



**Friday, September 26th, 2008**

**Huntington Beach Public Library & Cultural Center**  
7111 Talbert Avenue, Huntington Beach, California 92648



# **Orange County Summit on Hoarding**



**2008 Orange County Summit on Hoarding**

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7111 Talbert Avenue, Huntington Beach, California 92648**

Registration, Continental Breakfast & Networking: 7:30 a.m.  
Program begins at 8:30 a.m. and concludes at 4:00 p.m.

**Hosting Organizations:**

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**Orange County Task Force on Hoarding**

**mha**

**Mental Health Association of Orange County**



**Huntington Beach Central Library and Cultural Center**



**County of Orange Health Care Agency  
Behavioral Health Services, Adult Mental Health Services**

Orange County Board of Supervisors:

John M.W. Moorlach, Chairman, Second District • Patricia C. Bates, Vice Chair, Fifth District  
Janet Nguyen, First District • Bill Campbell, Third District • Chris Norby, Fourth District

# Movie Premier

**Saturday September 27th, 2008 • 9:00 a.m. to 12:00 Noon**

Public Educational Event on Hoarding, featuring the Orange County Premier of Cynthia Lester's Award Winning Documentary "My Mother's Garden" and a Panel of Community Resource Experts

**Huntington Beach Public Library Theater  
7111 Talbert Avenue, Huntington Beach, CA 92648**

**Admission: \$5.00 per person • Advance registration not necessary.**

**Tickets available at the door beginning at 8:30am on Saturday, September 27th.  
Seating is Limited • One showing only!**

After the showing of "My Mother's Garden," Cynthia Lester and a panel of community service providers will discuss the film, community resources, service strategies, and gaps in services for people and families challenged by compulsive hoarding behaviors.

Panel members will include representatives from Orange County Fire Authority, County of Orange Social Services Agency Adult Protective Services, County of Orange Health Care Agency Adult Mental Health Services, City Code Enforcement, a Private Cleaning Company, and a Professional Organizer.



my mother's  
**garden**  
A FILM BY CYNTHIA LESTER

The story  
of one woman's struggle  
with  
Compulsive Hoarding Disorder  
and  
how her estranged children  
reunite to save her.

# Workshop Objectives

## **Purpose of the Friday Summit**

The Friday Summit is for human service providers including fire, police and code enforcement officials, senior housing representatives, animal control personnel, healthcare, mental health, social service workers and others who encounter hoarding behaviors during the course of fulfilling their professional responsibilities. Registration fee for the Friday Summit is \$60. Advance Registration is required.

## **Saturday Public Educational Event**

The public is invited to view the documentary style film, "My Mother's Garden" and listen to the film director, Cynthia Lester, along with a panel of community service providers as they discuss the film and community resources that can address the issue of hoarding behavior. This second event will be held on Saturday morning, September 27th, 9:00 a.m. to 12 noon, in the Huntington Beach Public Library Theater. Tickets for the Saturday Summit are \$5.00, only available at the door.

## **Summit Goals**

- Raise awareness of the problem of hoarding and cluttering
- Educate service providers on a clutter hoarding scale and various intervention methods
- Reduce stigma associated with people who suffer from this disorder
- Learn strategies to gain cooperation of resistant people who hoard
- Discuss traditional and non-traditional community resources
- Build collaboration between agencies and maximize existing resources
- Identify gaps in services
- Develop strategies for future innovative interventions

## **Learning Objectives**

Upon completion of the Friday Summit, participants will be able to:

- 1) define hoarding behavior and differentiate between hoarding, cluttering, and general environmental neglect;
- 2) understand mental health and neurobiological roots of human hoarding behavior;
- 3) be aware of transference issues and their potential negative effects on helping hoarders;
- 4) review numerous assessment tools and intervention methods; and
- 5) identify community resources.

