

HOARDING TASK FORCE OF GREATER DALLAS

RESOURCE LIST

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?

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.childrenofhoarders.com/pdf/nsgcd_clutterhoardingscale.pdf

<https://hoarding.iocdf.org/about-hoarding/do-i-have-hoarding-disorder/>

Where can I get help?

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 Freeway., 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 for Individual

Check with insurance company for resources

Free mental health services for uninsured or under insured.

Child & Family Guidance Center

214-351-3490

Crisis Telephone Counseling (24 hour)

972-233-2233

Spanish Help Line: 972-233-2428

Dallas Behavioral Healthcare Hospital

972-982-0900

Garland Behavioral Psychiatric Inpatient Care

2300 Marie Curie Dr. 5th floor, Garland, TX 75042

(972) 487-5309

Jewish Family Service of Greater Dallas (nonprofit)

Provides a clinical, therapeutic service to address the following through individual, family, marriage or group counseling: personal emotional crises such as depression, anxiety, mood disorders, and/or serious personal difficulties including conflicts in interpersonal relationships such as marriage or peer friendships. **For more information about any of the counseling services, please call 972-437-9950.**

Mayhill Psychiatric Hospital in Denton County

(940) 239-3000 Geriatric Unit (Ashleigh/Intake)

10 to 14 days to one month (acute care only: 3 to 4 weeks then to a NH)

Mental Health America of Greater Dallas

www.mhadallas.org

214-871-2420

Mental health advocacy, education, and support groups

Methodist Richardson Medical Center

2831 E. President George Bush Highway – at Renner Road

Richardson, Texas 75082

469-204-1000

Metrocare Services

www.metrocareservices.org

Toll Free: 1-877-283-2121 or 214-743-1200

Provides medical, mental health care, and social services. Walk-ins welcome but better to make an appointment.

National Alliance on Mental Illness (NAMI) Dallas

www.namidallas.org

214-341-7133

Family Education

Classes Touch on Hoarding Not In-depth

North Texas Behavioral Health Authority

1-877-653-6363 or 214-366-9407

Texas Health Presbyterian Hospital Dallas Behavioral Health in Dallas, TX

8200 Walnut Hill Lane, Suite 204, Dallas, TX 75231

1-682-236-6023 Call center for Psych Intake 214-345-7355 direct

Insurance card, Picture ID, list of current medications, pack lightly

Mental Health Professionals Who Specialize in Hoarding Behaviors

Psychiatrists:

Latif, Dr. Umar - Psychiatrist, MD, FAPA
Carrollton Springs Hospital
2225 Parker Rd
Carrollton, Texas 75010
(972) 242-4114

Rosenfeldt, Dr. Wolfgang - Psychiatrist, M.D.
wolfgang.rosenfeldt@gmail.com
12740 Hillcrest Rd., Suite 215
Dallas, Texas 75230
214-673-2516/(469) 754-8124?

Psychologists:

Chafetz, Paul K. - PhD, Clinical Psychology
469-233-5566

Martinez, Dr. Molly - PhD, Clinical Psychology
molly.martinez@soartgether.net
Specialists in OCD & Anxiety Recovery (SOAR)
375 Municipal Dr
Suite 230
Richardson, Texas 75080
(214) 273-1852

McMahon, Dr. Peggy - PhD- BTI Graduate 2301 Ohio Drive Suite 202 **Plano**, TX 75093
214-923-6778 Child/Adolescents/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*

Professional Counselors:

Keramati, Sarah

Licensed Professional Counselor, PhD, LPC, NCC, CSAT-C
10300 N. Central Expressway., Suite 280
Dallas, Texas 75231
(469) 256-6493

Stillo, Sandy

Licensed Professional Counselor, PhD
The Counseling Spot, PLLC
5646 Milton Street
Suite 231
Dallas, Texas 75206
(469) 378-9663

<https://www.psychologytoday.com/us/therapists/hoarding/tx/dallas>

Join our Hoarding Support Groups!

What's the first step I need to take to stop hoarding? Where can I find a community that will support me in my recovery? If you're currently looking for resources, then our support groups might be a good fit for you!

