

# 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](http://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](http://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](http://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](http://www.crcmc.org)

(301) 942-7700 (Free and Confidential)

Email: [info@crcmc.org](mailto: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 Bubrick, 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](http://www.challengingdisorganization.org)
- National Association of Professional Organizers [www.napo.net](http://www.napo.net)
- NAPO – Washington DC area [www.napowdc.com](http://www.napowdc.com)

## HOARDING SPECIFIC WEBSITES

- Gaithersburg Hoarding Task Force ([www.gaithersburgmd.gov/hoarding](http://www.gaithersburgmd.gov/hoarding))
- International OCD Foundation ([www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding))
- Institute of Living - Dr. David Tolin ([www.instituteofliving.org](http://www.instituteofliving.org))
- Children of Hoarders ([www.childrenofhoarders.com](http://www.childrenofhoarders.com))
- Helping Hoarders ([www.helpinghoarders.com](http://www.helpinghoarders.com))
- Fly Lady – Your personal online coach to help you gain control of your house and home ([www.flylady.net](http://www.flylady.net))
- [www.hoardingcleanup.com](http://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](http://www.messiesanonymous.com)
- Clutters Anonymous [www.cluttersanonymous.net](http://www.cluttersanonymous.net)

## ANIMAL HOARDING

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

## PAPER REDUCTION

- [www.catalogchoice.org](http://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](http://www.icsdelivery.com) You can now receive stockholder information such as a prospectus, annual report and proxy statement on line.
- [www.optoutprescreen.com](http://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](http://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](http://www.jitt.com) , 877-JITT-NOW (877-548-8669) [service@jitt.com](mailto:service@jitt.com)
- **ServiceMaster Restoration** by Brent Cross provides cleaning and restoration services.  
[www.servicemasterclean.com](http://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](http://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](http://www.clutterhoardingcleanup.com), [info@addressourmess.com](mailto:info@addressourmess.com)
- [HoardingCleanup.com](http://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.