

Resource List for Working with Hoarding Situations

Courtesy of the Gaithersburg Hoarding Task Force and the Jewish Social Service Agency.

COUNSELING AND SUPPORT

Elspeth Bell, Ph.D. [GHTF Member]

5850 Waterloo Road, Suite 140 Columbia, MD 21045

www.elspethbellphd.com

(410) 480-8052

- Individual therapy – office-based and in vivo (at home)
- Hoarding and Clutter-related groups
- Family groups

JSSA [Jewish Social Service Agency]

6123 Montrose Road Rockville, MD 20852

www.jssa.org

(301) 838-4200 (General Inquiries)

- Provides a wide variety of mental health counseling for children, adults, seniors and families.

Behavior Therapy Center of Greater Washington

11227 Lockwood Drive Silver Spring, MD 20901

www.behaviortherapycenter.com

(301) 593-4040

- Individual therapy – office-based and in vivo (at home)
- Hoarding Group

Conflict Resolution Center of Montgomery County (CRCMC)

MidCounty Regional Services Building 2424 Reedy Drive, Suite 301 Wheaton, MD 20902

www.crcmc.org

(301) 942-7700 (Free and Confidential)

Email: info@crcmc.org

- A non-profit organization dedicated to providing quality dispute prevention, resolution, and education to individuals and community organizations.

BOOKS

- *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* by David F. Tolin, Randy O. Frost, Gail Steketee
- *Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring* by Michael Thompkins and Tamara Hartl

- *Overcoming Compulsive Hoarding: Why You Save and How You Can Stop* by Fugen Neziroglu, Jerome Bublick, and Jose A. Yaryura-Tobias
- *Compulsive Hoarding and Acquiring: Therapist Guide & Workbook* by Gail Steketee and Randy O. Frost
- *The Hoarding Handbook: A Guide for Human Service Professionals* by Christiana Bratiotis, Cristina Schmalisch and Gail Steketee
- *What Every Professional Organizer Needs to Know About Hoarding* by Judith Kolberg
- *Conquering Chronic Disorganization* by Judith Kolberg
- *Stuff: Compulsive Hoarding and the Meaning of things* by Randy O. Frost and Gail Steketee

PROFESSIONAL ORGANIZERS

- Institute for Challenging Disorganization www.challengingdisorganization.org
- National Association of Professional Organizers www.napo.net
- NAPO – Washington DC area www.napowdc.com

HOARDING SPECIFIC WEBSITES

- Gaithersburg Hoarding Task Force (www.gaithersburgmd.gov/hoarding)
- International OCD Foundation (www.ocfoundation.org/hoarding)
- Institute of Living - Dr. David Tolin (www.instituteofliving.org)
- Children of Hoarders (www.childrenofhoarders.com)
- Helping Hoarders (www.helpinghoarders.com)
- Fly Lady – Your personal online coach to help you gain control of your house and home (www.flylady.net)
- www.hoardingcleanup.com is a database of qualified hoarding specialists including cleaning companies, therapists and psychiatrists across the United States that are all familiar with the hoarding disorder.

CLUTTER SUPPORT GROUPS

- Messies Anonymous www.messiesanonymous.com
- Clutters Anonymous www.cluttersanonymous.net

ANIMAL HOARDING

- Hoarding of Animals Research Consortium www.tufts.edu/vet/cfa/hoarding/
- Animal Hoarding: An In-Depth Look at the Phenomenon (www.animalhoarding.com)

PAPER REDUCTION

- www.catalogchoice.org Manage Mail, Phone Books and Junk Mail FREE. Control the catalogs, coupons, credit offers, phone books, fliers, circulars, newsletters, and other unsolicited mail you receive.
- www.icsdelivery.com You can now receive stockholder information such as a prospectus, annual report and proxy statement on line.
- www.optoutprescreen.com or **1-888-567-8688** You can stop pre-approved credit card offers and insurance offers. Call is good for five years. A permanent opt out form can be mailed
- www.yellowpagesoptout.com Select which printed phone books you want to receive.
-

Removal and Cleaning Services

- **Junk in the Trunk** is a hauling service removes almost anything including: appliances, furniture, donation items, construction material, and landscaping debris.
www.jitt.com , 877-JITT-NOW (877-548-8669) service@jitt.com
- **ServiceMaster Restoration** by Brent Cross provides cleaning and restoration services.
www.servicemasterclean.com 301-829-1700 or 301-980-6240.
- **Servpro** services include water and fire damage restoration, mold remediation, general cleanings and pack-outs for hoarders. www.servpro.com, sp8490@servpro8490.com
- **Address Our Mess:** Services include removal and disposal of unwanted items, mold removal, janitorial and intense cleaning, cleaning of bio hazard situations, and repairs and construction. www.clutterhoardingcleanup.com, info@addressourmess.com
- HoardingCleanup.com is a database of qualified hoarding specialists including cleaning companies, therapists and psychiatrists across the United States that are all familiar with hoarding disorder.