

Resources for Hoarding Situations

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Statewide Resources (Page 1)

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Resource	Website	Phone	Service Area/Counties	Last Updated	Notes
Senior Linkage Line	www.seniorlinkageline.com	800-333-2433	All of MN	3/20/2019	
MinnesotaHelps	www.minnesotahelp.info		All of MN	9/2/2017	
United Way	www.gtcuw.org	1-800-543-7709 or 651-291-0211	All of MN	3/20/2019	
Minnesota Warmlines	www.mentalhealthmn.org	651-288-0400 or 1-800-862-1799	All of MN	3/20/2019	MN Warmlines is a peer to peer support and resource phone line answered Monday - Saturday 5PM-10PM
National Suicide Prevention Hotline		1-800-273-8255		3/20/2019	
Veterans Linkage Line	www.linkvet.org	1-888-LinkVet		3/20/2019	Resource connections for veterans and their families
MN Department of Veteran Affairs	www.mn.gov/mdva/				If you are a veteran, start by contacting your VA services. They have social workers & therapists on staff, as well as other options you might qualify for.
MN Dept of Human Services	www.mn.gov/dhs/				Aging & Adult Services; Adult Protection
Disability Linkage Line	www.disabilityhubmn.org	866-333-2466	Talk to an expert anonymously	4/5/2019	Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future.
MN Dept of Health	www.health.state.mn.us/index.html	651-201-4620		4/5/2019	MDH does not provide abatement services for environmental hazards, but they will supply lists of qualified contractors.
Asbestos	health.asbestos-lead@state.mn.us				
Lead	https://www.health.state.mn.us/communities/environment/lead/				
Mold	https://www.health.state.mn.us/communities/environment/air/mold/index.html				
Radon	https://www.health.state.mn.us/radon				

Therapists (Page 2)

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Few therapists are trained or experienced helping clients who hoard.

If you cannot find a therapist on this list that will work for you, try this: Think about what else in your life is not going well or what other ways you could benefit from therapy. It could be things like loss of a loved one, childhood trauma, depression, anxiety, ADHD, OCD, or other mental health issues. Look for a therapist for those reasons. Research shows a connection between those other issues and hoarding. A therapist is only part of a team effort to help someone who is hoarding. Consider also using a professional organizer or a support group.

Business Name	Website/Email	Phone	Office Location	Information	Last Updated
Lighthouse Counseling Ltd.	https://www.lighthousecounseling.com/	855-454-2463	Offices in Chanhassen, Roseville, Hutchinson and Waconia	Metro Area: Katie Lindell, Alice Mueller Hutchinson Area: Eileen Dummer, Chelsey Krxmarzick Waconia Area: Lisa Inman, Rebecca McBride, Michelle Moldenhauer	10/16/2018
Susan Devine, MA - Devine Counseling	http://www.susandevinecounseling.com/	612-308-1622	11985 Technology Dr, St 270 - Eden Prairie		10/11/2018
Karen Eckstrom - Edina Comfort Care	http://www.edinacomfortcare.com/index.html Edinacomfortcare@aol.com	952-913-5403	4570 West 77th Street Suite 315, Edina Mn 55435	Has Group Therapy as well	10/13/2018
Family Life Center (multiple therapists)	http://www.flmhc.org/	763-746-9594 or 763-427-7964	1930 Coon Rapids Blvd, Coon Rapids	Kaylie Broberg, Francis McLaughlin, Kenyari Wright	12/3/2018
Olmsted Medical Center Psychiatry & Psychology (multiple therapists)	No website	507-287-2766	210 9th Street SE, Rochester		9/2/2017
Knowlton O'Neill & Associates PC Clinical Psychology/Psychiatry	www.koamentalhealth.com	701-364-0060	1401 13th Ave E West Fargo, ND 58078	Also has group therapy	
Sarah Donney, MA	sadonney@gmail.com	651-419-1289			10/23/2018
Wade Crandall MA LPCC		763-767-3350	Nystrom & Associates 1660 Round Lake Blvd NW Coon Rapids, MN 55433	In office therapy	4/5/2019
Allison Whitaker MA LAAMFT	alisonwhiteaker@gmail.com	612-361-7281	Northfield, MN		10/11/2018
Rebecca Kempenich, MS, LMFT - Catalyst Mental Health	http://www.catalystmentalhealth.com/	651-403-0978	2124 Dupont Ave S, Mpls (Uptown)		2/6/2020
Brianna Mann, PhD - Mound Psychological Services	No website	St Louis Park 952-679-7127; Mound 952-679-7127	St Louis Park, and Mound		2/6/2020
Mayo Clinics (multiple therapists)	https://mayoclinichealthsystem.org/providers	507-266-5100	Rochester		2/6/2020
Russell C. Morfitt, PhD - CBT Center	No website	952-314-9223	600 Twelve Oaks Center Dr. Suite 220, Wayzata		9/2/2017
Nadine Peterson, MA, LP, CEAP, CAS	No website	651-964-0937	2440 N Charles St, Ste 200, North St Paul		2/6/2020
Professional Rehabilitation Consultants	https://prcmn.com/ Jennifer@prcmn.com	651-603-8774 612-478-7823	1394 Jackson St., St. Paul, MN 55117	Occupational Therapy: Buried in Treasures Model. Now accepting health Insurance. Now meeting in small groups and individually. We will develop a customized treatment plan using occupational therapy based methods to support mental health and home management. In-Clinic and Telemedicine available.	8/5/2020
Rena Reinardy, PsyD - Lakeside Ctr. for Behavioral Change	http://www.lakesidecenter.org/	701-552-6284	1450 25th St, Fargo, ND		2/6/2020
Veterans Services	If you are a veteran, start by contacting your VA services. They have social workers & therapists on staff, as well as other options you might qualify for.				2/6/2020

