

# HOARDING TASK FORCE OF GREATER DALLAS RESOURCE LIST – August 2018\*

## SAVE THE DATE

**The 9<sup>th</sup> Annual Southwest Conference on Hoarding will be held June 7, 2019, in Dallas TX  
Topic and location to be announced in March 2019.**

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](http://www.childrenofhoarders.com/pdf/nsgcd_clutterhoardingscale.pdf)

## Where can I get help?

### Mental Health Service Providers - Dallas County

#### **Adapt Community Solutions**

Mobile Crisis Team

- Crisis Line: 866-260-8000
- Clinic: 888-905-0595
- 2600 N Stemmons Fwy, Dallas, TX 75207

2 clinicians can come out for an onsite evaluation, and they will make an individual recommendation. Call the morning of to arrange a time. There is NO Cost to do an initial assessment. Check with your insurance company for resources.

#### **Dallas Behavioral Healthcare Hospital**

- 972-982-0900
- <http://www.dallasbehavioral.com/>
- 800 Kirnwood Dr, DeSoto, TX 75115

#### **Garland Behavioral Psychiatric Inpatient Care**

- 972-487-5309
- <https://garlandbehavioralhospital.com/>

- 2300 Marie Curie Blvd, 5<sup>th</sup> Floor, Garland, TX 75042

### **Mayhill Psychiatric Hospital in Denton County**

Geriatric Unit (Ashleigh/Intake)

- 940-239-3000
- <https://mayhillhospital.com/>
- 2809 S Mayhill Rd, Denton, TX 76208

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

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

Mental Health Advocacy, Education, and Support Groups

- 214-871-2420
- [www.mhadallas.org](http://www.mhadallas.org)
- 624 N Good Latimer Expy #200, Dallas, TX 75204

### **MHA Dallas Hoarding Support Groups**

- 624 N Good-Latimer Expy Suite #200, Dallas, TX 75204
- 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month: 10:00 AM – 11:15 AM
- Contact: KeLaine Kvale at 214-296-7314

and/or

- Dallas Central Library
- 1515 Young St, Dallas, TX 75201
- Sundays: 1:00 – 4:00 PM
- Contact: Beatriz Velasquez at 214-549-6636

Go to <http://www.mhadallas.org/wp-content/uploads/2018/08/Hoarding-Task-Force-and-Support-Group-Flyer-August-20181.pdf> for more info.

### **Methodist Richardson Medical Center**

- 469-204-1000
- [PatientRepRichardson@mhd.com](mailto:PatientRepRichardson@mhd.com)
- <https://www.methodisthealthsystem.org/methodist-richardson-medical-center/>
- 2831 E President George Bush Hwy, Richardson, TX 75082

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

Family Education (Classes touch on hoarding, but not-in-depth).

- 214-341-7133
- [www.namidallas.org](http://www.namidallas.org)
- 2812 Swiss Ave, Dallas, TX 75204

### **Texas Health Presbyterian Hospital Dallas Behavioral Health**

- Call Center for Psych Intake: 682-236-6023
- Direct: 214-345-7355
- <https://www.texashealth.org/dallas/>

No transportation for inpatient or outpatient. Bring an insurance card, picture id, and list of current medications. Pack lightly.

## **Hoarding Cleanup**

### **AAA Scene Cleaners**

Hoarding, Trauma Scene Cleanup

- Emergency Hotline: 817-270-9134
- 817-773-3330

- [wrnmuncy@aaascenecleaners.com](mailto:wrnmuncy@aaascenecleaners.com)
- <http://www.aaascenecleaners.com/>

### **Anubis SceneClean**

Biohazard, Trauma Scene Cleanup

- Kalyn Peterson, President
- 817-825-8781 or 972-322-2506
- [info@AnubisCleaning.com](mailto:info@AnubisCleaning.com)
- <https://www.anubiscleaning.com/>

### **Bio-One DFW | Texas Hoarding**

- 972-850-8246
- [info@bioonedfw.com](mailto:info@bioonedfw.com)
- [www.bioonedfw.com](http://www.bioonedfw.com)
- [texashoarding.com](http://texashoarding.com)

Certified trained specialist in sanitation, disinfection, odor abatement and decontamination associated with bio-organic, bio-hazard and predominately all substances resulting from or related to humans, animals, rodents, vermin, food, sewage, waste accumulation and/or by-products and their resulting impact to the surrounding environment & settings.

