

How we help

We are advocates for those who suffer with problems of excessive acquiring, sorting, discarding and clutter in their home. We recognize individuals who endure these problems are experiencing significant amounts of distress as a result of a mental health disorder, known as Hoarding Disorder.

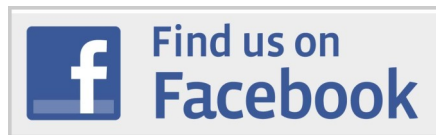
Hoarding Disorder can cause individuals, their loved ones, and their communities, great amounts of stress. Impairment can be seen in different areas for these individuals, which include, but not limited to: immediate safety, relationship problems, isolation, financial setbacks and trouble functioning at work or school. With proper resources in place, individuals, families, and communities can make dramatic changes in the lives of people who suffer from Hoarding Disorder.

This local Hoarding Task Force aims to provide the following:

- Resources towards getting the proper assistance
- Education regarding various Hoarding related topics
- A committed organization to help support and provide information through combined efforts with local law enforcement agencies and the community.

Kane County Hoarding Task Force

Visit our Website:
www.kchoarding.org



<https://www.facebook.com/KCHoarding>

Kane County Hoarding Task Force

Supporting Individuals and
Families in Kane County

**KANE COUNTY
HOARDING TASK FORCE**



Our Mission

Founded to create a cohesive, coordinated, and proactive response to self-neglect in Kane County by giving agencies, organizations, and individuals the tools to better protect vulnerable adults.

Definition

What is hoarding disorder? Hoarding disorder is a clinically recognized diagnosis in the DSM-5. Individuals who experience the following are recommended to seek out professional assistance for further assessment. Hoarding disorder includes :

- A persistent difficulty with parting with possessions or animals, regardless of the items' actual monetary value.
- This difficulty is due to a strong need to save possessions or animals, while experiencing distress when thinking about potentially discarding the items.
- As a result of this difficulty, the individual has a large accumulation of items that begin to clutter active living spaces in their home, keeping the individual or their family from using these living spaces for their intended uses.

Symptoms & Behavior

- Experiencing strong attachments to possessions or animals.
- Significant distress when working on sorting or discarding items.
- Difficulty with decision making, indecisiveness, categorizing or organizing items.
- Difficulty with stopping the process of acquiring new items.
- Experiencing social isolation, family or marital discord, financial setbacks, potential safety risks within the home as a result of clutter.
- Experiencing emotional distress, such as feeling overwhelmed or embarrassed.
- Having trouble with starting or finishing tasks.
- People who hoard are often ambivalent about accepting help and throwing away objects.

Treatment

Individuals and their families who are struggling as a result of hoarding disorder, do have options in regards to treatment. Treatment can be completed with an individual therapist or within a group setting. Evidence-based treatment, such as Cognitive Behavioral Therapy (CBT) is highly recommended for individuals who are diagnosed with hoarding disorder. Both in individual and group settings, the CBT protocol uses cognitive restructuring and exposure therapy to focus on four specific elements:

- information processing
- emotional attachment
- beliefs about possessions
- behavioral avoidance

In addition, the treatment focuses on creating behavioral exposures that allow the individual to face non-acquiring, sorting, and discarding situations, which generate distress, while also replacing avoidance techniques with more effective coping strategies.

Websites

www.treatmentsthatwork.com/hoarding
www.challengingdisorganization.org
www.ocdfoundation.org
www.nami.org

Resources

- Kane County
- Area Agency on Aging
- Adult Protective Services
- Senior Services
- Department of Mental Health
- Police and Sheriff
- Fire Department
- Code Enforcement



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