



The Mental Health Association
in Atlantic County

Too Much Stuff?

Hoarding Behavior's Initiative

Carolyn Quinn & Victoria Phillips

mhaac.info



Definition of Hoarding Disorder

Hoarding Disorder is characterized by the **acquisition of items** and a **persistent difficulty discarding possessions**.

- This results in disorganized clutter that interferes with the intended use of one's living space(s).
- Causes significant distress or impairment in social, occupational, or other areas of functioning.
- 2%-6% of the U.S. population



Image taken from Metropolitan Boston Housing Partnership (MBHP) & Boston University School of Social Work

Too Much Stuff Hoarding Behaviors Initiative of MHA

- **The Too Much Stuff Hoarding Behaviors Initiative** was founded in 2014 after supporting our community in their recovery from Superstorm Sandy. Our team found that community members were unable to rebuild their physical homes due to their emotional attachment to too many possessions. When we could not find the needed help, we began researching national best practices to bring to our area. Our mission since 2014 is to build a sustainable model for evidence-based hoarding interventions that are both client-centered and cost-effective. We strive to support and educate:
 - **Individuals who collect and save too many things**
 - **Families and friends affected by stuff**
 - **Clinicians and social service providers**
 - **Professionals who work in individuals' homes**

From this unique four-prong approach, MHA strives to answer the "Help" calls made by 5% of the population.

Too Much Stuff Hoarding Behaviors Initiative of MHA

Our staff utilizes models nationally recognized as best practices developed by Dr. Randy O. Frost, Dr. Gail Steketee, Dr. David Tolin, Lee Shuer, Dr. Catherine Ayers, Christiana Bratnotis, Jesse Edsell-Vetter, and Mental Health Association San Francisco.

Groups

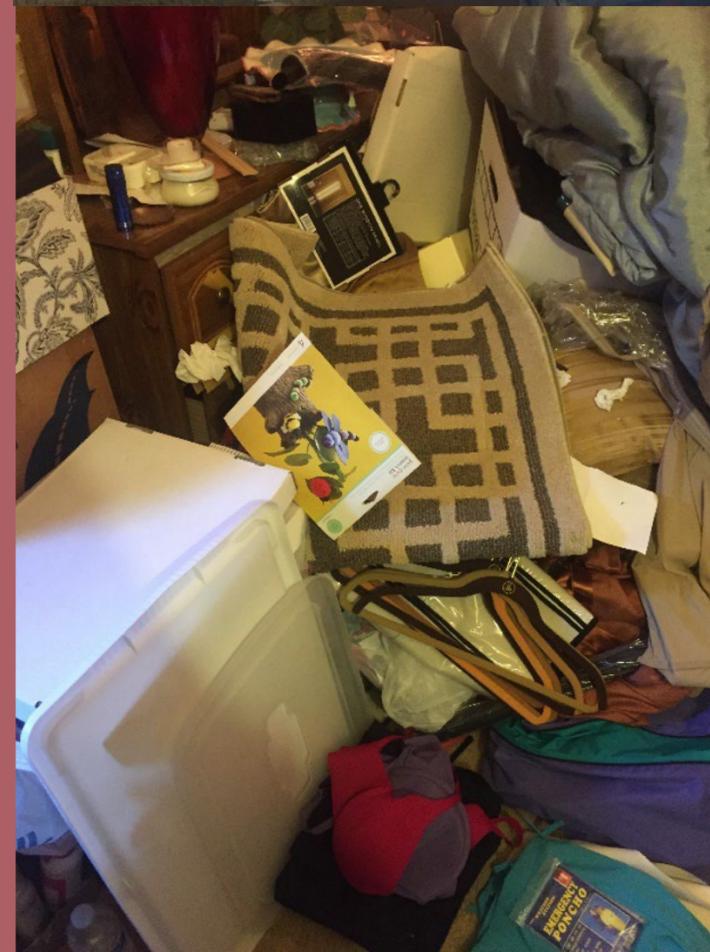
- **Too Much Stuff?** is a drop-in support group (Both virtual & in-person)
- **Buried in Treasures (BIT) Workshop** is an intensive sixteen-week, action-oriented workshop

Home-Based Intervention

National best practice recommends interventions occurring in the environment where there are too many things, **typically in the home**. Home-based services often consist of our team visiting for **short periods of time**. While in the home, our team coaches the individual through sorting possessions. **All decisions about objects are handled by the owner**. Our team supports the individual in using an evidence-based sorting process to build lifelong skills.