# Program Outline

## Outline for Friday, September 26, 2008

7:30 a.m. – 8:30 a.m. Registration and Continental Breakfast

8:30 a.m. – 9:00 a.m. Welcome & Introductions

9:00 a.m. – 10:30 a.m. **FILM AND DEBRIEFING**  
"My Mother's Garden"  
A Film by Cynthia Lester

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10:30 a.m. – 10:45 a.m. **BREAK**

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10:45 a.m. – 12:00 p.m. **MORNING CONCURRENT WORKSHOPS**

Chose either Workshop A or Workshop B

### **A. Introduction to Packrats, Hoarders and Clutter-bugs**

Mark Odom, LCSW, Service Chief II  
Orange County Health Care Agency Older Adult Services

Margaret Riley, MPA  
Code Enforcement Manager, City of Buena Park,  
Chair, Orange County Task Force on Hoarding

Tammy Chalmers, President, Steri-Clean LLC  
Member, Orange County Task Force on Hoarding

This introductory workshop will review conditions that at first encounter appear to be the same, but often require different community services and responses. An overview of possible causes and conditions that are associated with packrat and hoarding behavior, assessment tools, involuntary/forced clean-ups and recommended steps for successful outcomes will be discussed.

### **B. Understanding and Treating Compulsive Hoarding**

Sanjaya Saxena, MD  
Associate Director, UCSD Department of Psychiatry  
Director, UCSD Obsessive Compulsive Disorders Program  
Director, La Jolla VA Anxiety Disorders Clinic

This advanced level workshop is for healthcare, mental health, and social service professionals who work with people who hoard. Dr. Saxena will review his research of the neurobiological basis of compulsive hoarding and discuss mental health treatment interventions.

12:00 p.m. – 1:00 p.m.

Box lunch provided by Suzanne's Catering , Huntington Beach, CA

1:00 p.m. – 2:15 p.m.

#### AFTERNOON CONCURRENT WORKSHOPS

Chose either Workshop C or Workshop D

##### **C. How to Talk to Someone with a Hoarding Problem**

Cristina Sorrentino, MSW, PhD

Former Project Director and Psychotherapist, Compulsive Hoarding Project,  
Boston University School of Social Work

Dr. Sorrentino will discuss methods that enhance effective intervention with people who hoard. She will review impediments to intervention, discuss the key roles of enforcement and support, how motivational interviewing can help the ambivalent person who hoards from contemplation to action.

##### **D. Hoarding Interventions at a City and County Level**

Rosemary Nielsen, MSW

Social Worker, City of Buena Park

Sheryl Vito, MSW

Senior Social Worker, Adult Protective Services

Two social workers will discuss their collaborative efforts to assist people who hoard in a local Orange County jurisdiction. Rosemary Nielsen and Sheryl Vito team with Code Enforcement to provide an innovative and humanistic approach during enforced hoarding interventions.

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2:15 p.m. – 2:30 p.m.

BREAK

2:30 p.m. – 3:00 p.m.

Enforced Harm Reduction – A Community Approach to Treatment for Resistant People who Hoard

Mark Odom, LCSW, Service Chief II

Orange County Older Adult Services

3:00 p.m. -4:00 p.m.

#### PANEL DISCUSSION & AUDIENCE QUESTIONS

Resources and Gaps in Services to People who Hoard

Representatives from agencies that include the Orange County Fire Authority, Adult Protective Services, County Mental Health Department, City Code Enforcement, a Private Cleaning Company, and a Professional Organizer

4:00 p.m. – 4:10 p.m.

EVALUATIONS & CE SIGN-OUTS

# The Presenters

## **Tammy Chalmers**

Tammy Chalmers is the Chief Financial Officer of Crime Scene Steri-Clean, LLC. She is a Certified Trauma Waste Practitioner, Blood Borne Pathogens Instructor, and Certified in Blood and Air Borne Pathogens. She has over 14 years of experience in the biohazard, blood and airborne pathogens field. Tammy has become a passionate and influential spokesperson within the biohazard industry.

Ms. Chalmers is contracted by law enforcement, city government, and non-profit organizations to educate them on the principles of recognizing and responding to bio-hazardous situations, biohazard waste reduction, waste stream management, trauma scene waste and safe practices, as well as training professionals to identify and help those individuals suffering from compulsive hoarding. She has helped bring awareness to the proper handling of biohazard situations and dispelled myths concerning compulsive hoarding. Her company has been awarded the "Community Service Award" by the United States Congress, California Assembly and California Victims Assistance Program. Ms. Chalmers is a guest columnist for the [Business Connection](#), publishes [The Redline Newsletter](#) and represents Crime Scene Steri-Clean, LLC in various city and volunteer organizations. She is a current Board Member of the Inland Empire United Way and Chairperson for the Rancho Cucamonga Chamber of Commerce. Tammy's husband and partner of 17 years is a current active firefighter.

