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Document Updated 10/23/2024

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Statewide Resources	1,2,3	Special resources available statewide.
Therapists	4,5,6,7	Therapists help client with anxiety, trauma, loss, or grief & use CBT (cognitive behavior therapy). Does not need to specialize in hoarding.
Professional Organizers	8,9,10	Organizers work one-on-one with the homeowner to keep homeowner focused on the task of decluttering, support decision-making about what to keep/not to keep, organize what is kept, teach new skills such as filing papers, doing laundry, etc.
Support Groups	11,12	Support groups may be for hoarding specifically, or they may be more general support groups. Groups may meet weekly or less often.
Biohazard Remediation	13	These companies wear special gear to protect breathing and sanitation while removing hazardous materials. Used for higher risk situations.
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MN Hoarding Taskforce Resources for Hoarding Situations

Resource	Website	Phone	Service Area/Counties	Last Updated	Notes
988 Suicide & Crisis Lifeline	https://988lifeline.org/	988	United States	2/4/2024	free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Senior Linkage Line	www.seniorlinkageline.com	800-333-2433	All of MN	3/20/2019	
MinnesotaHelps	www.minnesotahelp.info		All of MN	9/2/2017	
United Way	www.gtcuw.org	1-800-543-7709 or 651-291-0211	All of MN	3/20/2019	
Minnesota Warmlines	www.mentalhealthmn.org	651-288-0400 or 1-800-862-1799	All of MN	3/20/2019	MN Warmlines is a peer to peer support and resource phone line answered Monday - Saturday 5PM-10PM
Veterans Linkage Line	www.linkvet.org	1-888-LinkVet		3/20/2019	Resource connections for veterans and their families
MN Department of Veteran Affairs	www.mn.gov/mdva/				If you are a veteran, start by contacting your VA services. They have social workers & therapists on staff, as well as other options you might qualify for.
MN Dept of Human Services	www.mn.gov/dhs/				Aging & Adult Services; Adult Protection

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Disability Linkage Line	www.disabilityhubmn.org	866-333-2466	Talk to an expert anonymously	4/5/2019	Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future.
MN Dept of Health	www.health.state.mn.us/index.html	651-201-4620		4/5/2019	MDH does not provide abatement services for environmental hazards, but they will supply lists of qualified contractors.
Asbestos	https://www.health.state.mn.us/communities/environment/asbestos/index.html				
Lead	https://www.health.state.mn.us/communities/environment/lead/				
Mold	https://www.health.state.mn.us/communities/environment/air/mold/index.html				
Radon	https://www.health.state.mn.us/radon				
U of M Extension - Food Safety/Sanitation	https://extension.umn.edu/food-safety/sanitation-and-preventing-illness				

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Minnesota Office of the Ombudsman for Mental Health and Developmental Disabilities	https://mn.gov/omhdd/documents/medical-alerts.jsp?utm_medium=email&utm_source=govdelivery		State of MN	2/4/2024	The OMHDD mission and vision is to promote the highest attainable standards of treatment, competence, efficiency and justice for persons receiving services for mental health, developmental disabilities, chemical dependency or emotional disturbance.
MN Hoarding Taskforce	https://www.mnhtf.org/ YouTube https://www.youtube.com/channel/UCbGvgZau9r34-6BC98mw5SQ		State of MN	2/4/2024	Mission: Our mission is to support any person, family, friend or agency in Minnesota affected by hoarding through education, networking and connection to resources while promoting public health and safety.
HOME Line	https://homelinemn.org/	(612) 728-5767 Greater MN at: (866) 866-3546	State of MN	2/4/2024	Free legal help for Renters MN HTF Presentation: https://www.youtube.com/watch?v=nsQz6XG_V4g&t=22s

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MN Hoarding Taskforce Resources for Hoarding Situations

Few therapists are trained or experienced helping clients who hoard.
If you cannot find a therapist on this list that will work for you, try this:

Think about what else in your life is not going well or what other ways you could benefit from therapy. It could be things like loss of a loved one, childhood trauma, depression, anxiety, ADHD, OCD, or other mental health issues. Look for a therapist for those reasons. Research shows a connection between other issues and hoarding. A therapist is only part of a team effort to help someone who is hoarding. Consider also using a professional organizer or a support group.