Training & Technical Assistance

- Clutter Coach Certification through Hoarding Awareness Prevention Intervention Institute (HAPII)
- How to provide a "Buried in Treasures" Workshop / start a "Too Much Stuff?" Support Group



Meet Lola

October 12th 2015



After of Lola



March 23, 2016

The "How" of Lola



November 11, 2015



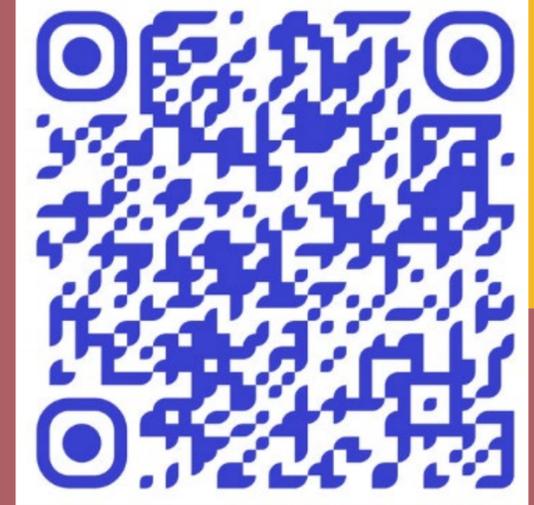
December 7, 2015
Before 1 hour sorting session



December 7, 2015
After 1 hour sorting session

Resources

Measurement Tools



There are many measurement tools used for hoarding behaviors. The Clutter Image Rating Scale measures volume of items. The Hoarding Rating Scale assesses five aspects of hoarding disorder: difficulty discarding, clutter, excessive acquisition, distress, and impairment. The HOMES Multi-disciplinary Hoarding Risk Assessment measures the level of risk in the environment. These three measurement tools do not require a

Clutter Image Rating Scale



Hoarding Rating Scale

Hoarding Rating Scale

Please use the following scale when answering items below:

0 = no problem
 2 = mild problem, occasionally (less than weekly) acquires items not needed, or acquires a few unneeded items
 4 = moderate, regularly (once or twice weekly) acquires items not needed, or acquires some unneeded items
 6 = severe, frequently (several times per week) acquires items not needed, or acquires many unneeded items
 8 = extreme, very often (daily) acquires items not needed, or acquires large numbers of unneeded items

- Because of the clutter or number of possessions, how difficult is it for you to use the rooms in your home?

0	1	2	3	4	5	6	7	8
Not at all		Mild		Moderate		Severe		Extremely
Difficult								Difficult
- To what extent do you have difficulty discarding (or recycling, selling, giving away) ordinary things that other people would get rid of?

0	1	2	3	4	5	6	7	8
No		Mild		Moderate		Severe		Extreme
difficulty								Difficulty
- To what extent do you currently have a problem with collecting free things or buying more things than you need or can use or can afford?

0	1	2	3	4	5	6	7	8
None		Mild		Moderate		Severe		Extreme
- To what extent do you experience emotional distress because of clutter, difficulty discarding or problems with buying or acquiring things?

0	1	2	3	4	5	6	7	8
None/		Mild		Moderate		Severe		Extreme
Not at all								
- To what extent do you experience impairment in your life (daily routine, job / school, social activities, family activities, financial difficulties) because of clutter, difficulty discarding, or problems with buying or acquiring things?