## **Rosemary Nielsen, MSW**

Rosemary Nielsen has a Masters Degree in Social Work from California State University at Long Beach where she emphasized in gerontology. She has been working for the City of Buena Park as a Social Worker in the Senior Center for the past ten years. In this capacity Ms. Nielsen does Case Management, Counseling and Group Work with seniors. She has been a member of the Orange County Task Force on Hoarding since its inception. She has expertise in the area of group facilitation and has been leading a support group for hoarders for the past two years. Ms. Nielsen is part of an innovative program in the City of Buena Park where she works with the Code Enforcement Team to collaborate on senior cases that involve hoarding. Ms. Nielsen has been on the Board of Directors for Community SeniorServ for nine years and has a commitment to the seniors in the community.

## **Mark Odom, LCSW**

Mark Odom is a Licensed Clinical Social Worker and since 1999 has been Service Chief II of Orange County Health Care Agency Behavioral Health Services Older Adult Services. In this capacity Mr. Odom leads a team of multidisciplinary clinicians who provide mental health and substance abuse services to over 1,500 home bound older adults annually. Mr. Odom is a founding member and current co-chair of the Orange County Task Force on Hoarding, a diverse group of government, community and service organizations which seek to develop effective and humane interventions with people who hoard.

Mr. Odom serves on numerous advisory boards and multidisciplinary teams concerning older adult mental health issues and is a frequent lecturer on mental health and aging issues. Mr. Odom has presented workshops on community hoarding interventions at the local, state and national levels. Mr. Odom received his Master of Social Work degree with studies in gerontology from San Diego State University and has been working in the mental health and aging field since 1988.

## **Margaret Riley, MPA**

Margaret Riley has been the Neighborhood Improvement/Code Enforcement Manager for the City of Buena Park since 1999. Ms. Riley manages a team of code enforcement professionals who are responsible for improving private property values and appearance, reducing crime and blight, and limiting the deterioration of housing stock. Buena Park Code Enforcement is recognized for providing quality customer service, creating innovative programs, and partnering with public and private entities to resolve social issues. Ms. Riley serves as the co-chair to the Orange County Task Force on Hoarding, a diverse group of public and private professionals who develop and promote effective interventions with people who hoard. In February 2008, Ms. Riley represented the Task Force with her appearance on the Dr. Phil Show to briefly discuss the safety hazards associated with hoarding. In the early 1990's, Ms. Riley was the lead investigator of a hoarded home owned by a college professor in Huntington Harbour that gained national recognition. A graduate of Westfield State College in Westfield Massachusetts, Ms. Riley earned her Bachelor's Degree in Criminal Justice in 1984, and earned her Master's Degree in Public Administration from California State University, Long Beach in 1993. Ms. Riley began her code enforcement career in 1986 and has served for various cities in the Counties of Orange and San Bernardino.

## **Sanjaya Saxena, M.D.**

Dr. Saxena does research, clinical practice, and teaches at the University of California, San Diego (UCSD) and the San Diego Veterans Affairs Medical Center. From 1996-2005, he was on the faculty of the Department of Psychiatry and Biobehavioral Sciences at the University of California, Los Angeles (UCLA) Neuropsychiatric Institute. Dr. Saxena is the Director of the UCSD Obsessive-Compulsive Disorders Program. His research focuses on the neurobiology and treatment of obsessive-compulsive disorder (OCD) and related disorders. He and his research team use functional brain imaging to understand the brain circuits and systems that mediate OCD symptoms to reveal how effective treatments work in the brain, and to predict response to various types of treatments. Recently, Dr. Saxena has been studying specific subtypes and variants of OCD such as Compulsive Hoarding and Body Dysmorphic Disorder (BDD), to understand their neurobiology and develop better treatments for these disabling conditions. He has authored or co-authored over 50 scientific articles and book chapters and has presented his work at many major national and international scientific meetings. He has received awards and grants from the American Psychiatric Association, American Neuropsychiatric Association, National Institute of Mental Health, and the Obsessive-Compulsive Foundation.

