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 which is about 5,000 – 12,500 people in Marin County alone.

SELF-HELP/SUPPORT GROUPS

Online

- Clutterers Anonymous 
  www.clutterersanonymous.net

- Bay Area Resources: Support Groups 
  www.hoarders.org

Local

- CHADD - Children & Adults with ADHD
  1st Tuesday of the month - 7 – 9 PM
  Drop-in peer-support group - Greenbrae
  Christine (415) 506-4948
  www.chaddnorcal.org

COMMUNITY RESOURCES

- Marin County Resource Line
  (415) 457-INFO (4630)
  - Hoarding Alliance of Marin
- Fair Housing of Marin
  (415) 457-5025

- Legal Aid of Marin
  (415) 492-0230
  www.legalaidmarin.org

- Marin Humane Society
  (415) 883-4621
  www.marinhumanesociety.org

- County Code Enforcement
  (415) 473-6269

- National Alliance on Mental Illness
  (415) 444-0480
  www.namimarin.org

- National Association of Professional Organizers – SF/Bay Area Chapter
  www.napo-sfba.org

- Institute for Challenging Disorganization
  www.challengingdisorganization.org

EMERGENCY (24 HR.) RESOURCES

- 911

- Marin Children & Family Services
  (415)-473-2200

- Adult Protective Services
  (415) 473-2774

The Hoarding Alliance of Marin is a group of professionals and community members, including people who hoard. Our purpose is to better understand hoarding and cluttering, and to provide resources, strategies and support to anyone impacted by this widespread issue. The Alliance meets bi monthly to try to find solutions to hoarding situations, review best practices and the most current literature, with the aim of educating ourselves and the community about hoarding and cluttering.

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 seldom 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
  (415) 925-8511
  Adults only, makes house calls. Specializes in anxiety disorders.
  Can accept Medicare, not Medi-Cal
- Pam Meyer, LMFT
  (415) 226-9974
  Mental Health Access & Assessment Line
  (888) 818-1115
  www.marinpsych.org
- Professional Organizers/Services
  Institute for Challenging Disorganization
  Knowledgeable organizers in your area at www.challengingdisorganization.org
- Victoria Roberts, CPO®
  (415) 380-0751
- Too Much Stuff
  (415) 533-2459/Libby McQuiston
  Sorting, packing, recycling, removing Reasonable rates-eBay seller
- Sue Zee Poinsett, MA
  (415) 203-0831
- Hauling 911/Arty Smith
  415-492-8036/Hauling911@gmail.com

ADDITIONAL WEB RESOURCES

- www.ocfoundation.org
  Hoarding web site by Frost & Steketee
- www.childrenofhoarders.com
  Growing up in a cluttered home
- http://clutterless.org/Hoarding/hoarding.htm
  More on hoarding & cluttering

BOOKS


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

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.
  565 Jacoby St., San Rafael
  (415) 485-5646*
- Earth911.com
  Find local recycling centers for most items.
  www.earth911.com
- Renew Computers (415) 457-8801*
  Electronics/small appliances, wires/cords, etc.
  446 Du Bois, San Rafael
  www.renewcomputers.com
- Goodwill (415) 456-5273*
- Salvation Army (415) 454-7201*
- Lifehouse (800) 675-4499*
- Ritter Center (415) 457-8182*
- Image for Success (415) 482-6077*
- St. Vincent’s Society (415) 454-3302*
- Away Station (415) 453-4221*

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

Resources for expired medications

- Novato Police Department
  (415) 897-1122*
- San Rafael Police Department
  (415) 485-3000*
- Jack’s Drug Store
  (415) 454-1451
- Marin County Sheriff
  (415) 473-7250*

*check w/ local police & sheriff’s department
*call to confirm current collection policy

**stickers are necessary to be on clothing & car for donation**