



2017 ONPHA Conference and Trade Show

Shaping
our
Future

301

Creating Actionable Plans
for Intercepting
Compulsive Hoarding

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Learning goals

1. Using the CIRS and HOMES Assessments
2. Creating a realistic and time focused action plan
3. Incorporating Harm Reduction Strategies
4. Setting S.M.A.R.T. Goals for Compulsive Hoarding
5. The Action Plan: Strategizing for success



Let's Begin!!!

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

Clutter Image Rating Scale: Bathroom

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: 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

Using the CIRS and HOMES Scale

- Let's turn to the handouts for exploration...



Case Study

- David is a 48 year-old male residing in RGI housing. His residence is packed with knick knacks, musical instruments, shelves, records, and various multiples of electronic or digital devices. David wants to be a rock star and has been teaching himself how to play the drums... every night... for several hours. David makes nightly runs to the donation bins a couple of blocks away and brings back everything he can carry. David's bachelor apartment is highly congested and he has approximately 5% of his floor space open. Notice to evict has been served, fire order written with 30 days given to rectify the situation.



Prioritizing the Issues

- Drums?
- Eviction?
- Fire Hazards?
- Potential infestation?
- Congestion and resultant tripping/toppling/falling hazards?
- Which do we address first?



Action Planning

- Requires a clear understanding of the problem(s)
- Addresses area of greatest risk first
- Targets multiple issues but in order of concern
- Highly systematic but retains a level of flexibility
- End goal is self-efficacy and self-awareness plus decongestion of the environment



Integrated Approach

- Combination of outreach counselling and supportive paced clean-out process
 - Time frame (3-4 months)
 - 3 Overlapping Phases
 - Initial clean-out of 'garbage'/Interruption
 - Evaluation and interruption of acquiring behaviours
 - Identification of healthy alternative behaviours
 - Assistance with re-evaluating cognitive errors
 - Emotional regulation strategies



Continued

- Second Phase – Systematic possession removal
 - Negative affect management
 - Principles of problem solving and conflict management
 - Identification/interception of high-risk situations
 - Ongoing development of coping skills
- Third Phase - Maintenance
 - maintaining the established behaviour change, social reconnection and client self-efficacy building



What if the client doesn't want to clear everything out?

Harm Reduction Strategies

- Used in cases when it is known a client will continue to re-acquire and has little or no motivation to stop acquiring.

Relocating combustibles away from sources of ignition	Additional Strategies
18 inches clearance from stove	Provide biohazard containers for sharps
Remove items tops/sides of heat sources	Support removal of moldy foods, expired medications, support clean-up of animal 'messes'
Remove excess fuels	Open entrances and exits
	Create aisle width of 3 feet
	Reduce number of electrical cords and power bars
	Check wattage on lightbulbs
	Remove broken lamps



Additional Harm Reduction Strategies

- Discuss with client alternative places to acquire items versus dumpsters
 - Free stores versus dumpsters or curbsides
- Exchange system (e.g. one in, one out)
- Teach selective acquiring
- Use of painter's tape in cleared spaces
- Host fact based discussions about bed bug, cockroach and other rodent challenges



The Action Plan

Designing S.M.A.R.T. goals

- S – Specific
- M – Measurable
- A - Action Oriented
- R – Realistic
- T – Time Focused



Appropriate Goals

- May begin 6-12 inches at a time
 - Use the green tape guide!
- Progress will be slow at first
- As momentum builds and sections begin to expand, begin assigning homework chores
 - Typically occurs around 2-4 weeks into work
- Encourage 'living' in space



Creating an Action Plan

- An Action Plan is similar to a treatment plan in that it works with the client to establish goals, measure progress towards the goals and identifies “who, what, when, where and how”.
- Action Plans require Risk Analysis and Evaluation.
- Action plans are behaviour-focused without losing consideration to the mental health issues.



Additional Info

- Goals are set by the day or week and not by the month.
- Goals are more fixed and the program is more structured.
- Higher levels of accountability and results are more visible.
- “Me, We, You” division of responsibility.



Initial Phase

- Focus on safety
- Working one item at a time
- Ask with each item to clarify intentions
- Do not assume disposal or donation
- Relocate item to new permanent 'home'



Continued

- Remove obvious garbage, recycling, waste products
- Donations leave immediately as does waste products
- Highly motivated clients may require additional bin
- Keep in eyesight and/or constant communication with client



Tools for Additional Support

- Decisional Balance (increasing motivation)
- Working with Triggers
- Identifying High Risk Situations
- Putting Your Thoughts on Trial
- ABC Analysis



Continued

- Coping in the Early Stages
- Coping with Negative Thoughts
- Challenging Anxious Thoughts
- Grounding Techniques



Middle phase

- Macro Organizing (room by room process)
- Re-do Hazard/Risk Assessment
- Bring in additional supports
 - Restoration company, Mold remediation company, Plumber, Electrician, Handy Person
- Proceed with donations, disposal, relocation of items to permanent 'homes'



Additional Support Tools

- Problem Solving
- Assertiveness
- Anger Management
- Coping with Loss
- Coping with Anxiety



Continued

- Coping with Boredom
- Behavioural Experiments
- Hindsight Bias
- Challenging Core Beliefs
- Checking Certainty and Doubt



Final phase

- Micro levels of organizing
- Finalizing items into permanent locations
- May vacuum, dust or shampoo carpets
- Cleaning of the entire residence
- Set-up cleaning schedule with client



Additional Support Tools

- Maintenance of Change
- Daily, weekly, monthly chore list
- Financial Budgeting
- “If I Were to Re-acquire” exercises



Preparing for discharge

- Let's discuss referrals, aftercare options, necessities for follow-up based on local resources.
- Groups or Individual Counselling?
- Case Management?
- Family Physician?
- Psychiatrist?
- Family?
- Peer Support?
- Your own follow-up?



THANK YOU!!

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