



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous



CMHA Community Homelessness Prevention Initiative Orientation

CMHA Champlain East



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Scope of Services

- Provide services to low income households, including social services recipients (OW/ODSP) in the City of Cornwall and The United Counties of Stormont, Dundas and Glengarry that meet the Community Homelessness Prevention Initiative (CHPI) Outcomes which are:
 - Assist people experiencing homelessness obtain and retain housing; and,
 - Assist people at risk of homelessness to remain housed.
- Ensure empathy and respect in understanding the mental health issues that can compound the individual living with hoarding disorder symptoms with their difficulty in living in an unsafe environment.

What can be done:

- Develop a community integrated approach that supports intervention to the psychological, emotional, and physical issues involved in supporting individuals living with hoarding disorder symptoms.
- Maintain a Hoarding Response Coalition as an inclusive committee – recognizing that all voices have value in our community response. One exist in PR and one exist in SDG
- Provide information and education for agencies and the public on hoarding disorder and the steps to take for support and safety.

Diagnosis

The DSM-5 diagnostic criteria for hoarding disorder are:

- Persistent **difficulty discarding** or parting with possessions, regardless of the value others may attribute to these possessions. This difficulty is due to strong urges to save items and/or distress associated with discarding.
- The symptoms result in the **accumulation** of a large number of possessions that fill up and clutter active living areas of the home or workplace to the extent that their intended use is no longer possible. If all living areas become decluttered, it is only because of the interventions of third parties (e.g., family members, cleaners, authorities).
- The symptoms cause clinically **significant distress** or impairment in social, occupational, or other important areas of functioning (including maintaining a safe environment for self and others).

- The prevalence of hoarding is 2-5% in the general population
- Up to 85% of people living in a hoarding situation can identify another family member who has similar symptoms
- Most common co-occurring mental health diagnosis are Major Depressive Disorder and Generalized Anxiety Disorder

HOMES[®] Multi-disciplinary Hoarding Risk Assessment

☐ Health

☐ Cannot use bathtub/shower

☐ Cannot access toilet

☐ Garbage/Trash Overflow

☐ Cannot prepare food

☐ Cannot sleep in bed

☐ Cannot use stove/fridge/sink

☐ Presence of spoiled food

☐ Presence of feces/Urine (human or animal)

☐ Cannot locate medications or equipment

☐ Presence of insects/rodents

☐ Presence of mold or chronic dampness

Notes: _____

☐ Obstacles

☐ Cannot move freely/safely in home

☐ Inability for EMT to enter/gain access

☐ Unstable piles/avalanche risk

☐ Egresses, exits or vents blocked or unusable

Notes: _____

☐ Mental health (Note that this is not a clinical diagnosis; use only to identify risk factors)

☐ Does not seem to understand seriousness of problem

☐ Defensive or angry

☐ Unaware, not alert, or confused

☐ Does not seem to accept likely consequence of problem

☐ Anxious or apprehensive

Notes: _____

☐ Endangerment (evaluate threat based on other sections with attention to specific populations listed below)

☐ Threat to health or safety of child/minor

☐ Threat to health or safety of person with disability

☐ Threat to neighbor with common wall

☐ Threat to

health or safety of older adult

☐ Threat to health or safety of animal

Notes: _____

☐ **Structure & Safety**

- | | | | |
|---|---------------------------------------|---|--|
| <input type="checkbox"/> Unstable floorboards/stairs/porch | <input type="checkbox"/> Leaking roof | <input type="checkbox"/> Electrical wires/cords exposed | <input type="checkbox"/> No running water/plumbing problems |
| <input type="checkbox"/> Flammable items beside heat source | <input type="checkbox"/> Caving walls | <input type="checkbox"/> No heat/electricity | <input type="checkbox"/> Blocked/unsafe electric heater or vents |
| <input type="checkbox"/> Storage of hazardous materials/weapons | | | |

Notes: _____

HOMES® Multi-disciplinary Hoarding Risk Assessment (page 2)

Household Composition

of Adults _____ # of Children _____ # and kinds of Pets _____
Ages of adults: _____ Ages of children: _____ Person who smokes in home ☐ Yes ☐ No
Person(s) with physical disability _____ Language(s) spoken in home _____

Assessment Notes: _____

Risk Measurements

☐ Imminent Harm to self, family, animals, public: _____
☐ Threat of Eviction: _____ ☐ Threat of Condemnation: _____

Capacity Measurements

Instructions: Place a check mark by the items that represent the strengths and capacity to address the hoarding problem

- ☐ Awareness of clutter
- ☐ Willingness to acknowledge clutter and risks to health, safety and ability to remain in home/impact on daily life
- ☐ Physical ability to clear clutter
- ☐ Psychological ability to tolerate intervention
- ☐ Willingness to accept intervention assistance

Capacity Notes: _____

Post-Assessment Plan/Referral

Date: _____ Client Name: _____ Assessor: _____

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HOMES[®]