### **Bio-One East Dallas**

Trauma Scene Cleanup

- Daniel Avila, Owner
- 469-804-5665
- <https://www.biooneeastdallas.com/>
- 8301 Lakeview Pkwy. Suite 111-304, Rowlett TX, 78088

### **Junk King**

- Renee Ferguson, Dallas Owner
- General: 888-888-5865
- Dallas: 214-865-6533
- <http://www.Junk-King.com>
- [www.Junk-King.com/Dallas](http://www.Junk-King.com/Dallas)
- 13659 Jupiter Rd #208, Dallas, TX 75238

We provide the manpower to remove unwanted items and debris. We take anything and everything except hazardous material. If you need it gone, we'll get it done! We recycle.

### **ServiceMaster Advanced Restorations**

Biohazard and Animal Cleanup

- Terry Sutton, Director of Business Development
- Cell: 817-542-2403
- Office: 817-267-5555
- <http://restoresmart.com/hoarding/>
- Blog: <http://masteryourdisaster.com/>
- 1630 W. Eules Blvd, Eules, TX 76040

### **SERVPRO**

Biohazard, Fire, Storm, Water, and Mold Damage Cleanup

- Julie Goguen, General Manager
- 972-986-7677

- <http://www.servpronorthirving.com/>
- 8777 Governors Row, Dallas, TX 75247

### **Steri-Clean**

- Jon Wall, Dallas Owner
- 800-462-7337, ext. 390
- <http://www.steri-clean.com/>

### **USA Decon**

- Emergency: (877) 627-7458
- Dallas/Fort Worth: 214-350-8100
- [USADECON@AOL.COM](mailto:USADECON@AOL.COM)

### Additional

- Adult Protective Services will pay for hazmat/heavy chore cleanup.
- The Dallas Area Agency on Aging will pay for heavy chore services for the health and safety of seniors.

## 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: Provides Vet Care

- Animal Poison Emergency Hotline: 888-426-4435
- <http://www.aspcapro.org>
- [www.aspcapro.org](http://www.aspcapro.org)

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

Free Spray/Neuter

- SPCA of Texas: 214-742-7722
- Spray Neuter Network: 972-472-3500
- <http://www.lets-fix-this.org/>

You must live in zip codes 75116, 75134, 75203, 75207, 75208, 75210, 75211, 75212, 75215, 75216, 75217, 75223, 75224, 75226, 75227, 75228, 75232, 75233, 75236, 75237, 75241, 75249, 75253 to receive service.

### **Dallas Animal Services**

- 214-670-6800
- [http://www.dallasanimalservices.org/spay\\_neuter.html](http://www.dallasanimalservices.org/spay_neuter.html)
- 1818 N. Westmoreland Road, Dallas, Texas 75212

### **Spay Neuter Network**

Walk-in Clinics, Mobile Clinics: Surgery, Vaccines, Wellness, Spray/Neuter

- 972-472-3500
- <http://spayneuternet.org/>
- 2223 S Buckner Blvd, Suite 203, Dallas, TX 75227

## SPCA of Texas

- Main: 214-742-7722
- [www.spca.org](http://www.spca.org)
- 2400 Lonestar Drive, Dallas, TX 75212

