

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— March 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Cognitive Behavioral Therapy for Hoarding Disorder (CBT-HD)

An Evidence-Based Practice

What is Hoarding Disorder (HD)?

Hoarding Disorder is the excessive accumulation of items along with the inability to discard them even if they appear useless because of a strong perceived need to save items and/or distress associated with discarding. Hoarding results in the accumulation of a large number of possessions that congest and clutter living areas of the home or workplace making them unusable and creating health and safety hazards. HD can affect anyone, regardless of age, sex, or economic status. HD usually starts in early adolescence, around age 13 or 14, and tends to worsen with age.



What is Cognitive Behavioral Therapy for Hoarding Disorder (CBT-HD)?

Cognitive Behavior Therapy for Hoarding Disorder (CBT-HD) is a manualized, multi-component twenty-six session evidence-based intervention that is conducted over the course of six to twelve months and includes office and home visits. It incorporates: motivational interviewing to address low insight and limited motivation; decision-making training to improve cognitive processing; exposure to reduce negative emotions associated with discarding and resisting acquiring; and cognitive restructuring to alter distorted beliefs.

Who Would Benefit from CBT-HD ?

CBT-HD is targeted to adults who meet the criteria for Hoarding Disorder in the DSM-5[®]. If an individual is interested in treatment and believes that they may have the symptoms of hoarding disorder, a referral can be made to the Saginaw Community Care HUB for intervention. An individual can self-refer or any first responder or government agency can make a referral. The Saginaw Community Care HUB contact number is 989-498-2266. To make a referral, the person must consent to services unless there is court involvement that requires treatment.

What are CBT-HD Goals?

- Increasing the individual's understanding of hoarding
- Creating living space
- Expanding the appropriate use of space
- Organizing items in order to make them more accessible
- Improving decision-making skills
- Reducing acquiring
- Evaluating beliefs about possessions
- Reducing clutter
- Learning problem-solving skills
- Preventing hoarding in the future

For More Information

Discuss CBT-HD eligibility with your current treatment provider or contact the Saginaw Community Care HUB at 989-498-2266. You may also go to:

<http://hoardingtaskforcesaginaw.org/index.html>