Multi-disciplinary Hoarding Risk Assessment

Instructions for Use

- **HOMES** Multi-disciplinary Hoarding Risk Assessment provides a structural measure through which the level of risk in a hoarded environment can be conceptualized.
- It is intended as an *initial* and *brief* assessment to aid in determining the nature and parameters of the hoarding problem and organizing a plan from which further action may be taken-- including immediate intervention, additional assessment or referral.
- **HOMES** can be used in a variety of ways, depending on needs and resources. It is recommended that a visual scan of the environment in combination with a conversation with the person(s) in the home be used to determine the effect of clutter/hoarding on **H**ealth, **O**bstacles, **M**ental Health, **E**ndangerment and **S**tructure in the setting.
 - The Family Composition, Imminent Risk, Capacity, Notes and Post-Assessment sections are intended for additional information about the hoarded environment, the occupants and their capacity/strength to address the problem.

10 STEPS

TO A SAFER, HEALTHIER AND MORE COMFORTABLE

HOME

1 Keep your bathroom clean and working

- ☐ Plumbing checked for leaks and repaired.
- ☐ Toilets, tubs, showers, and sinks cleared and ready to use.
- ☐ Expired medications, make-up, creams, lotions, and sunscreen thrown out.

2 Clear your stove

- ☐ Paper, cloth, and other fire hazards cleared from cooking area.
- ☐ Stove checked for electrical faults or gas leaks.

3 Keep food safe

- ☐ Refrigerator and freezer in proper working order.
- ☐ Outdated and spoiled food discarded.
- ☐ Counters and dishes cleaned.
- ☐ Proper bins for food waste disposal.

4 Reduce the clutter

- ☐ Stacks of boxes lowered and safely stored.
- ☐ Weight of items in boxes reduced.
- ☐ Clutter removed from doorways, stairways, windows, and main living areas.

5 Avoid the use of extension cords and replace damaged cords

- ☐ Electrical cords checked for damages.
- ☐ Refrigerators, stoves, toasters, microwaves, and space heaters plugged directly into wall outlets.

6 Remove your garbage regularly

- ☐ Proper bins for food waste disposal.
- ☐ Clear sink for dish washing or dishwasher in working order.
- ☐ Furniture, carpet, and other sensitive areas checked for pests.

7 Clear your heater by at least one metre

- ☐ One metre (3 ft) distance between all heat sources and anything that can burn.

8 Clear hallways and exits

- ☐ Stairs and railings cleared of all items.
- ☐ Two exits into your home are clear and accessible.
- ☐ One metre (3 ft) pathway cleared throughout your home, including hallways.

9 Care for your pets

- ☐ Clear access for pets to litter box or outdoor area.
- ☐ Proper bins for pet waste disposal.

10 Make sure you have working smoke alarms

- ☐ Alarms tested.
- ☐ Batteries replaced.

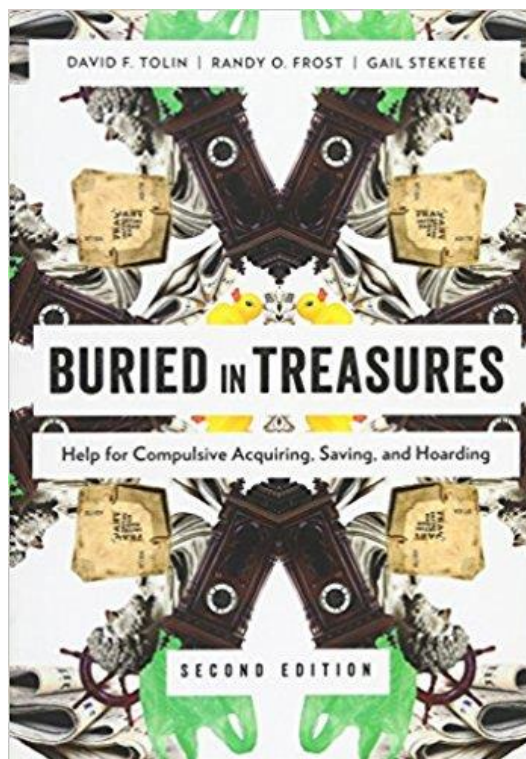
An Initiative of the Wellington Guelph Hoarding Network

www.wghoardingresponse.ca

Funded by:

What can CMHA do to help?

- CMHA will provide Intensive Case Management to individuals dealing with a hoarding issue.
- Buried in Treasures Workshop (12 weeks)



CMHA Services

- Services are free, confidential and mobile.
- Referrals can be made by service providers or by individuals
- Services are voluntary, client focused and are not time limited
- Services are restricted to individuals with serious mental illnesses
- Call 613-933-5845 / 1-800-493-8271 to start the process

Contacts

- Annie Poirier Larocque: Intensive Case Manager, Lead Hoarding
- Johanne Renaud: Manager of programs Prescott-Russell, Chair of the Prescott-Russell Hoarding Response Coalition.
- Raquel Beauvais-Godard, Program Director