**To Report Animal Cruelty Call:** 214-742-7722 (Option 4). **If you feel that the situation you're contacting us to report is an emergency, please contact your *local law enforcement* authorities immediately.** In addition to contacting your local law enforcement authorities, please also submit your information to us at [www.spca.org/abuse](http://www.spca.org/abuse) and we will respond as soon as possible. SPCA of Texas' Animal Cruelty Investigations Unit focuses on seven counties: Dallas, Ellis, Grayson, Hopkins, Hunt, Kaufman and Van Zandt. If the county you're referring to is outside our service area, you can help by contacting your local law enforcement. **To request resources for your pet**, please visit: [www.spca.org/prc](http://www.spca.org/prc) or email [helpmypet@spca.org](mailto:helpmypet@spca.org). The SPCA of Texas' Pet Resource Center is designed to support pet owners at risk of surrendering their pet.

## Texas Coalition for Animal Protection (TCAP)

Drop Off and Clinic Services in DFW

- 940-566-5551
- Post-Operation Concerns: 940-395-4306
- [www.texasforthem.org](http://www.texasforthem.org)

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

- <http://vet.tufts.edu/hoarding/>
- Cummings School of Veterinary Medicine at Tufts University
- 200 Westboro Road, North Grafton, MA 01536

## Learn More:

### Books by Professionals (Psychiatrists; Psychologists; Social Workers)

#### 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

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 the Harold Edward & Elsa Siipola Israel Professor of Psychology at Smith College.

Dr. Gail Steketee, PhD. is Dean and Professor at the 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.

#### Stuff: Compulsive Hoarding and the Meaning of Things

Gail Steketee and Randy O. Frost

Mariner Books: Houghton Mifflin Harcourt, 2010

#### Treatment for Hoarding Disorder: Workbook (Treatments That Work)

Gail Steketee and Randy O. Frost

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

### **Books by Organizing Experts and Others:**

ADD-Friendly Ways to Organize Your Life

Judith Kolberg, Kathleen Nadeau, PhD.  
Routledge; 1<sup>st</sup> Edition (August 2002)

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<sup>nd</sup> 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<sup>st</sup> 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, August 2010

### **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; 1<sup>st</sup> Edition 2014

The Hoarding Handbook: A Guide for Human Service Professionals

Christiana Bratotiis, Cristina Sorrentino Schmalisch, Gail Steketee

Oxford University Press; 1<sup>st</sup> Edition 2011

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

Gail Steketee, Randy O. Frost

Oxford University Press; 2<sup>nd</sup> Edition, 2013

Treatment for Hoarding Disorder: Workbook

Gail S. Steketee, Randy O. Frost

Oxford University Press; 2<sup>nd</sup> Edition, 2013

**Videos and Websites**

“Dallas Hoarding” on Facebook

<https://www.facebook.com/dallas.hoarding?fref=ts>

"Compulsive Hoarding in Older Adults"

Online Training by Institute for Geriatric Social Work

<http://www.bu.edu/cader/browse-catalog/course-descriptions/compulsive-hoarding-in-older-adults/>

“Hoarding: The Basics”

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/understanding-anxiety/obsessive-compulsive-disorder-ocd/hoarding-basics>

Hoarding Forum - Dr. Randy Frost (Note: Slides are not available)

<https://www.youtube.com/watch?v=Ke950ThjLLE>

Hoarding in Older Adults – Research on Aging

Dr. Catherine Ayers, PhD

<https://www.youtube.com/watch?v=xeynkkofqjU>

Houston Clutter Coaching Meetup Group

Gayle Goddard

<https://www.meetup.com/Houston-Clutter-Coaching/>

Institute for Challenging Disorganization

<https://www.challengingdisorganization.org/>

"Possessed" by Martin Hampton

Online Documentary

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

San Francisco Task Force on Compulsive Hoarding

<http://mentalhealthsf.org/san-francisco-task-force-on-compulsive-hoarding/>

Tidy Tutor by Kathy Roberts

Online Course/Webinar

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

Children of Hoarders

ABC News Video Clips Online