

## HOARDING TASK FORCE OF GREATER DALLAS RESOURCE LIST – May 2016

The resources listed below are offered as a starting point to locate organizations that may help an individual dealing with a hoarding situation. Inclusion on this resource list does not mean that the Hoarding Task Force of Greater Dallas endorses any organization, business or service. Further, the Hoarding Task Force of Greater Dallas cannot and does not make any guarantees whatsoever as to the quality of services or products provided by any organization, business or service listed here.

The information provided here is for informational purposes only and is not intended as a substitute for the user's own research and investigation of any of the organizations, businesses or services listed. Should you have a complaint regarding discrimination or mistreatment involving any organization, business or service listed here, you may contact the Hoarding Task Force of Greater Dallas.

### **What is Hoarding? Do I have a hoarding problem? Understanding the facts.**

DSM-5 characterizes Hoarding Disorder as “persistent difficulty discarding or parting with possessions, regardless of their actual value.” Sound familiar? The afflicted insist on “a perceived need to save the items” and experience “distress associated with discarding them.” The result is an “accumulation of possessions that congest and clutter active living areas and substantially compromise their intended use.”

<http://www.mayoclinic.com/health/hoarding/DS00966>

<http://www.compulsive-hoarding.org/Test.html>

<http://www.challengingdisorganization.org/node/58>

[http://www.childrenofhoarders.com/pdf/nsgcd\\_clutterhoardingscale.pdf](http://www.childrenofhoarders.com/pdf/nsgcd_clutterhoardingscale.pdf)

### **Where can I get help? Mental Health Service Providers/Therapists/Support Groups/Cleanup/Organizers**

#### Mental Health Service Providers - Dallas County

##### **ADAPT Community Solutions (Mobile Crisis Team)**

1-866-260-8000 Mental Health Crisis Line

1-888-905-0595

2600 Stemmons Fwy., Suite 151

Dallas Clinic

*2 Clinicians Can Come Out for Onsite Evaluation*

*Call the morning of to arrange time*

*NO Cost to do initial assessment*

*Will make a recommendation Individual*

*Check with insurance company for resources*

##### **Mental Health America of Greater Dallas**

[www.mhadallas.org](http://www.mhadallas.org)

214-871-2420

Mental health advocacy, education, and support groups

#### Mental Health Service Providers - Dallas County (continued)

**National Alliance on Mental Illness (NAMI) Dallas**

[www.namidallas.org](http://www.namidallas.org)

214-341-7133

*Family Education*

*Classes Touch on Hoarding Not In-depth*

**Support Groups**

**Dallas Hoarding and Cluttering Support Group**

Meets the 2nd and 4th Tuesdays of each month

Time: 10:00 am -11:15 am

Location: (MHA) Mental Health America of Greater Dallas

Address: 624 N. Good-Latimer Expressway Suite 200 Dallas, TX 75204

**Therapists**

**Melissa Engle, MS, LPC, ATR**

**Richardson, TX 75080**

972-918-9588

*Taking New Clients*

*Cost \$140*

*Does Not Take Insurance*

**Peggy McMahon, PhD- BTI Graduate**

2301 Ohio Drive

Suite 202

**Plano, TX 75093**

214-923-6778

Child/Adol/Adult/OC Spectrum Disorders/ BDD/Trichotillomania/ Hoarding/Home

Visits/Sliding Scale/Support Group/ERP/CBT Behavior Therapy Institute Graduate

*Taking New Clients*

*Cost \$150*

*Does Not Take Insurance/Individual Will Receive Receipt for Service to be Filed With Insurance for Covered Reimbursement*

**Hoarding Cleanup**

**Junk King**

214-865-6533

<http://www.Junk-King.com>

If you need it gone, we'll get it done! We recycle.

[www.Junk-King.com/Dallas](http://www.Junk-King.com/Dallas)

888-888-JUNK (5865)

**ServiceMaster Advanced Restorations**

Terry Sutton, Director of Business Development

817-542-2403 (cell) 817-267-5555 (office)

Terry's Blog: How To Master Your Disaster

Bio-Hazard and animal cleanup

[RestoreSmart.com/Hoarding](http://RestoreSmart.com/Hoarding)

## Hoarding Cleanup (continued)

### **USA Decon**

Dallas/Houston/Corpus Christi  
(877) 627-7458  
214-350-8100 Dallas

**Bio-One** - Specialists in sanitation, disinfection, and decontamination

[www.BioOneTX.com](http://www.BioOneTX.com)

817-856-9414

### Organizers

National Association of Professional Organizers (NAPO)

[www.napodfw.com](http://www.napodfw.com)

### Animal Hoarding Resources:

**ASPCA Partners in Caring Grant** - emergency medical grant that provides vet care

<http://www.aspcapro.org>

[www.aspca.org](http://www.aspca.org)

### **Big Fix for Big D**

<http://www.bigfixforbigd.com/> while funding lasts, for pets, community cats in 75211, 75217, & 75227

### **Dallas Animal Services**

[http://www.dallasanimalservices.org/spay\\_neuter.html](http://www.dallasanimalservices.org/spay_neuter.html) as funding allows