Business/Individual Name	Website/Email	Phone	Office Location	Information	Last Updated
Susan Devine, MA - Devine Counseling	http://www.susandevinecounseling.com/	612-308-1622	11985 Technology Dr, St 270 - Eden Prairie		4/7/2024
Family Life Center - Part of People Inc.	https://peopleincorporated.org/	651-774-0011	1930 Coon Rapids Blvd, Coon Rapids	Francis McLaughlin, Karen Youmans, LICSW	4/7/2024

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Olmsted Medical Center Psychiatry & Psychology (multiple therapists)	https://www.olmmed.org/	507-287-2766	210 9th Street SE, Rochester	Takes internal referrals only, not from public	4/7/2024
Knowlton O'Neill & Associates PC Clinical Psychology	https://www.mentalhealthkoa.com/	701-364-0060	1401 13th Ave E West Fargo, ND 58078		4/7/2024
Wade Crandall MA,LPCC	https://www.nystromcounseling.com/	651-364-3839	Nystrom & Associates 4638 Victor Path North, Suite 900 Hugo, MN 55038	Offers both in office and telehealth. No in home. MN HTF Taskforce Presentation: https://www.youtube.com/watch?v=DEKI7Hlv5BM&t=70s	4/7/2024
Allison Whitetaker MA LMFT	https://mentalhealthinc.com/	952-435-8814	Northfield, MN		4/7/2024
Catalyst Mental Health Hannah Daniels, MA, LPCC	http://www.catalystmentalhealth.com/	800-336-5973	8120 Penn Ave S, Suite 270, Burnesville, MN 55431		4/7/2024

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Renae Reinardy, PsyD - Lakeside Ctr. for Behavioral Change	http://www.lakesidecenter.org/	Phone 701-356-1047 Fax 701-356-1052	1450 25th St, Fargo, ND	Telehealth available to people physically in ND only at the time of appointment. Office for in office care in ND.	4/7/2024
Jayne Kolbo, MA, LPCC Owner and Therapist at OCD & Anxiety Wellness Collective	www.ocdanxietywellnessco.com	612-234-2205 jayme@ocdanxietywellnessco.com	Baker Court Building, 821 Raymont Ave, Suite 315, St. Paul, MN 55114	Primarily telehealth, but also offers in-home, in-community and limited in-office sessions.	4/7/2024
Cashman Center Therapies for Mind & Body Shaundra Olson, MA, LPCC	https://cashmancentermn.com/	952-224-8990	Cashman Center 2970 Judicial Rd #100 Burnsville, MN 55337	Telehealth sessions only right now; able to see individuals living anywhere in MN via telehealth. Also specializes in LGBTQ+, trauma, and OCD.	4/7/2024
Veterans Services	If you are a veteran, start by contacting your VA services. They have social workers & therapists on staff, as well as other options you might qualify for.				4/7/2024

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MN Hoarding Taskforce Resources for Hoarding Situations

Business/Individual Name	Website/Email	Phone	Office Location	Information	Last Updated
<p>Professional Rehabilitation Consultants</p> <p>Hoarding Intervention Training (HIT)</p>	<p>https://prcmn.com;</p> <p>https://www.prcmn.com/hit;</p> <p>theresa@prcmn.com</p>	<p>651-603-8774</p> <p>612-478-7828</p>	<p>In home</p>	<p>Hoarding Intervention Training (HIT)</p> <p>In-home training by a licensed Occupational Therapist addressing excessive acquiring, saving, and hoarding. The therapist provides extensive physical assistance for sorting and organizing as well as emotional support during decision making and assisting the client to maintain progress. Clients acquire skills, learn and implement techniques to improve home safety and strategies to reduce acquiring.</p> <p>Allows the therapist to work with the person and/or family in the home environment.</p> <p>Funded through BI, CAC, CADI, and DD waiver plans.</p>	<p>4/7/2022</p>

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MN Hoarding Taskforce Resources for Hoarding Situations

Organizers work one-on-one with the homeowner to:

- (a) keep homeowner focused on the task of decluttering,
- (b) support decision-making about what to keep/not to keep,
- (c) organize what is kept,
- (d) teach new skills such as filing papers, doing laundry, etc.

The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, you can download a copy of their brochure FREE: <https://www.challengingdisorganization.org/clutter-hoarding-scale->

In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person’s belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles indicate that some areas of the home may have degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected. Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.