Professional Organizers (Page 3)

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Organizers work one-on-one with the homeowner to:
 (a) keep homeowner focused on the task of decluttering,
 (b) support decision-making about what to keep/not to keep,
 (c) organize what is kept,
 (d) teach new skills such as filing papers, doing laundry, etc.

The ICD "Clutter-Hoarding Scale" is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE:

<http://www.challengingdisorganization.org/content/clutter-8211-hoardingscale>

In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person's belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles also means some combination of the home has degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected.

Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.

Business Name	Owner	Website	Email	Phone	Service Area/ Counties	Level of Hoarding	Information	Last Updated
Everything's Together	Louise Kurzeka	www.facebook.com/Everythings-Together-125833567470847/	louise@everythingstogether.com	952-939-8080	Anoka, Carver, Dakota, Hennepin, Ramsey	1,2,3,4	NAPO	2/6/2020
Smarter Spaces LLC	Diane Gambrel	www.smarterspaces.net	smarterspaces@gmail.com	651-321-4595	Anoka, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Washington	1,2,3	NAPO, Also offers virtual organizing services	2/6/2020
New Life Organizing	Marilyn Tomfohrde	www.newlifeorganizing.com	newlifeorganizing@gmail.com	651-235-6621	Washington	1,2,3	NAPO	11/11/2018
Spaces @ Work	Dawnee Dorholt	No website	dawnee@spacesatwork.com	763-494-6755	Anoka, Carver, Dakota, Hennepin, Ramsey	1,2,3	NAPO	2/6/2020
Clean Sweep Organizing	Jeannie Holmes	www.cleansweeporganizing.com	info@cleansweeporganizing.com	612-251-3438			NAPO	11/11/2018
Sort Toss Pack	Jodi Laliberte	www.sorttosspack.com	jodi@sorttosspack.com	651-717-4325	Anoka, Carver, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Washington	1,2,3		11/11/2018
Live Simply with Kim	Kim Schlichting	www.livesimplywithkim.com	livesimplywithkim@gmail.com	218-213-8071	St Louis	1,2,3		3/15/2019
Face the Clutter	Jan Liebsch	www.facetheclutter.com	facetheclutter@aol.com	763-458-8574	Anoka, Dakota, Hennepin, Isanti, Ramsey	1,2,3		11/11/2018
Simple Spaces*	Lynn Dion	www.simplespacestwincities.com/	SimpleSpacesTwinCities@gmail.com	612-423-5475	Hennepin, Ramsey	1,2,3	*Does not provide in home support or therapy but offers Mindfulness - based life coaching to work on the Non -Physical aspect of Hoarding	5/16/2019
Consult an Organizer	Connie Kees	www.consultanorganizer.com	connie@consultanorganizer.com	715-828-8090	Northern Wisconsin and Northeastern Minnesota	1,2,3,4	NAPO, ICD	8/27/2020

Support Groups (Page 4)

Support groups may not be for hoarding specifically or they may be more general support groups. Groups may meet weekly or less often.

