

Hoarding: How to Recognize and Help Clients with this Disorder

1. Professor Jennifer Engler, Chair of the York College Department of Psychology
 - a. Introduction - What is Hoarding Disorder?
 - b. What causes/contributes to hoarding? Etiology?
 - c. Co-occurring psychological disorders or problems (e.g., medical/health) that can occur?
2. How York City handles hoarding situation with Blanda Nace, Chief Opportunity Development Officer, City of York
 - a. Citations and corrections
 - b. Sample properties, including personal experience
3. Questions

Topic Summary Paragraph

Hoarding disorder is a psychological diagnosis given to individuals who demonstrate an excessive accumulation of items and a persistent difficulty discarding these items. Symptoms may include significant distress when faced with the possibility of discarding items, which typically interfere with physical health and social and work activities. Treatment can be challenging when individuals lack insight or have co-occurring psychological disorders. The City of York codes and laws address the disorder, but in occupied homes, where regular property inspections do not occur, the City is not aware of code issues until conditions encroach on neighboring properties. Examples of past homes encountered will be discussed as well as ways to find community solutions to help.

Learning Objectives

- Identify the characteristics of, and recognize risk factors for, developing hoarding disorder
- Describe psychological treatment to address hoarding disorder
- Identify City of York code enforcement of hoarding properties
- Seek suggestions for community-based assistance to correct codes violations