Business Name	Owner	Website	Email	Phone	Service Area/ Counties	Level of Hoarding	Information	Last Updated
Everything's Together	Louise Kurzeka	www.facebook.com/Everything-s-Together-125833567470847/	louise@everythingstgether.com	952-939-8080	Anoka, Carver, Dakota, Hennepin, Ramsey	1,2,3,4	NAPO MN HTF Presentation: https://www.youtube.com/watch?v=hErRC5Es2no	2/6/2020
Smarter Spaces LLC	Diane Gambrel	https://sortoforganizing.godaddysites.com/	smarterspaces@gmail.com	651-321-4595	Anoka, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Washington	1,2,3	NAPO, Also offers virtual organizing services MNHTF Presentation: https://www.youtube.com/watch?v=0cZe0fOmOks&t=985s	2/6/2020

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Sort Toss Pack	Brent Foss	www.sorttosspack.com	admin@sorttosspack.com	651-717-4325	Anoka, Carver, Dakota, Hennepin, Isanti, Ramsey, Sherburne, Washington	1,2,3	Sort Toss Pack works with you to sort and determine which items to let go. We take care of transporting your unwanted items to suitable outlets. offers help with space planning and layouts, pre-staging advice.	2/4/2024
Live Simply with Kim	Kim Schlichting	www.livesimplywithkim.com	livesimplywithkim@gmail.com	218-213-8071	St Louis	1,2,3		3/15/2019
Face the Clutter	Jan Liebsch	www.facetheclutter.com	facetheclutter@aol.com	763-458-8574	Anoka, Dakota, Hennepin, Isanti, Ramsey	1,2,3		11/11/2018
Consult an Organizer	Connie Kees	www.consultanorganizer.com	connie@consultanorganizer.com	715-828-8090	Northern Wisconsin and Northeastern Minnesota	1,2,3,4	NAPO, ICD	8/27/2020

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New Life Organizing	Marilyn Tomfohrde	www.newlifeorganizing.com	newlifeorganizing@gmail.com	651-235-6621	Washington	1,2,3	NAPO	11/11/2018
Clean Sweep Organizing	Jeannie Holmes	www.cleansweeporganizing.com	info@cleansweeporganizing.com	612-251-3438			NAPO	11/11/2018

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MN Hoarding Taskforce Resources for Hoarding Situations

Support groups may not be for hoarding specifically or they may be more general support groups. Groups may meet weekly or less often.

Group Sponsor	Website/Email	Phone	Location(s)	Cost	Name of group	Group Is For	Information	Last Updated
NAMI	https://namimn.org/	See website	Mental health groups, various throughout MN	Ask	Several support groups for mental health support and family support			3/20/2019
LDA Minnesota	https://www.ldaminnesota.org/	952-582-6000	ADHD groups, Golden Valley (?)	Ask		ADHD individuals		9/3/2017
Spenders Anonymous	www.spenders.org/list.html	goldenvalley@spenders.org St. cloud@spenders.org	Golden Valley and St. Cloud		Spenders Anonymous	Individuals		4/9/2019

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Group Sponsor	Website/Email	Phone	Location(s)	Cost	Name of group	Group Is For	Information	Last Updated
Clutterers Anonymous	https://clutterersanonymous.org/	<u>General Voicemail toll free: (866) 402-6685</u>	Various locations check website		Groups, phone meetings and check in available	Individuals	Currently all meetings from the St Paul and Roseville locations are taking place online.	2/17/2023
Eau Claire County Hoarding Coalition	https://www.eauclairewi.gov/government/our-divisions/health-department/there-s-more/hoarding-task-force-of-eau-claire-county	Phone: (715) 839-4718 Fax: (715) 839-1674	L. E. Phillips Senior Center, Eau Claire, WI	Free	Buried in Treasures Workshop	All persons that are affected by Hoarding Disorder	Classes are offered in the fall and again in the spring	8/27/2020

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MN Hoarding Taskforce Resources for Hoarding Situations

These companies wear special gear to protect breathing and sanitation while removing hazardous materials. Use for level 4 or 5 homes (for explanations of level 4 and 5, see below).

The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE: <https://www.challengingdisorganization.org/clutter-hoarding-scale->

In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person's belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles indicate that some areas of the home may have degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected. Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.

