

SPECIAL RESOURCES - STATEWIDE Disclaimer: The Minnesota Hoarding Task Force (“MNHTF”) does not provide services directly. MNHTF provides resources and information regarding the general subject of hoarding. In doing so, MNHTF does not endorse, recommend, warrant or assume any legal liability for the accuracy, completeness, or usefulness of any information, apparatus, product, or process.						
Resource	Website	Email	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-10 PM
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 thier 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/					
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.de resource network that helps you solve problems, navigate the system and plan for your future.
Aging & Adult Services						
Adult Protection						
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						
Mold						
Radon						

Therapists					
Therapists: Few therapists are trained or experienced helping clients who hoard.					
Business Name	Website	Phone	Office Location		Last Updated
Amr Barrada, PhD	http://www.amrbarrada.com/	(952) 915-9236	6550 York Ave S #408, Minneapolis		10/16/2018
Lighthouse Counseling Ltd.	https://www.lighthousecounseling.com/	(855)-454-2463	Offices in Chanhassen, Roseville, Hutchinson and Waconia	Merto 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
Molly Nicholson, MA, LPCC	http://www.mollylpcc.com/	612-702-4119	3507 Lyndale Ave S, Mpls 55408 and 7200 France Ave S, #223, Edina		10/11/2018
Olmsted Medical Center Psychiatry & Psychology (multiple therapists)	none	(507) 287-2766	210 9th Street SE, Rochester		9/2/2017
Rena Reinardy, PsyD - Lakeside Ctr. for Behavioral Change	none	701-552-6284	1450 25th St, Fargo, ND	Holly Hegstad	9/2/2017
Knowlton O Neill & Associates P.C 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 Whitetaker MA LAAMFT	alisonwhiteaker@gmail.com	612-361-7281	Northfield, MN		10/11/2018
Alexander Wold LAMFT	ally@watersidefamilytherapy.com	952-548-6626	434 Lake Street Suite 203		10/11/2018
* Professional Rehab Consultants	www.prcstpaul.com	651-603-8774	1394 Jackson St St. Paul, MN 55117	*Occupational Therapy and Buried in Treasures Support Groups	5/19/2019
	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.				9/2/2017

Professional Organizers

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 beginnings of pack rat), 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. Disclaimer:
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Business Name	Owner	Website/Email	Email	Phone	Service Area / Counties	Level of Hoarding		Last Updated
Everything's Together	Louise Kurzeka	www.facebook.com/Everything-Things-Together-125833567470847/	louise@everythingstogether.com	952-939-8080	Anoka, Carver, Dakota, Hennepin, Ramsey	1,2,3,4	Current, NAPO	1/6/2019
Smarter Spaces LLC	Diane Gambrel	www.smarterspaces.net	smarterspaces@gmail.com	651-321-4595	Anoka, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Washington	1,2,3	Current, NAPO, Also offers Vitrual organizing services	12/12/2018
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	Former, NAPO	11/11/2018
Clean Sweep Organizing	Jeannie Holmes	www.cleansweeporganizing.com	info@cleansweeporganizing.com	612-251-3438			NAPO	11/11/2018
Sort Toss Pack	Jodi Laliberte	www.sorttospack.com	jodi@sorttospack.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

Support Groups							
<p>Support groups may be for hoarding specifically, or they may be more general support groups. Groups may meet weekly or less often. Disclaimer: The Minnesota Hoarding Task Force ("MNHTF") does not provide services directly. MNHTF provides resources and information regarding the general subject of hoarding. In doing so, MNHTF does not endorse, recommend, warrant or assume any legal liability for the accuracy, completeness, or usefulness of any information, apparatus, product, or process.</p>							
Group Sponsor	Website/Email	Phone	Location(s)	Cost	Last Updated	Name of group	Group is for
Professional Rehabilitation Consultatnts	http://prcstpaul.com/	651-603-8774	1394 Jackson St St. Paul, MN 55117	\$325.00 for 14 weeks includes workbook	4/4/2019	Buried in Treasures	Individuals
NAMI	https://namimn.org/	see website	mental health groups, various throughout MN	ask	3/20/2019	Several support groups for mental Health support and family support	
LDA Minnesota	https://www.ldaminnesota.org/	952-582-6000	ADHD groups, Golden Valley (?)	ask	9/3/2017		ADHD individuals
Karen Eckstrom	http://www.edinacomfortcare.com/Hoarding.en.html	952.913.5403	4570 West 77th Street Suite 315 ,Edina	\$30/session	11/11/2018	Unburied in Treasures	Individuals
Spenders Anonymous	www.spenders.org/list.html	goldenvalley@spenders.org St.cloud@spenders.org	Golden Valley and St. Cloud		4/9/2019	Spenders Anonymous	Individuals
Clutterers Anonymous	www.cluttereranonymous.org		Various locations check website		3/20/2019	groups, phone meetings and check in available	Individuals

Biohazard Remediation

These companies wear special gear to protect breathing and sanitation while removing hazardous materials. Use for level 4 or 5 homes
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Business Name	Website/Email	Phone	Service Area / Counties	Level of Hoarding	Last Updated
Scene Clean MN - Jenny Berg	www.scenecleanmn.com - info@scenecleanmn.com	612-643-0911	All of MN	3,4,5	3/20/2019
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.serprobemidjigrandrapidshibbing.com	218-999-9799	Saint Louis County	3,4,5	3/20/2019
Service Master	http://www.servicemasterclr.com/	612-354-5466	Minneapolis, St Cloud, Rochester	3,4,5	9/2/2017

Junk Removal or Cleanout Companies					
<p>Junk removal 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. Disclaimer:</p> <p>The Minnesota Hoarding Task Force (“MNHTF”) does not provide services directly. MNHTF provides resources and information regarding the general subject of hoarding. In doing so, MNHTF does not endorse, recommend, warrant or assume any legal liability for the accuracy, completeness, or usefulness of any information, apparatus, product, or process.</p>					
<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 beginnings of pack rat), 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>					
Business & Contact	Website/Email	Phone	Service Area / Counties	Level of Hoarding	Last Updated
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	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
Scene Clean MN - Jenny Berg	www.scenecleanmn.com - info@scenecleanmn.com	612-643-0911	All of MN	3,4,5	3/20/2019

Financial Assistance				
<p>Various types of community-based financial assistance. Disclaimer: The Minnesota Hoarding Task Force (“MNHTF”) does not provide services directly. MNHTF provides resources and information regarding the general subject of hoarding. In doing so, MNHTF does not endorse, recommend, warrant or assume any legal liability for the accuracy, completeness, or usefulness of any information, apparatus, product, or process.</p>				
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 closet 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 closet location	3/20/2019
Catholic Charities	programs Vary by location	www.cctwincitites.org	Several check the website for your closet location	3/20/2019

Survey Links		
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	

Resources Subject to Meeting Qualifications			Disclaimer:
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Dept of Human Services - Waiver Services- Elderly or Disabled Waiver	All Minnesota Counties		Request a MN Choices Assesment . 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 citys and some neighborhood organizations have funding or low interest loans for people to be able to make repairs on thier properties. If you are stuggling 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 thier home
Home Owner Navigation Program	City of Minneapolis		Refferal to Homeowner Navigation Program from City of Minneapolis Inspections department to help keep people in thier homes
Care Resource Connections	City of St. Louis Park	763-762-6137 www.careresourceconnections.org	This is part of the Coomunity Health Initative and helps families to navigate and connect to community resources