

## What is Hoarding Disorder?

A mental health condition characterized by persistent difficulty discarding or parting with possessions, regardless of actual value.

- This difficulty leads to the accumulation of items that clutter living spaces and interfere with daily life.
- People experiencing hoarding disorder often feel a strong emotional attachment to possessions and may experience distress when faced with discarding items.
- Hoarding is **not simply collecting**. The condition can impact safety, relationships, health, and quality of life.

## COMMON SIGNS OF HOARDING

- Most surfaces in the home (countertops, sinks, stoves, desks) are covered or piled with items.
- Clutter spreads to additional spaces such as **garages, vehicles, or yards** when indoor areas become full.
- Large stacks of newspapers, magazines, mail, or other items accumulate.
- Items are frequently **moved from pile to pile** but rarely discarded.
- Difficulty throwing things away, even items that others might consider trash.
- Challenges with organizing items, making decisions, or completing daily tasks.
- Strong emotional attachment to possessions.
- Feelings of **shame, embarrassment, or isolation** related to clutter.

## HELP IS AVAILABLE

To learn more or discuss a possible referral:

**Kathryn Maimone**

(440) 204-4213

[kmaimone@riveon.org](mailto:kmaimone@riveon.org)

- Participants do not need to receive other services at Riveon to participate.
- Treatment is provided by a licensed therapist using an evidence-based approach that helps individuals manage clutter, make decisions about belongings, and improve daily functioning.

## SAME DAY ACCESS

You do not need to make an appointment to start services at Riveon Mental Health and Recovery.

**6140 South Broadway, Lorain OH 44053**

**Monday - Thursday:** anytime from 8:00AM - 2:00PM

**Friday:** from 8:00AM - 1:00PM

*\*Hours subject to change.*

### What to Bring to Your Assessment:

- Photo ID (driver's license, state ID, passport, or military ID)
- Insurance card (including Medicaid/Medicare), if applicable
- Proof of income if uninsured (pay stubs or benefit statements)