

# North Shore Center for Hoarding & Cluttering

Non-Judgmental Support for Individuals & Families Struggling With Clutter

300 Rosewood Drive, Suite 200 • Danvers, MA 01923  
Contact Eileen Dacey, MSW, LCSW for more information.  
edacey@nselder.org • 978-624-2207

**Hoarding Disorder** is a recognized mental health disorder characterized by persistent difficulty discarding or parting with possessions, regardless of the value others may attribute to these possessions. The accumulation of a large number of possessions often clutters active living areas to the extent that their intended use is no longer possible. Left unchecked, hoarding may result in safety issues that affect not just the individual, but also neighbors, and the community at large.

## IT'S NOT ABOUT THE STUFF!

- A majority of people struggling with hoarding disorder also struggle with other mental health issues such as Major Depressive Disorder, Anxiety, ADHD, and OCD.
- People with hoarding disorder often struggle with processing issues that affect the ability to categorize, organize, make decisions, and problem solve.
- Hoarding behavior is triggered by trauma and loss.
- People struggling with hoarding disorder are often isolated.

*Failure to address hoarding in an effective and coordinated manner often results in high-cost crisis interventions that do not address the root causes of the problem resulting in the failure to prevent eviction.*

## DID YOU KNOW?

- ❑ Eviction costs in MA can range from \$3,000—\$10,000.
- ❑ Clean-out costs can range from several thousand to tens of thousands of dollars and often don't resolve the issue.
- ❑ Clean-outs don't address underlying issues and behaviors and therefore rarely work, often resulting in increased hoarding behavior, the need for additional clean-outs, and continued risk of eviction.
- ❑ It has been proven that the most successful approach to resolving a hoarding case is a client-centered multi-disciplinary collaborative plan that addresses all aspects of hoarding behavior, **NOT JUST THE STUFF.**

## North Shore Center for Hoarding & Cluttering Offers the Following Services:

**\*there are no age or geographic limitations  
for assistance or participation in our program**

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| <b>Support Groups</b>  | \$250 each ten week session                         |
| ◆ A 10 week support group focusing on underlying issues and triggers, along with skills and strategies for managing behavior and maintaining progress. These groups are offered year round with several days and times available. Members are able to attend as many ten week sessions as they want to.  |   |
| <b>Individual and Family Counseling</b>  | \$ 100 per session                                  |
| ◆ Sessions involve therapeutic work on underlying issues and triggers, thoughts and behaviors, and teaching skills and strategies for managing behavior and maintaining progress.  |   |
| <b>Crisis Case Management</b>  | \$ 100 per hour                                     |
| ◆ Assessment of home and individual followed by the development of a Collaborative Plan to resolve safety and functionality issues in the home. This client-centered plan includes clinical support during resolution process, developing a multi-disciplinary team to address all aspects of the hoarding case, establishing objective and reasonable goals and time frames that benefit all parties involved, and the monitoring of progress through team communications and regular inspection schedules. Additionally, our team will work to connect the individual with on-going services and support to help decrease the incidents of recidivism. |   |
| <b>Consultations</b>   | \$ 100 per hour**                                   |
| **Brief discussions regarding ideas and options for helping an individual struggling with hoarding or clutter are free of charge by phone or within the North Shore Elder Services catchment area (Marblehead, Salem, Peabody, Danvers, and Middleton).  |   |
| ◆ In-depth case consultations, Task Force consultations, agency program consultations, town consultations, and family consultations.   |   |
| <b>Educational Trainings</b>   | \$500 first two hours<br>\$250 each additional hour |
| ◆ Professional trainings on all aspects of Hoarding Disorder. Trainings are tailored to the specific audience.   |   |
| ***all off-site services subject to travel reimbursement***<br>(mileage & time)  |   |