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Group Sponsor	Website/Email	Phone	Location(s)	Cost	Name of group	Group Is For	Information	Last Updated
Professional Rehabilitation Consultants	https://prcmn.com/ Jennifer@prcmn.com	651-603-8774 612-478-7823	1394 Jackson St., St. Paul, MN 55117	Now accepting health Insurance	Occupational Therapy: Buried in Treasures Model	Individuals	Now meeting in small groups and individually. We will develop a customized treatment plan using occupational therapy based methods to support mental health and home management. In-Clinic and Telemedicine available.	7/6/2020
NAMI	https://namimn.org/	See website	Mental health groups, various throughout MN	Ask	Several support groups for mental health support and family support			3/20/2019
LDA Minnesota	https://www.ldaminnesota.org/	952-582-6000	ADHD groups, Golden Valley (?)	Ask		ADHD individuals		9/3/2017
Karen Eckstrom	http://www.edinacomfortcare.com/Hoarding.en.html	952-913-5403	4570 West 77th Street Suite 315, Edina	\$30/session	Unburied in Treasures	Individuals		11/11/2018
Spenders Anonymous	www.spenders.org/list.html	goldenvalley@spenders.org St.cloud@spenders.org	Golden Valley and St. Cloud		Spenders Anonymous	Individuals		4/9/2019
Clutterers Anonymous	www.cluttereranonymous.org		Various locations check website		Groups, phone meetings and check in available	Individuals		3/20/2019
Eau Claire County Hoarding Coalition	https://www.eauclairewi.gov/government/our-divisions/health-department/there-s-more/hoarding-task-force-of-eau-claire-county	715-839-4735	L. E. Phillips Senior Center, Eau Claire, WI	Free	Buried in Treasures	All persons that are affected by Hoarding Disorder	Classes are offered in the fall and again in the spring	8/27/2020

Biohazard Remediation (Page 5)

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These companies wear special gear to protect breathing and sanitation while removing hazardous materials. Use for level 4 or 5 homes (for explanations of level 4 and 5, see below).

The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE: <http://www.challengingdisorganization.org/content/clutter-8211-hoardingscale>

In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person's belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles also means some combination of the home has degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected. Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.

Business Name	Website/Email	Phone	Service Area/ Counties	Level of Hoarding	Last Updated
Scene Clean MN	www.scenecleanmn.com	612-643-0911	All of MN	3,4,5	8/25/2020
Bio One Minneapolis	www.bio-oneminneapolismn.com	612-806-5834	Several Counties	3,4,5,	3/20/2019
Servpro of Bemidji, Grand Rapids, and Hibbing	www.servprobemidjigrandrapidshibbing.com	218-999-9799	Saint Louis County	3,4,5	3/20/2019
Service Master	www.servicemaster.com/services	612-354-5466	Minneapolis, St Cloud, Rochester	3,4,5	9/2/2017

Removal Services, Cleanout Companies, Selling, Licensed Contractors (Page 6)

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Removal services or cleanout company role: Remove a lot of belongings in a day or two. Homeowner may or may not have input into what is removed, depending on involvement of public officials. Junk haulers take the load to a warehouse where they sort out what can be recycled, sold, or reused; they trash what is left.

