These references are starting points only and are not an endorsement or recommendation of any particular product, methodology or provider and are not intended to provide any diagnosis or treatment recommendations. You may find other relevant information on our General Organizing and Neurodiversity Resources pages well. And the Network offers its appreciation to the Institute for Challenging Disorganization and the National Association of Productivity and Organizing Professionals for this compilation as well: many of these references come from those establishments.

International Resources

**Bio-Behavioral Institute**
935 Northern Blvd. ~ Suite 102
Great Neck, NY 11021
516-487-7116

**Center for Hoarding and Cluttering**

**Centre for Collaborative Research on Hoarding**
University of British Columbia
Department of Psychology
Douglas Kenny Building
2136 West Mall
Vancouver, BC V6T 1Z4
Canada
604-822-8025
hoarding@psych.ubc.ca or hoarding.centre@ubc.ca

**Hoarding Disorder Assessment Tools:** Dr. Gregory Chasson and The Philadelphia Hoarding Task Force pointed us to several of these hoarding disorder assessment tools. Hoarding disorder experts Drs. Gail Steketee and Randy O. Frost first published the Compulsive Hoarding and Acquiring Therapist Guide in 2007. One of the elements of the Guide is the Clutter Image Rating Scale, a series of photos showing several rooms in increasingly cluttered condition. Anyone can use it: a person who suspects s/he has the disorder or anyone attempting to help a person make that decision. The Philadelphia Hoarding Task Force posts an interactive version of the Scale which lets you immediately rate your challenge. Another viewpoint is the HOMES® scale, published in the 2011 The Hoarding Handbook: A Guide for Human Service Professionals, by Dr. Christiana Bratiotis, Cristina Sorrentino Schmalisch and Gail Steketee. The Hoarding Rating Scale developed by Dr. David Tolin and a team provides another lens. The Institute for Challenging Disorganization produces Clutter-Hoarding Scale and the Clutter Quality of Life Scale. Activities of Daily Living for Hoarding is an instrument also formatted by Gail Steketee and Randy Frost. This version of the Savings Inventory - Revised, another Steketee instrument, is interactive, and provided by its publisher, Oxford University Press. The Center for Hoarding and Cluttering
designed the **Uniform Inspection Checklist** "to objectively identify Harm Reduction targets, prioritize reasonable and relevant goals, set a baseline status, and monitor and measure progress throughout the resolution process." [Apple has a Clutter Image Rating Scale app.](#)

**Hoarding UK**  
Suite 103  
Davina House  
137-149 Goswell Road  
London EC1V 7ET  
United Kingdom  
info@hoardinguk.org

**International OCD Foundation: Hoarding**

**Institute for Challenging Disorganization**  
**International Pages**  
2650 S. Hanley Rd, Suite 100  
St. Louis, MO 63144  
314-416-2236

**Spendaholism Resources:**  
[The Shulman Center for Compulsive Theft, Spending and Hoarding: Behavioral Cents, Carrie Rattle; New Dream.org; Jasmine Harman's Britain's Compulsive Shoppers; National Endowment for Financial Education; MyMoney.gov; Dr. April Lane Benson's books: To Buy or Not to Buy: Why We Overshop and How to Stop, and I Shop, Therefore I Am: Compulsive Buying and the Search for Self; The BBC show Spendaholics; Spenders Anonymous - modeled on 12-step programs; Debtors Anonymous - modeled on 12-step programs.](#)

**The Center for Complicated Grief**  
Columbia School of Social Work  
1255 Amsterdam Avenue  
New York, NY 10027  
212-851-2107  
info@complicatedgrief.columbia.edu
National Resources

**Children of Hoarders**

Clutterers Anonymous

**Mutual-Support Consulting, LLC**

Institute for Challenging Disorganization
2650 S. Hanley Rd, Suite 100
St. Louis, MO 63144
314-416-2236

**Mental Health Association of San Francisco**
870 Market Street, Suite 928
San Francisco, CA 94102
415-421-2926
info@mentalhealthsf.org

**Messies Anonymous**

Minor and Youth Children of Hoarding Parents

**National Association of Productivity and Organizing Professionals (NAPO)**
1120 Rt 73, Suite 200
Mount Laurel, NJ 08054
856-380-6828

**National Institute of Mental Health**

**Rogers Behavioral Health**
800-767-4411

**The Clutter Movement**

The Shulman Center for Compulsive Theft, Spending and Hoarding
P.O. Box 250008
Franklin, Michigan 48025
248-358-8508
terrenceshulman@theshulmancenter.com
Washington State Resources

Terina Bainter
**Clutter Cutters, LLC**
253-604-4963
Terina@ClutterCuttersWA.com

Sheila Perreault
**Blue Nest Home, LLC**
POB 1242
Silverdale, WA 98383-1242
360-403-0422
info@bluenesthome.com

Ellen Sklanka
**Renewal Organizing**
Maple Valley, Washington 98038
206-665-0255
ellen@renewalorganizing.com

Lauren Williams
Casual Uncluttering LLC
POB 2448
Woodinville WA 98034
425-947-3976
Lauren@casualuncluttering.com

**Bio Clean, Inc.**
888-651-1080
support@biocleanwa.com

**Evidence-Based Treatment Centers of Seattle**
1200 5th Avenue, Suite 800
Seattle, WA 98101
206-374-0109
info@ebtseattle.com

**Northwest Relationships/The Hoarding Project**
621 Pacific Avenue, Suite 300
Tacoma, WA 98402
253-292-1216
Fax: 206-299-3272
info@northwestrelationships.com
Rogers Behavioral Health/Seattle
800-767-4411

ServiceMaster Restore
Books

*Children of Hoarders*

*Color to Declutter* by Jean Prominski

*Recognizing and Treating Hoarding Disorder: How Much is Too Much?*

*The Hoarding Handbook: A Manual for Human Service Professionals*

*The ICD Guide to Challenging Disorganization For Professional Organizers*

*The ICD Guide to Collaborating with Professional Organizers For Related Professionals*

*Treatment for Hoarding Disorder workbook*

*Terina Bainter, Clutter Cutters*, one of the US's most compassionate experts on hoarding disorder recommends:

*Buried In Treasures*

*Digging Out*

*Overcoming Compulsive Hoarding*

*Stuff*

*The Glass Castle*

*The Secret Lives of Hoarders*

MOVIES

*Beyond Hoarding*

*Clutter*

*Grey Gardens*

HBO's 2009 docudrama *Grey Gardens*

*Hello, My Name is Doris*

*Stuffed*

*My Mother's Garden*
That Summer

The Beales of Grey Gardens

Hoarding TV shows - WITH PREJUDICE

Confessions: Animal Hoarding

Hoarders

Hoarding: Buried Alive

Hoarding TV Shows The Network likes

Britain's Biggest Hoarders

My Hoarder Mum and Me

The Hoarder Next Door