Business Name	Website/Email	Phone	Service Area/ Counties	Level of Hoarding	Last Updated
Scene Clean MN	www.scenecleanmn.com	612-643-0911	All of MN	3,4,5	8/25/2020
Bio One Minneapolis	www.bio-oneminneapolismn.com	612-806-5834	Several Counties	3,4,5	3/20/2019
Servpro of Bemidji, Grand Rapids, and Hibbing	www.serprobemidjigrandrapidshibbing.com	218-999-9799	Saint Louis County	3,4,5	3/20/2019
Service Master	www.servicemaster.com/services	612-354-5466	Minneapolis, St Cloud, Rochester	3,4,5	9/2/2017
Steri-Clean	www.stericlean.com/services	1-888-577-7206 24 Hour Support Line	Minnesota	1,2,3,4,5	9/24/2023

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Removal services or cleanout company role: Remove a lot of belongings in a day or two. Homeowner may or may not have input into what is removed, depending on involvement of public officials. Junk haulers take the load to a warehouse where they sort out what can be recycled, sold, or reused; they trash what is left.

The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE: <https://www.challengingdisorganization.org/clutter-hoarding-scale->
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Business Name	Website/Email	Phone	Service Area/ Counties	Services Offered	Level of Hoarding	Last Updated
Scene Clean Inc.	www.scenecleanmn.com	612-643-0911	All of MN	Can clean out clutter, clean the house, make repairs, sell	3,4,5	2/6/2020
Junk King - Ed Fogarty	www.junk-king.com	888-888-5865 or 612-916-5153			1,2,3,4	9/2/2017
1-800-GOTJUNK?	chris.koehnen@1800gotjunk.com	1-800-GOT-JUNK	Metro area	Cleanout and disposal of contents in home	ALL	10/23/2024
JDog Junk Removal and Hauling (veteran owned)	www.jdogjunkremoval.com info@jdog.com	844-438-5364				4/10/2019

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Shred Right - Jacqui Mason	jmason@shredrightnow.com www.shredrightnow.com/fundraising	612-801-8550	All of MN	Shredding programs and fundraisers		4/10/2020
Service Master	www.servicemaster.com/services	612-354-5466	Various	Clean out, deep cleaning		2/6/2020
Elder Services Real Estate, Anne Saatela	www.elderservicesre.com ASaatela@kw.com	952-454-7350	Call 952-454-7350	Can clean out clutter, clean the house, make repairs, sell		3/15/2018
Twin Cities Restoration, LLC	www.tcrestore.com	612-888-9488	Henn, Anoka, Ramsey, Washington Cty	Licensed General Contractor BC736960. Repairs, building projects		8/25/2020
New Leaf Realty	www.mnnewleaf.com	612-208-6610	Metro Area	Sell home		8/25/2020
Varin Enterprises	www.varinenterprises.com	(651) 442-3333 or (651) 342-1385	Twin cities and suburbs	Sort and remove clutter, clean and organize residence, and provide instruction booklets for clients able to do the job themselves.	1,2,3,4	2/4/2024

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Junk Masters	www.JunkMastersMN.com	Office- 612-516-5865 or Direct- 952-222-8164	Twin Cities Metro	Cleanout, disposal of contents in home MN HTF Presentation: https://www.youtube.com/watch?v=T3FcinSsnaY	1,2,3,4,5	8/25/2021
Trademark Properties	www.selltotm.com hello@selltotm.com	612-594-5097	Twin Cities Metro	We purchase houses as-is, no cleanup/repairs, no realtor fees. An easy, stress-free selling experience.	All	1/3/2022
Alete Cleaning Services		612-770-7277		Clean-up Services, We have partnerships with a licensed real estate agent, a licensed social worker, construction contractor and pest control. We will also purchase homes as is.	All	12/26/2022
Twin Cities Hoarding Cleanup	https://www.twincitieshoardingcleanup.com/	(651) 442-3333	Twin cities and suburbs	Removal Services, in home organizational services & comprehensive home preparatino services for those looking to list for sale	1,2,3,4	2/4/2024

