

HOARDING RESOURCES



Developed by the Brookline Hoarding Task Force. Made possible by funding provided by:

The Brookline Hoarding Task Force does not endorse any specific company, and as always you are advised to review references, and obtain multiple quotes for any service providers.

Brookline Agencies

Brookline Community Mental Health (617) 277-8107
 Brookline Council on Aging (617) 730-2777
 Brookline Health Department (617) 730-2300
 Springwell Inc. (617) 926-4100

Assessment Tools & Literature

Hoarding Assessment Tool by Randy Frost **SEE PAGES 3-5**	
“Hoarding: What Everyone Needs to Know,” Gail Steketee, Christiana Bratiotis, 2020	Available on Amazon and by request at the Brookline Public Library and Brookline Booksmith
“Buried In Treasures – Help for Compulsive Acquiring, Saving, and Hoarding”, David F Tonlin, Randy O Frost, Gail Steketee, 2007.	Available at the Brookline Public Library, Brookline Booksmith, and Amazon
“Conquer the Clutter: Strategies to Identify, Manage, and Overcome Hoarding,” Elaine Birchall, 2019.	Available at Brookline Booksmith, Amazon, and by request at Brookline Public Library.
“Stuff: Compulsive Hoarding and the Meaning of Things,” Gail Steketee, Randy O. Frost, 2011.	Available at Brookline Booksmith and Amazon
“Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring,” Michael A. Tompkins, Tamara L. Hartl, Randy O. Frost, 2009.	Available by request at Brookline Public Library, Brookline Booksmith, and Amazon)
“Overcoming Compulsive Hoarding: Why You Save and How You Can Stop,” Jerome Bubrick, Fugen Neziroglu, Jose Yaryura-Tobias, 2004.	Available by request at Brookline Public Library and Amazon

Where to Donate

Good Will	Accepts donations of clothing/accessories, curtains, wall art & mirrors, books, small home furnishings, computer monitors/laptops/accessories, and kitchen items.	Drop off only: https://www.goodwillmass.org/donation-center-hours-locations/
Big Brother, Big Sister	Accepts donations of clothing, household items, books/DVDs, small toys, and art	Drop off or scheduled pickup: https://www.bbbsfoundation.org/schedule-a-pickup/
Simple Recycling	Accepts donations of textiles and clothing.	Drop off bin located at 815 Newton Street. Pick-ups can be scheduled by calling 866-835-5068.
More Than Words	Accepts donations of gently used clothing, books, CD's, DVD's and Video Games.	Donations can be dropped or scheduled for pick-up: https://mtwyouth.org/donate-books/

Clean Up

Town of Brookline – Hazardous Waste Disposal

Tuesdays from May – November; 7:30am – 12:30pm

Accepts old TVs and electronics, cleaners, pesticides/insecticides, car batteries & tires, lighter fluid, and more!

Click here for more information:

<https://www.brooklinema.gov/1247/Hazardous-Waste>

HouseWorks, Bob Severino

617-928-1010

House-works.com

Lugaway

617-893-9824

lugaway.com

1-800-GOT-JUNK

https://www.1800gotjunk.com/us_en

Bio-One

617-539-2709

bioone-boston.com

Servicemaster Clean

(617) 841-9885

servicemasterclean.com

Mental Health Resources

Obsessive Compulsive Disorder Institute McLean Hospital 115 Mill St. Belmont, MA 02478

<https://www.mcleanhospital.org/treatment/ocd-institute>

Adults:

Phone: 877.203.3232

Email: OCDIadmissions@partners.org

Children and Adolescents

Phone: 877.244.4476

Email: ocdi jr@partners.org

Center for Anxiety and Related Disorders

900 Commonwealth Avenue Boston, MA 02215

(617) 353-9610

Please note that CARD entrance is located on St. Paul Street (corner of St. Paul and Commonwealth).

In cases of mental health emergencies:

The Boston Emergency Services Team (BEST), Boston Medical Center 1-800-981-HELP

MassHousing: Resources and Providers:

<https://www.masshousing.com/programs-outreach/community-services/housing-stability/hoarding>

Professional Organizers

The Move Maven

617-455-1964

Movemaven.com

Additional Websites

Children of Hoarders Website

<http://www.childrenofhoarders.com/bindex.php>

International OCD Foundation

<https://hoarding.iocdf.org/>

Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

Clutter Image Rating Scale: Kitchen

Please select the photo below that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

Clutter Image Rating: Living Room

Please select the photo below that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9