

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](#)