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Business Name	Use for this situation	Website	Service Area/ Counties	Last Updated
Minnesota Community Action Partnership	Energy assistance after a shut-off notice has been given, some have rental assistance and other helpful programs vary by area	www.minncap.org to locate the one in your area	Several - check the website for your closest location	3/20/2019
Salvation Army	Emergency assistance and basic needs programs vary by location	www.salvationarmynorth.org to find the one near you	Several - check the website for your closest location	3/20/2019
Catholic Charities	Programs vary by location	www.cctwincities.org	Several - check the website for your closest location	3/20/2019
People & Pets Together	For families facing economic hardship - they operate a pet food shelf in Minneapolis, they provide pet food to food shelves in the Minneapolis-St. Paul metropolitan area, they have a veterinary assistance grant program, and they have other programs designed to keep pets healthy and in loving homes.	https://www.peopleandpetstogether.org/	Twin Cities Metro (mainly Minneapolis)	8/25/2021

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Name	Website	Information
Self-test for hoarding, by Randy Frost	www.seniorconnection.org/pdfs/hoarding_survey.pdf	
International OCD Foundation	https://hoarding.iocdf.org/professionals/clinical-assessment/	This site includes saving inventory assessment, hoarding rating scale, clutter image rating scale
The ICD Clutter Hoarding Scale	https://www.challengingdisorganization.org/clutter-hoarding-scale-	<p>The ICD “Clutter-Hoarding Scale” is used as a reference to determine the level of hoarding. For the description of each level, see ICD, where you can download a copy of their brochure FREE: https://www.challengingdisorganization.org/clutter-hoarding-scale-</p> <p>In generalized language, level 1 is light clutter, level 2 is heavier clutter (or the person's belongings), levels 3, 4, and 5 are increased physical levels of piles. Higher levels of piles indicate that some areas of the home may have degraded, has damage, is unsafe, and can be dangerous for people to enter unprotected. Level 3 recommends that workers use physical protection for breathing, clothing, and shoes. Anyone entering a level 4 or 5 home should use full body covering and breathing apparatus.</p>

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Business Name	Service Area/ Counties	Contact	Information
Dept of Human Services - Waiver Services- Elderly or Disabled Waiver	All Minnesota Counties		Request a MN Choices Assessment. This will consist of a phone interview and if you qualify by phone then someone will come to you home to see if you qualify for help in your home based on what you may be able to do on your own and what you may need assistance with. You may qualify for PCA, ILS, Home maker services or others through a CADI or Elderly Waiver with the County
Local City Fix Up Funds or Local low interest home improvement loans or grants	All MN		Many local cities and some neighborhood organizations have funding or low interest loans for people to be able to make repairs on their properties. If you are struggling with upkeep on certain items check with your city on things you may be able to get funding to help with through a Fix Up Program or rehabilitation loans
City Wide Clean ups	All MN		Check with your City. Many have a City Wide Clean up where you can drop off items at a lower cost and some for free depending on the city.
HouseCalls	Ramsey County	651-266-1290	Program for Ramsey County residents facing homelessness with resources to help keep them in their home
Home Owner Navigation Program	City of Minneapolis		Referral to Homeowner Navigation Program from City of Minneapolis Inspections department to help keep people in their homes
Care Resource Connections	City of St. Louis Park	763-762-6137 www.careresourceconnections.org	This is part of the Community Health Initiative and helps families to navigate and connect to community resources

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MN Hoarding Taskforce Resources for Hoarding Situations

Business Name	Service Area/ Counties	Contact	Information
Home Line	Statewide	https://homelinemn.org/ 612-728-5767 Toll-free from Greater Minnesota: 866-866-3546	A nonprofit Minnesota tenant advocacy organization. Free Legal Help for Renters
Law Help MN	Statewide	https://www.lawhelpmn.org/	Legal Services State Support (State Support) is a project of the Minnesota Legal Services Coalition (MLSC), a group of seven legal aid programs that help low-income residents with a variety of legal matters.
Mid-Minnesota Legal Aid	Serve 20 central MN counties for low income individuals Serve 26 MN counties for senior 60+ Serve statewide for disability and tax related cases	https://mylegalaid.org/	Free civil legal aid for: <ul style="list-style-type: none"> • Debt collection and unfair loans • Disability-related cases • Divorce and child custody <ul style="list-style-type: none"> • Domestic violence • Elder abuse • Housing discrimination and evictions • Immigration and citizenship • IRS tax issues
LegalWise		https://www.legalwisemn.org/	We connect you to a lawyer for one-on-one consultations, advice, and representation. Work Within Your Budget - Our lawyers offer flat fees, sliding-scale fees, and unbundled legal services so that you can address your specific needs within your budget.

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