Dr. Saxena serves on the Scientific Advisory Board for the Obsessive-Compulsive Foundation and is a member of the American Psychiatric Institute for Research and Education (APIRE) Obsessive-Compulsive Spectrum Disorders DSM-V Research Planning Workgroup. His research has garnered attention from local and national media, and he has been featured on ABC, CNN, MSNBC, the Discovery Channel, National Public Radio, BBC News, the New York Times, Boston Globe, USA Today, Washington Times, Time Magazine, Discover Magazine, Reader's Digest, and many local TV news programs.

Dr. Saxena directs the UCSD OCD Clinic and the San Diego VA Anxiety Disorders Clinic, outpatient clinics that treat patients with Anxiety Disorders, the most common type of mental illness, affecting up to 25% of the population. He was elected into Best Doctors in America in 2005 and 2007. Dr. Saxena is also heavily involved in teaching psychiatric residents and medical students at UCSD, lecturing often on various topics in the residency curriculum. In 2007, he won the UCSD Department of Psychiatry Faculty Teaching Award. He is also active in community education, giving many presentations for local, national, and international medical and mental health groups. Dr. Saxena served as the psychiatric consultant for the motion picture, "As Good As It Gets" (Sony Pictures, 1997), in which the lead character, played by Jack Nicholson, suffered from OCD.

### **Christina Sorrentino, MSW, PhD**

Dr. Cristina Sorrentino is currently a clinician at North Suffolk Mental Health Association in Boston, Massachusetts, treating adults with addiction to substances. She received her PhD in cognitive science from the Massachusetts Institute of Technology in 1998. She was a post-doctoral fellow and then a research associate in psychology at New York University and later at Stanford University studying child cognitive and language development. She earned her MSW at the Boston University School of Social Work (BUSSW) in 2005. She then worked as project director and therapist on the Psychopathology and Treatment of Compulsive Hoarding Project at the BUSSW for 2½ years. The Project is funded by a grant from the National Institute of Mental Health and headed by Dr. Gail Steketee, an expert in obsessive compulsive disorder and compulsive hoarding. In addition to carrying out research and treating compulsive hoarding while working on The Project, Dr. Sorrentino presented clinical and research findings at conferences, gave community lectures, and provided training to agencies on the nature and treatment of compulsive hoarding.

In collaboration with Dr. Steketee, and Christiana Bratiotis, MSW, she taught two 14-hour Institutes providing training in cognitive behavioral treatment for hoarding. The Institutes were offered through the Boston University Professional Education Program and co-sponsored by the Danielsen Institute. Dr. Sorrentino is the author of an online training module for social workers entitled, "Compulsive Hoarding in Older Adults," offered through the Institute for Geriatric Social Work at Boston University. She also served as an Adjunct Assistant Professor in the BUSSW from Fall 2005 to Spring 2008, teaching foundations of social work research.

### **Sheryl Vito, MSW**

Sheryl Vito has been a Senior Social Worker with the Orange County Adult Protective Services since 2001. In this capacity Sheryl has gained first-hand knowledge and insight on how to best assist hoarders in order to improve their quality of life. She has been involved in the Orange County Hoarding Task Force since its inception. She has been a presenter at two hoarding conferences due to her collaborative work with the City of Buena Park Code Enforcement and other agencies. She is regarded as the "Hoarding Specialist" in her office as her peers defer to her for assistance with their hoarding cases. Sheryl obtained her Bachelors of Social Work from West Virginia University and her Masters of Social Work from California State University Long Beach. Sheryl has gained much experience in working with hoarders from Pennsylvania to Hawaii since the beginning of her social work career in 1985.

### **Special Thanks to Rainbow Disposal Company, Inc.**

The 2008 Orange County Summit on Hoarding would like to recognize and extend a special "Thank You!" to Rainbow Disposal for their sponsorship.



# Continuing Education Credits & Contact Hours

A TOTAL OF 5 CE and Contact Hours have been applied for in the following professions for the Friday Summit:

- **Nurses (RN)**

Provider approved by the California Board of Registered Nursing, Provider No. CEP 15019 for input contact hours.

- **Licensed Clinical Social Worker/Marriage Family Therapists**

The County of Orange Health Care Agency is an approved provider of continuing education credit for the California Board of Behavioral Science (provider no. PCE389). "The County of Orange Health Care Agency maintains responsibility for this program and its content."

- **Psychologists**

The County of Orange Health Care Agency is approved by the American Psychological Association to sponsor continuing education for psychologists. "The County of Orange Health Care Agency maintains responsibility for this program and its content."