Dallas Hoarding and Cluttering Support Groups

Volunteer Facilitators and Free of Charge:

Location: Mental Health America Dallas (3rd Floor)

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

Date/Time: 2nd and 4th Tuesdays of the month at 10:00 AM -11:15 AM

Contact: Mental Health America at 214-871-2420

Location: Dallas Central Library (8th Floor, McDermott Conference Room)
1515 Young Street, Dallas, TX, 74201

Date/Time: Sundays at 1:00 PM –4:00 PM

Contact: Beatriz at 214-549-6636

Required: Buried in Treasures 2ndEd. Workbook
Professional Facilitator: \$40 - \$60 fee

Jeffrey Thomas Welskopf, LPC Intern, LPC-I
Hoarding & Collecting Support & Therapy Group

https://www.psychologytoday.com/us/therapists/tx/plano/424284?sid=5c5cbfa30071c&ref=6&rec_next=1&gid=145900

Fine Family and Marriage Therapy
1700 Alma Drive
Plano, Texas 75075
(972) 646-7265

National Association of Professional Organizers (NAPO)

www.napodfw.com

Shaila D. Parker

Lifestyle Manager & Professional Organizer

LH Executive Services

469-645-8158 o

817-726-8743 c

www.LHExecs.com

Tammy C. O'Neil, ADHD Coach

304.834.5678 (Mobile)

817.707.6264 (Office)

toneil@avantgardecenter.com

Judy Kogutt

214-770-5152

An Organized State

www.anorganizedstate.com

Hoarding Cleanup – Call to Request a Free Estimate

AAA Scene Cleaners: (817) 773-3330

Adult Protective Services (nonprofit agency) may pay for hazmat/heavy chore cleanup
1-800-252-5400

Annubis SceneClean, Inc: 817-825-8781 or 972-322-2506 Kalyn Peterson

***Bio-One East Dallas Hoarding:** (469) 975-9492 Daniel Avila

Dallas Area Agency on Aging (nonprofit agency) may pay for heavy chore services for the health and safety of seniors 214-871-5065

***Junk King** 1-800-995-JUNK (5865) Renee Ferguson
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 888-888-JUNK (5865)

***Service Master Clean:** (817) 267-5555
ServiceMaster Advanced Restorations
Bio-Hazard and animal cleanup RestoreSmart.com/Hoarding
Blog: [How To Master Your Disaster](http://HowToMasterYourDisaster.com)

***ServPro:** (972) 986-7677 Christi Robinson
Steri-Clean: 1-800-462-7337 ext. 390 Jon Wall

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

Animal Hoarding Resources:

ASPCA Partners in Caring Grant - emergency medical grant that provides vet care
<http://www.aspcapro.org>

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 as funding allows

Spay Neuter Network

<http://spayneuternet.org/>

SPCA of Texas

www.spca.org three clinics, two in Dallas, one in McKinney

TCAP [Texas Coalition for Animal Protection]

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

Learn More:

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; 2nd edition 2014

Treatment for Hoarding Disorder: Workbook (Treatments That Work)

Gail Steketee and Randy O. Frost

Oxford University Press; 2nd 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
National Study Group on Chronic Disorganization <http://nsgcd.org/>

www.hoarders.com sponsored by Steri-Clean - Cory Chalmers, President

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

Hoarding Forum, Dr. Randy Frost on ONPHA's Channel

Houston Clutter Coaching Meetup Group, on Gayle Goddard Channel

Children of Hoarders, ABC News Channel

Online Hoarding Support Group: https://www.hoardingcleanup.com/chat_room

Physician House Calls

Baylor Elder Health Call: 214-820-9115

DFW Physicians House Call: 214-484-5700

Medical Home Team: 1-844-633-4663

Protouch Health Call: 469-412-6649

Evolution Health: 214-754-8700

Visiting Physicians Association: 972-870-5511

Parkland Senior Outreach Services: 214-590-0646

Wellmed Medical Group: 214-760-1962

Estate Liquidators

Bippie's Vintage Estate Sale

2639 Main St

(214) 287-8480

FamilyFirst Estate Sales & Liquidations, LLC.

2219 Mountain Lake Rd

(214) 563-4403

Discovery Estate Sales

6148 Averill Way #208e

(214) 691-4007

Dallas County Estate Sales, LLC

(214) 444-6350

Open 24 hours

Emeric DeGaul Estate Sales

3601 Mockingbird Ln

(214) 528-4830

A-Z Estate Sales of North Texas & Dallas Fort Worth
(972) 793-3432

3 Friends Estate Sales & More
(972) 383-9848
Futures Past (Estate Appraiser)
(214) 828-0992

Help Me Ronda Estate Sales
3419 Westminster Ave # 277
(214) 522-9992

Blue Star Estate Sales
(214) 212-7378
Regal and Rustic Estate Sales of Dallas
(972) 861-0231

Attics to Basements Estate Sales
2319 Southwood Dr
(469) 396-4696

Ruth Taylor Estate Sales
(214) 357-2391

Realtors

Senior Living Realty - Armand Christopher (214) 564-5800

HomeVestors - Liz Abio – 214-716-0525 or 214-434-0309

D'Angelo Realty - John D'Angelo 214-320-8816