

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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— April 2021



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 buildup of a very large number of items along with not being able to throw them away even if they seem useless. There is a strong perceived need to save items and/or a lot of stress around throwing them out. Hoarding results in the buildup of a large number of possessions that overfill and clutter living areas of the home or workplace. The buildup is so much that it makes spaces unusable. It creates health and safety hazards. HD can affect anyone, no matter what their age, gender, or income level. HD usually starts in the early teen years, around age 13 or 14. It tends to get worse with age.



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

Cognitive Behavior Therapy for Hoarding Disorder (CBT-HD) is a guided, many part, twenty-six session evidence-based form of help. It is conducted over the course of six to twelve months. It includes office and home visits. It joins motivational interviewing to address low understanding and limited desire to participate; decision-making training to improve thought processing; exposure to reduce negative emotions related to throwing things away and resisting buying new things; and thought restructuring to change inaccurate 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 a person is interested in help and believes that they may have the symptoms of hoarding disorder, a referral can be made to the Saginaw Community Care HUB. A person 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?

- Adding to the individual's understanding of hoarding
- Creating living space
- Expanding the appropriate use of space
- Organizing items in order to make them easier to get to
- Improving decision-making skills
- Reducing bringing new items into the home
- Evaluating beliefs about possessions
- Reducing clutter
- Learning problem-solving skills

To Learn More

Discuss if CBT-HD is right for you 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>