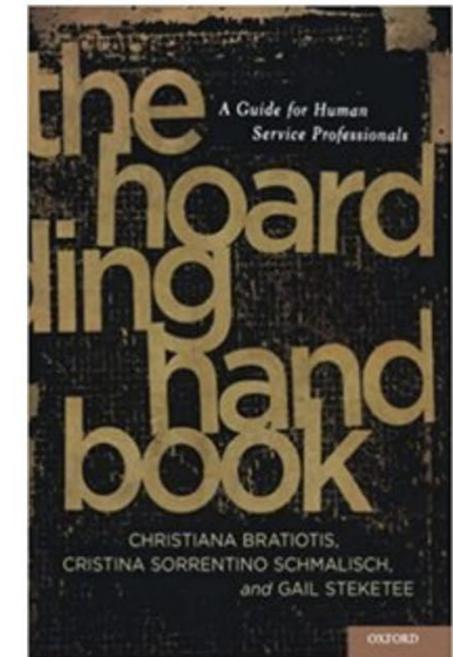
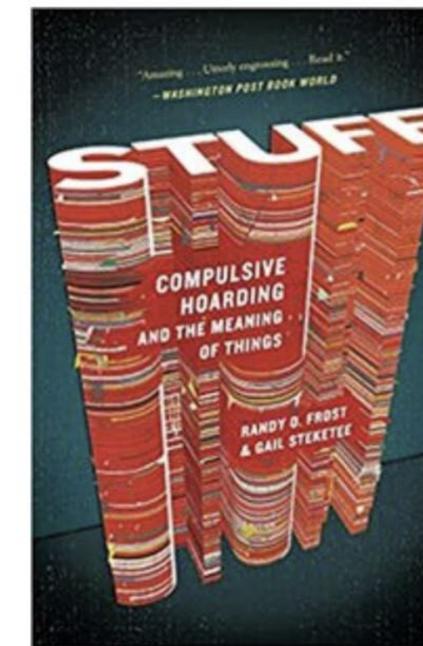
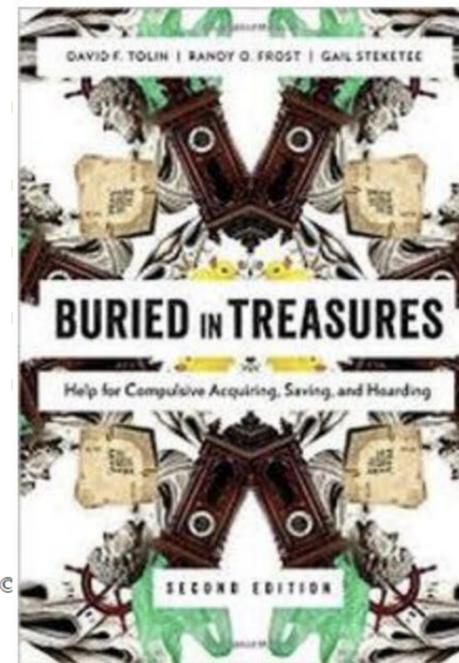
0	1	2	3	4	5	6	7	8
None/		Mild		Moderate		Severe		Extreme
Not at all								

Recommended Reading

Buried in Treasures: Help for Compulsive Acquiring, Saving

Stuff: Compulsive Hoarding and the Meaning of Things

The Hoarding Handbook: Human Service Professionals



Frost, R.O., Steketee, G., Tolin, D.T., & Renaud, S. (2008).

Development and validation of the Clutter Image Rating. J

Psychopathol Behav Assess; 30, pp. 193-203

Clutter Image Rating Scale Tracking Form

Recommended Websites



International OCD Foundation



Mutual Support/ Lee Shuer



Boston University Hoarding Research Team



Christiana Bratiotis



Mental Health Association San Francisco



Jesse Edsell-Vetter/ MBHP

www.mhaac.info/hoarding-information

Questions?

Mental Health Association in Atlantic County

www.mhaac.info

4 E Jimmie Leeds Rd. Ste. 8

Galloway, NJ 08205

toomuchstuff@mhanj.org

609-652-3800



Mental Health Association of New Jersey

www.mhanj.org