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Business & Contact	Website/Email	Phone	Service Area/ Counties	Services Offered	Level of Hoarding	Last Updated
Scene Clean Inc.	www.scenecleanmn.com	612-643-0911	All of MN	Can clean out clutter, clean the house, make repairs, sell	3,4,5	2/6/2020
Junk King - Ed Fogarty	www.junk-king.com	888-888-5865 or 612-345-9058			1,2,3,4	9/2/2017
1-800-GOTJUNK?	chris.koehnen@1800gotjunk.com	1-800-GOT-JUNK	Metro area		1,2,3,4	9/2/2017
JDog Junk Removal and Hauling (veteran owned)	www.jdogjunkremoval.com - info@jdog.com	844-438-5364				4/10/2019
Shred Right - Jacqui Mason	jmason@shredrightnow.com - www.shredrightnow.com/fundraising	612-801-8550	All of MN	Shredding programs and fundraisers		4/10/2020
Service Master	www.servicemaster.com/services	612-354-5466	Various	Clean out, deep cleaning		2/6/2020
Elder Services Real Estate, Anne Saatela	www.elderservicesre.com - ASaatela@kw.com	952-454-7350	Call 952-454-7350	Can clean out clutter, clean the house, make repairs, sell		3/15/2018
Twin Cities Restoration, LLC	www.tcrestore.com	612-888-9488	Henn, Anoka, Ramsey, Washington Cty	Licensed General Contractor BC736960. Repairs, building projects		8/25/2020
New Leaf Realty	www.mnnewleaf.com	612-208-6610	Metro Area	Sell home		8/25/2020

Financial Assistance (Page 7)

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Business Name	Use for this situation	Website	Service Area/ Counties	Last Updated
Minnesota Community Action Partnership	Energy assistance after a shut-off notice has been given, some have rental assistance and other helpful programs vary by area	www.minncap.org to locate the one in your area	Several - check the website for your closest location	3/20/2019
Salvation Army	emergency assistance and basic needs programs vary by location	www.salvationarmynorth.org to find the one near you	Several - check the website for your closest location	3/20/2019
Catholic Charities	programs Vary by location	www.cctwincitites.org	Several - check the website for your closest location	3/20/2019

Hoarding Assessment Links (Page 8)

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Name	Website	Information
Self-test for hoarding, by Randy Frost	www.seniorconnection.org/pdfs/hoarding_survey.pdf	
International OCD Foundation	https://hoarding.iocdf.org/professionals/clinical-assessment/	This site includes saving inventory assessment, hoarding rating scale, clutter image rating scale
The ICD Clutter Hoarding Scale	https://www.challengingdisorganization.org/clutter-hoarding-scale-	<p>The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE:</p> <p>http://www.challengingdisorganization.org/content/clutter-8211-hoardingscale</p> <p>In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person's belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles also means some combination of the home has degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected.</p> <p>Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.</p>

City, County, and State Programs (Page 9)

Resources subject to meeting qualifications

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Business Name	Service Area/ Counties	Contact	Information
Dept of Human Services - Waiver Services- Elderly or Disabled Waiver	All Minnesota Counties		Request a MN Choices Assessment. This will consist of a phone interview and if you qualify by phone then someone will come to you home to see if you qualify for help in your home based on what you may be able to do on your own and what you may need assistance with. You may qualify for PCA, ILS, Home maker services or others through a CADI or Elderly Waiver with the County
Local City Fix Up Funds or Local low interest home improvement loans or grants	All MN		Many local cities and some neighborhood organizations have funding or low interest loans for people to be able to make repairs on their properties. If you are struggling with upkeep on certain items check with your city on things you may be able to get funding to help with through a Fix Up Program or rehabilitation loans
City Wide Clean ups	All MN		Check with your City as many Cities organize a City Wide Clean up where you can drop off items at a lower cost and some for free depending on the city. This is good to check when looking to dispose of any items in your home and on the Clean Up Days it is often a lower cost or free then your normal trash hauler
HouseCalls	Ramsey County	651-266-1290	Program for Ramsey County residents facing homelessness with resources to help keep them in their home
Home Owner Navigation Program	City of Minneapolis		Refferal to Homeowner Navigation Program from City of Minneapolis Inspections department to help keep people in their homes
Care Resource Connections	City of St. Louis Park	763-762-6137 www.careresourceconnections.org	This is part of the Community Health Initiative and helps families to navigate and connect to community resources