

# Hoarding... You can get past this!

## 10 signs that you may be a compulsive hoarder:

1. Acquiring objects brings a rush
2. Compulsive buying or acquiring
3. Severe anxiety when attempting to discard things
4. Suspicion of other people touching belongings
5. You avoid having visitors
6. You put off repairs because your house is a mess
7. You're saving items because they might be useful or valuable someday
8. Obsessive thoughts and actions such as fear of running out of an item or needing it in the future, or checking the trash for accidentally discarded objects
9. You're afraid to throw out old newspapers or magazines because you might miss something important
10. You can't use rooms in your house because of clutter

Source: Mayo Clinic. Hoarding Disorders  
[www.mayoclinic.org](http://www.mayoclinic.org).

## Speaking compassionately to a potential hoarder:

### Don't:

- Use judgmental language
- Use words that devalue or negatively judge possessions
- Let your non-verbal expression say what you are thinking
- Make suggestions about the person's belongings
- Try to persuade or argue with the person
- Touch the person's belongings without explicit permission

### Do:

- Imagine yourself in the hoarding client's shoes
- Match the person's language
- Use encouraging language
- Highlight strengths
- Focus the intervention initially on safety and organization of possessions and later work on discarding

# Hoarding St. Louis, MO Help





### **Clean Up Services**

#### Fee:

Absolute Solutions

314-457-2815

314-898-2138

Benecorp

877-305-1095

636-305-1095

Midwest Crisis Cleaning Inc.

877-937-4862

636-287-9199

St. Louis Hoarding

314-534-8031

st.louishoarding.com

#### Free or Reduced Fee:

1. Churches in area – contact youth leaders for service projects.

2. Boy Scouts – contact local leaders for service projects.

3. Schools – have A+ work for students to work in community.

4. Realtors – will donate dumpsters. Contact agents in the area.

5. St. Louis County Problem Property Unit – assist with clean-up of St. Louis County Homes.  
Phone number 314-615-4100

6. Local business – many of the local business will donate help to clean up unsightly houses.

7. Family – get family involved. They can help sort out the good from the bad items.

### **Counselors, Social Workers and Psychologist Who Specialize in Hoarding**

#### Fee:

-Alec Pollard Ph.D. Psychologist

314-534-0200 ext. 424

-Laura L. Taylor, MS, NCC, LPC  
Counselor

314-534-0200 ext. 420

-Chris Murdock Psychologist

314-534-0200 ext. 435

-Peggy Levison, LCSW Social Worker  
314-644-3339

-Beth Brawley Counselor

314-467-0540

#### Free or Reduced Fee:

-Catholic Charities

4532 Lindell Boulevard

314-367-5500

314-534-9275

-Lutheran Family Services

9666 Olive Boulevard, Suite 400

314-787-5100

866-326-5327

-Salvation Army

10740 West Page

-Missouri Department of Mental Health  
1-800-207-9329

-Missouri Department of Health and Senior Services

1-800-392-0210 - hotline

#### Support Groups for Hoarder and Family Member

-St. Louis OCD Anonymous

3<sup>rd</sup> Saturday of the month at MoBap

314-291-7556

<http://www.stloccd.org/about-us/>

-Center for OCD and Anxiety-Related Disorders clinic at St. Louis Behavioral Medicine Institute

1129 Macklind Ave.

<http://www.slbmi.com/anxietyocd>

Intake:314-289-9411

-Online Hoarding Support Group  
Sunday at 6pm Tuesday at 7pm  
[www.hoardingcleanup.com.message\\_board](http://www.hoardingcleanup.com.message_board)

#### Books:

-Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (treatments that work) By: Tolin, D., Frost, R. O., Steketee, G. (2013)

-Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring By: Tompkins and Hartl (2009)

#### Websites:

-Association for Behavioral and Cognitive Therapies (ABCT)

<http://www.abctcentral.org/xfat/>

-International OCD Foundation (IOCDF)  
Virtual Hoarding Center.

[www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding)

-Children of Hoarders:  
[www.childrenofhoarders.com](http://www.childrenofhoarders.com)

-National Alliance of Mental Illness  
[www.namistl.org](http://www.namistl.org)

# UMSL