

Change is Possible!

Excessive saving can feel overpowering. Change is not easy; however, it is possible by taking small steps.



The first and most important step is asking for help

For assistance in finding more help call:

Child Protective Services
1-800-400-0902

Adult Protective Services
24 hour hotline
1-800-664-9774

Treatment for OCD –
Tim Quinn - (530) 538-7705

Butte County Department of Public Health Nursing
(530) 538-7006

Butte County Department of Behavioral Health
1-800-334-6622 or 538-7705

Oroville City Code Enforcement – (530) 538-2435

Paradise Connections
(530) 877-5845

Celebrate Recovery-Support Group
(530) 533-1456

Compulsive Hoarding Foundation
<http://www.ocdfoundation.org/>

Clutterer's Anonymous
<http://cluttersanonymous.net/>

Concerned About Clutter?

Information for people whose belongings fill their house and limit their lives



Created by:
Butte County OCD/Hoarding
Multidisciplinary Team

<http://www.buttecounty.net/publichealth/nursing/nursing.html>

HELP IS AVAILABLE

HOARDERS OFTEN EXPERIENCE TWO OR MORE OF THE FOLLOWING

- Strong emotional attachment to belongings; the person feels that belongings have value, uniqueness, and sentiment, when others do not (old papers, containers, food items)
- Fear of losing things; prevents person from discarding belongings or putting them out of sight
- Amount of belongings interfere with one's safety and use of home (sleeping, bathing, socializing, cooking).
- Saving and collecting items continues even when they are not needed or house is full
- Efforts to stop collecting, organizing or discarding belongings is unsuccessful and leads to sense of anxiety and emptiness
- Person may see situation as acceptable or they may be too overwhelmed

When Can This Become a Problem?

When a house is completely full of belongings, a person is at higher risk of:

- Falls and injury
- Loss of friends
- Isolation
- Emotional distress
- Health safety
- Eviction



Many people become overwhelmed and don't know where to begin, and therefore never address this issue

Working Together to Find Change

- Seek medical, physical, and emotional evaluations and treatment
- Identify the possibilities of treatments
- Find a support group in your area
- Seek the assistance of professionals; the problem won't go away
- Learn from others successes.
- Develop a plan to make your space more functional and safe
- Be patient; take small baby steps
- Work in one area at a time
- Sort items into three boxes; label the boxes with "save", "discard", and "give away"
- Reduce the acquisition of new items
- Visit the Public Health Website for more resources