

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

www.fairhousingmarin.com

- **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

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 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
- **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

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*
www.Marinsanitaryservice.com/marin-resource-recovery-center-mrrc

- **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*

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

- **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)

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

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