarding
- Children of Hoarders - www.childrenofhoarders.com
- National Association of Productivity & Organizing Professionals -
www.napo.net
- Institute for Challenging Disorganization -
<http://www.challengingdisorganization.org>

