



# OPTIONS BYTOWN

## Buried in Treasures

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# Options Bytown's experience

- ▶ Tenants with clutter and hoarding tendencies
- ▶ Traditional standard response - 100% recidivism; increase in clutter
- ▶ Outcomes: ongoing frustration for both tenants and staff, loss of housing

# Impact on the person....

- ▶ Health concerns: increased risk of falls, poor health, complications from living in squalor
- ▶ Family life: Isolation from family and friends
- ▶ Community costs: cleanouts, increase in emergency responses
- ▶ Homelessness: our traditional response still led to loss of housing

# Question

If all the time, money, and staffing support weren't changing the outcomes, then isn't time to change our approach?

**BUT....**

What to do with limited resources in the community?

# Pilot Project 2015-2016

- ▶ One-time funding with a community partner to test the treatment model developed by Dr. Randy Frost
- ▶ Participants living in supportive or supported housing worked 1:1 with a clutter coach
- ▶ Significant improvement in all aspects of hoarding
- ▶ Outcomes: people maintained housing, staff developed the skills to better support people with hoarding behaviours

So our pilot project was a huge success!

*... Now what?*



**Distressed or Overwhelmed about the amount of stuff in your living space?**

**Do your accumulated treasures interfere with your life, relationships or happiness?**

**You are not alone!**

# Buried in Treasures (BIT)

- ▶ 15-week group workshop series
- ▶ Aftercare support for participants
- ▶ Is a workshop that can be led by both peers and professionals
- ▶ Based on Cognitive Behavioural Therapy



# Buried in Treasures (BIT)

- ▶ Positive
- ▶ Strengths Based
- ▶ Community
- ▶ Reduces shame
- ▶ Busts negative attitudes
- ▶ Raises hope

# Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

# Buried in Treasures Results

*Based on first two groups.*

Clutter Image Scale assessment averages pre and post group

- ▶ Living Room: average pre score was 4.3, post score 1.7
- ▶ Kitchen: average pre score was 3, post score 2.1
- ▶ Bedroom: average pre score was 3.6, post score 2.4

# What people had to say

- ▶ When I feel bad, instead of acquiring, I now look for ways to better organize my stuff.
- ▶ It's encouraging to see that a peer, who is still struggling through their own journey, is giving the workshop. There is a light at the end of the tunnel.
- ▶ I had to learn to say NO. Saying NO was not easy and I can apply it to other sphere in my life.
- ▶ To be in the group during Christmas time, Black Friday time, garage sales time, garbage day...gives me support to resist

# What the peer facilitator wants you to know:

- ▶ It's easier to be nonjudgmental because I know the problems they are going through. I can see everyone's ability to change and recognize positive efforts.
- ▶ It increases the participation of others because of the relaxed atmosphere and trust
- ▶ In a way, the confidence level to succeed is greater because they have a living proof someone did it before

# Questions?



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