



HOARDING & HOUSING

THE PERSON, THE PROBLEM, & RESOURCES

PRESENTED BY CECI GARRETT | HOARDING COACH



GOALS:

- RECOGNIZE HOARDING AS A MENTAL HEALTH ISSUE
- BE ABLE TO DISTINGUISH BETWEEN CLUTTER, COLLECTING, & HOARDING
- UNDERSTAND THE USE OF HARM REDUCTION PRACTICES IN HOARDING



“I’d never considered that there was something going on inside her, in her brain, in her heart, in her soul. The visible clutter was simply an exterior representation of an interior chaos I’d never been privy to.

There was so much more to my mother’s hoarding than I knew.”

-Ceci Garrett, “Hoarding as a Mental Health Issue”
TedxSpokane 2015

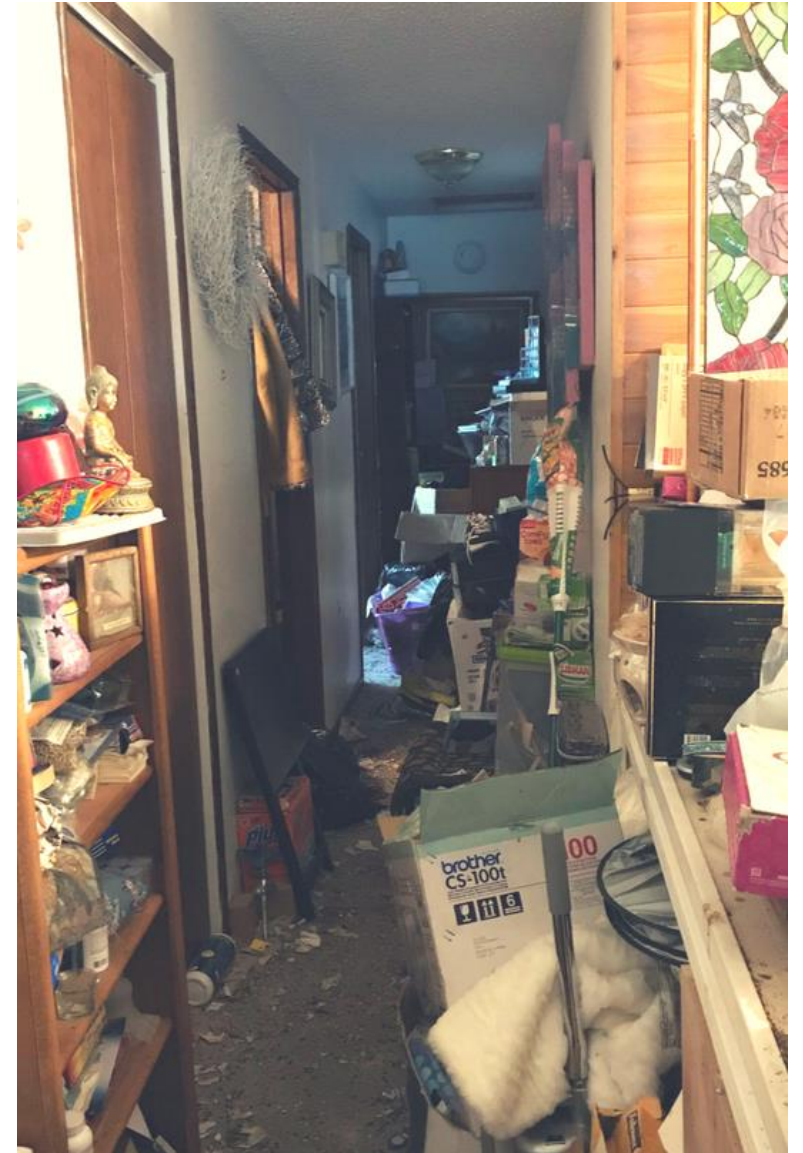
**SEE THE PERSON, SOLVE THE PROBLEM
SEE THE STUFF, MISS THE SOLUTION**

Hoarding Disorder (HD)

- DSM-5 (2013)
- Characterized by:
 - Difficulty discarding
 - Strong urges to save items
 - Congestive clutter
 - Distress and/or impaired functioning
 - Excessive acquiring
 - Poor insight
- Reasonable Accommodation
- Treatment



Clutter vs. Hoarding



HARM REDUCTION IN HOARDING

- A set of pragmatic principles and compassionate strategies designed to minimize the harmful consequences of high-risk behaviors to the individual with the behavior and the public-at-large

Why harm reduction?

- Efforts to deal with hoarding are resource-heavy
 - ✓ Expensive—mass cleanouts average \$2-5K/day
 - ✓ Time-consuming—effective in-home treatment/support can take months to years
 - ✓ Marginal success rates (traditional clinical treatment offers only 1 in 3 success rate)
- Avoiding rebound hoarding
- Addresses personal health and safety issues
- Protects public health and safety
- Typically more agreeable to client



Principles of Harm Reduction

- First, do no harm
- Primary goal is safety/health, and not to stop all hoarding behaviors
- Highly personalized to client and situation
- Client/resident is an ESSENTIAL part of the Harm Reduction team
- Change is slow and failures often occur but do not mean the plan is failing
- Clients can make positive changes while hoarding continues to occur

Components of Harm Reduction Plan

- Uniform Inspection Checklist
- Identify environmental risks
- Evaluate client challenges and resources
 - Physical
 - Psychological
 - Social
- Formulate Harm Reduction team
 - Client/Resident
 - Property Management
 - Social Worker/Case Manager
 - Family members, friends
 - Code Enforcement, Public/Environmental Health, Fire Department, if needed
- Prioritization of goals by team

REFERENCES:

- Bratiotis, C., Schmalisch, C. S., & Steketee, G. (2011). *The hoarding handbook: A guide for human service professionals*. New York: Oxford University Press.
- Tolin, D. F., Frost, R. O., & Steketee, G. (2014). *Buried in treasures: Help for compulsive acquiring, saving, and hoarding*. Oxford: Oxford University Press.
- Tompkins, M.A. (2009). *Digging out: Helping your loved one manage clutter, hoarding & compulsive acquiring*. Oakland, CA: New Harbinger Pub.

RESOURCES:

Coaching, Speaking, Harm-Reduction Plans

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Hoarding Clean Outs (Biohazard involvement)

Steri-Clean Washington || steri-clean.com