### **Spay Neuter Network**

<http://spayneuternet.org/>

### **SPCA of Texas**

[www.sPCA.org](http://www.sPCA.org) three clinics, two in Dallas, one in McKinney

**TCAP** [Texas Coalition for Animal Protection]

[www.texasforthem.org](http://www.texasforthem.org) drop off and clinic services throughout DFW area

**The Hoarding of Animals Research Consortium Tufts University's Gary J. Partronek**

<http://www.tufts.edu/vet/hoarding/>

[www.tufts.edu/vet/cfa/hoarding](http://www.tufts.edu/vet/cfa/hoarding)

## **Learn More: Books/Videos/Television/Trainings/Websites**

### Books by Professionals (psychiatrists; psychologists; social workers) about hoarding:

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (Treatments That Work) David Tolin,

Randy O. Frost, Gail Steketee

Oxford University Press; 2<sup>nd</sup> edition 2014

Treatment for Hoarding Disorder: Workbook (Treatments That Work)

Gail Steketee and Randy O. Frost

Oxford University Press; 2<sup>nd</sup> edition 2013

Stuff: Compulsive Hoarding and the Meaning of Things

Gail Steketee and Randy O. Frost

Mariner Books: Houghton Mifflin Harcourt, 2010

Dr. David Tolin, PhD. is Director of the Anxiety Disorders Center at the Institute of Living and Adjunct Associate Professor of Psychiatry at Yale University School of Medicine.

Dr. Randy O. Frost, PhD. is Harold & Elsa Siipola Israel Professor of Psychology at Smith College.

Dr. Gail Steketee, PhD. is Dean and Professor at Boston University School of Social Work.

The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life

Robin Zasio

Rodale, 2011

Dr. Robin Zasio, PsyD. is a psychologist at The Anxiety Treatment Center in Sacramento, California.

**Related Books for Hoarders by Organizing Experts and Others:**

Clear Your Clutter With Feng Shui

Karen Kingston

Harmony; Revised and Updated edition January 5, 2016

Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others

Brooks Palmer

New World Library; Original edition May 8, 2012

Conquering Chronic Disorganization

Judith Kolberg

Squall Press; 2 edition (June 15, 2007)

Kindle, 2010

It's All Too Much, So Get It Together

Peter Walsh and John Hendrix

Simon & Schuster Books for Young Readers (September 15, 2009)

It's All Too Much Workbook: The Tools You Need to Conquer Clutter and Create the Life You Want Peter

Walsh

Free Press; Workbook edition (April 21, 2009)

The Life-Changing Magic of Tidying Up: The Japanese art of decluttering and organizing

Marie Kondo

Ten Speed Press, 2014

The Secret Lives of Hoarders: True Stories of Tackling Extreme Clutter

Matt Paxton and Phaedra Hise

Perigee Books; 1 edition (May 3, 2011)

Stop Clutter from Stealing Your Life: Discover Why You Clutter and How You Can Stop

Mike Nelson

Career Press – January, 2001; revised 2008; Paperback

Unstuff Your Life!: Kick the Clutter Habit and Completely Organize Your Life for Good

Andrew J. Mellen

Avery, Aug. 2010

ADD-Friendly Ways to Organize Your Life

Judith Kolberg, Kathleen Nadeau, PhD.

Routledge; 1 edition (August 2002)

**Suggested Reading for Mental Health Professionals:**

Group Treatment for Hoarding Disorder: Therapist Guide (Treatments That Work)

Jordana Muroff, Patty Underwood, Gail Steketee

Oxford University Press; 1st edition 2014

The Hoarding Handbook: A Guide for Human Service Professionals

Christiana Bratiotis, Cristina Sorrentino Schmalisch, Gail Steketee

Oxford University Press; 1st edition 2011

Treatment for Hoarding Disorder: Therapist Guide (Treatments That Work)

Gail Steketee, Randy O. Frost

Oxford University Press; 2nd edition, 2013

Treatment for Hoarding Disorder: Workbook

Gail S. Steketee, Randy O. Frost

Oxford University Press; 2nd edition, 2013

**Videos, Websites and YOUTUBE**

"Dallas Hoarding" on Facebook: <https://www.facebook.com/dallas.hoarding?fref=ts>

"Compulsive Hoarding in Older Adults" - on-line training by Institute for Geriatric Social Work  
Hoarding the Basics/Anxiety and Depression Association of America, ADAA

<http://www.adaa.org/understanding-anxiety/depression>

"Possessed" by Martin Hampton - online documentary video

<http://www.vimeo.com/603058>

San Francisco Task Force on Compulsive Hoarding

<http://www.mha-sf.org/programs/ichc/sftaskforce.com>

Kathy Roberts webinar: [www.TheTidyTutor.com](http://www.TheTidyTutor.com)

National Study Group on Chronic Disorganization <http://nsgcd.org/>

Hoarding In Older Adults Research, Dr. Catherine Ayers, PhD University of California Channel

Hoarding Forum, Dr. Randy Frost on onpha Channel

Houston Clutter Coaching Meetup Group, on Gayle Goddard Channel

Children of Hoarders, ABC News Channel

My Mother's Garden (documentary film)