- **EMS**

This course is pending approval for pre-hospital care providers by Orange County Emergency Medical Services, a provider of Continuing Education for EMS Personnel.

- **CME**

The County of Orange Health Care Agency is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. "The County of Orange Health Care Agency takes responsibility for the content, quality and scientific integrity of this CME activity."

## Summit Location

The Library Theater and meeting rooms at the Huntington Beach Central Library and Cultural Center

7111 Talbert Avenue  
Huntington Beach, CA 92648  
Phone: (714) 960-8839

### Travel Directions

#### From L.A. County

Take San Diego (405) Freeway south. Exit on Goldenwest, turning left on Bolsa and then right (south) on Goldenwest. Take Goldenwest south towards the beach. Turn left at the "Central Park - Library" sign. You are now at the Library.

#### From South Orange County

Take the San Diego (405) Freeway north. Exit on Brookhurst, turning right (south) towards the beach. Turn right on Talbert Avenue. Talbert Avenue ends in the Library parking lot.

#### From Pacific Coast Highway

Take PCH to Goldenwest Street. Turn left on Goldenwest if coming from the north, turn right on Goldenwest if coming from the south. Turn right at the "Central Park - Library" sign.



### Central Library and Cultural Center

7111 Talbert Avenue, Huntington Beach, CA 92648  
Phone: (714) 960-8839

#### Library Branches:

- B** Banning Branch - 9281 Banning Avenue
- C** Helen Murphy Ranch - 15882 Graham Street
- D** Main Street Branch - 525 Main Street
- E** Oak View Branch - 17241 Oak Lane



# 2008 Orange County Summit on Hoarding Registration Form

Attendance will meet capacity of the facility • No walk-in registrations will be available or accepted

**Friday, September 26th, 2008 – 7:30 a.m. to 4:00 p.m**

**Huntington Beach Public Library and Cultural Center  
7111 Talbert Avenue, Huntington Beach, California 92648**

Summit Registration fee of \$60 includes continental breakfast and lunch.  
Continuing Education Units/Contact Hours available for an additional \$20.

*~ please print clearly ~*

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Daytime Telephone: \_\_\_\_\_

\*E-Mail Address: \_\_\_\_\_

\* Required in the event your registration is received after capacity is reached and we need to contact you.

## If Requesting Continuing Education Units:

License Type: \_\_\_\_\_ License Number: \_\_\_\_\_

**Individual Registration: \$60.00    Individual Registration and CEUs: \$80.00**

**TOTAL AMOUNT ENCLOSED: \_\_\_\_\_**

*Please make your checks payable to: MHA*

Early registration is REQUIRED.

Mail completed registration form and check ASAP, postmarked by Friday, September 12th, 2008, to:

**MHA, 822 Town & Country Road, Orange, CA 92868**

For Registration Questions call MHA: (714) 547-7559

Alternatively, FAX this form with your credit card authorization to MHA: (714) 543-4431

*~ credit card authorization ~*

Visa: \_\_\_\_\_ Master Card: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

**Summit Registration cancellations must be in writing and faxed or post-marked by Friday, September 19, 2008 to be eligible for a refund less a \$15 non-refundable enrollment fee. Cancellations after September 19, 2008 and no-shows are not eligible for any refund or credit and your fee will be considered a contribution to the conference.**

## Additional Summit Resources

For more information on the 2008 Orange County Summit on Hoarding, call:

Rachel Lucas, City of Buena Park: (714) 562-3642

For additional information about compulsive hoarding, visit the following web sites:

**Obsessive-Compulsive Foundation**

<http://www.ocfoundation.org/hoarding>

**Children Of Hoarders**

<http://www.childrenofhoarders.com>

For more information about the Orange County Task Force on Hoarding:

**Orange County Task Force on Hoarding**

<http://www.ochealthinfo.com/behavioral/amhs/hoarding.htm>

**County of Orange Health Care Agency  
Behavioral Health Services,  
Adult Mental Health Services, Older Adult Services**

Phone: (714) 972-3700

For help in Orange County, contact:

**Adult Protective Services**

(800) 451-5155

**Adult Mental Health Services, Older Adult Services**

(714) 972-3700

**Office on Aging**

(800) 510-2020