What is hoarding?
Hoarding is compulsive buying or acquiring free things coupled with the inability to discard anything. Clutter is the end result of acquiring and saving and is a symptom of the disorder. Hoarding poses a physical health risks to the hoarder (including fire hazard, fall hazard, unsanitary conditions, inability to prepare food, sleeping areas compromised). Hoarding is a brain disorder and there may be a genetic component. It can start as early as ten years of age and affects every socioeconomic group. Hoarders can experience grief-like feelings of loss in response to getting rid of anything. It affects approximately .02-.04% of the population, about 1,000-5,000 people in Marin County alone.

What are the most commonly hoarded items?
Animals, newspapers, old clothing, containers, (bags, boxes, milk cartons, bottles, cans etc), mail, personal papers

How can I get help?
If you, a friend, neighbor or relative has a hoarding problem, you can contact one of the support groups or therapists listed in this brochure. Please remember, that this issue has most likely been developing for a long time, and there is no “quick fix”. It is not helpful to a hoarder to remove their possessions without their involvement or consent.

COMMUNITY RESOURCES

Fair Housing of Marin
(415) 457-5025
www.fairhousingmarin.com

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

Environmental Services
415-507-4129

Hoarding Alliance of Marin
Gail Mosconi  (415) 491-2586
Marin Humane Society
(415) 883-4621
www.marinhumanesociety.org

“211”
Dial 2-1-1 to access hundreds of community services, 24 hrs/day or call (800)273-6222

NAMI Marin
(415) 444-0480
www.namimarin.org

Adult Social Services
(415) 499-7118

Adult Protective Services
(415) 507-2774

Older Adult Mental Health-HOPE
(415) 499-6802

Community Mental Health Services
(415) 499-6769

West Marin Health & Human Services  (415) 473-3800

The Hoarding Alliance of Marin is a diverse group of professionals, community members and people who identify as hoarders who are working together to understand the complexities of compulsive hoarding and cluttering. Our aim is to provide resources for hoarders with the goal of keeping people in their homes and to ensure the safety of the hoarder and the community at large. The Alliance meets monthly to share information, and to work together to provide a coordinated inter-agency, community-wide response to hoarding.

2009

A journey of a thousand miles begins with a single step.

Lao-Tzu
TREATMENT, SUPPORT GROUP & COUNSELING

CHADD CHILDREN & ADULTS WITH ADHD
Talk with others who really understand, share and develop life skills.
A drop-in peer-support group, the first Tuesday of each month.
Beverlee (415) 789-464

HOARDING/CLUTTERING SUPPORT GROUP
Tuesdays 5:30-7:00 p.m.
Enterprise Resource Center
(415) 457-4554

RECYCLING RESOURCES
Marin Resource Recovery Center
565 Jacoby St, San Rafael
(415) 453-1404
Novato Recycling Center
7576 Redwood Blvd, Novato
(415) 897-4177
Recycling Guide - Search engine list
recycling options in over 100 categories
www.marinrecycles.org/recyclingguide.Cfm
California Materials Exchange
(CalMAX)
www.ciwmb.ca.gov/calmax/

WEB RESOURCES
www.ocfoundation.org: Hoarding web site by Dr. Randy Frost & Dr. Gail Steketee
http://understanding_ocd.tripod.com/index_hoarding.html: Understanding Hoarding
www.childrenofhoarders.com: Growing up in a cluttered home
http://www.clutterless.org/seniors/senior_intro.htm: Senior Cluttering Issues

BOOKS
Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding
Compulsive Hoarding and Acquiring: Therapist Guide S.
Overcoming Compulsive Hoarding: Why You Save and How You Can Stop