

Berkshire Public Health Alliance



Adams, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Lanesborough, New Ashford, New Marlborough, North Adams, Peru, Pittsfield, Richmond, Savoy, Sheffield, Washington, West Stockbridge, Williamstown, Windsor

Public Education for Hoarding Disorder

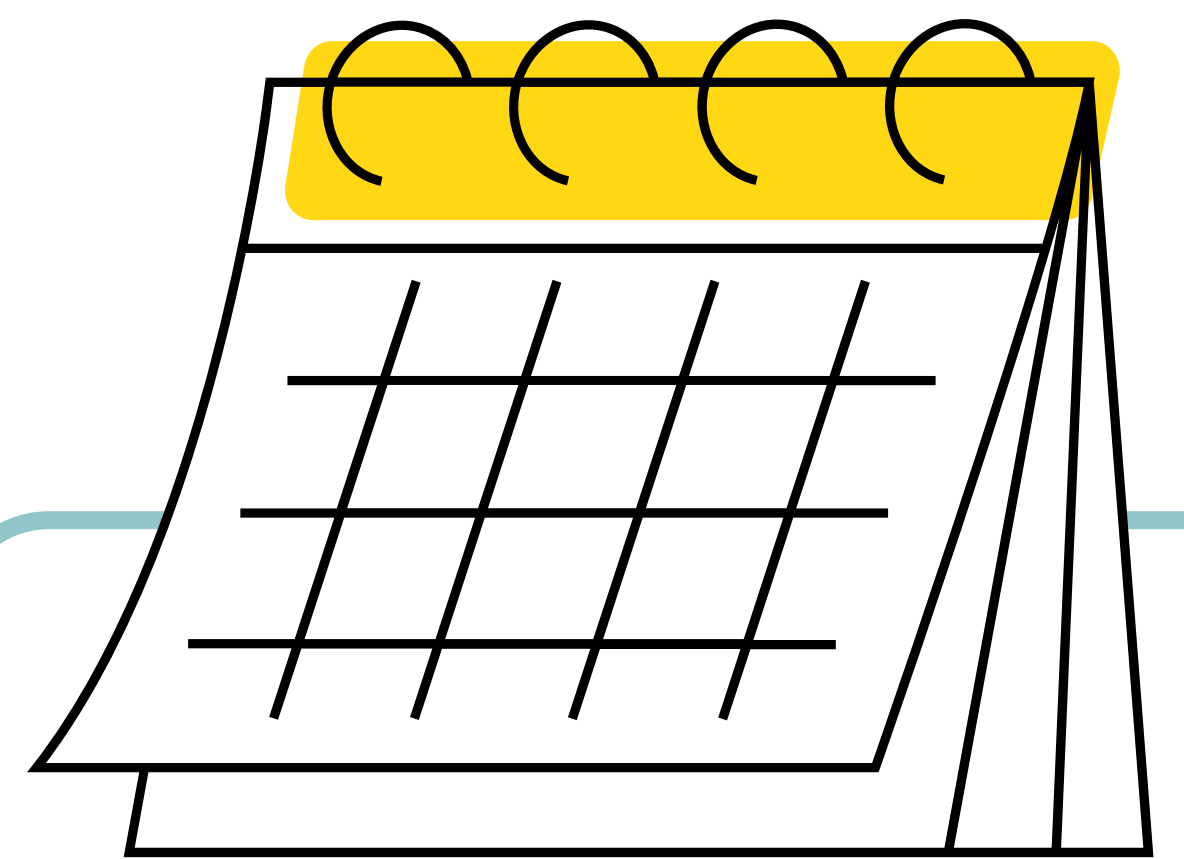
Public health workers have helped community members and their loved ones address hoarding through ongoing public education campaigns.



The Public Health Nurse and Housing Specialist traveled to local libraries and Councils on Aging, making it easier for residents to access support and information close to home.

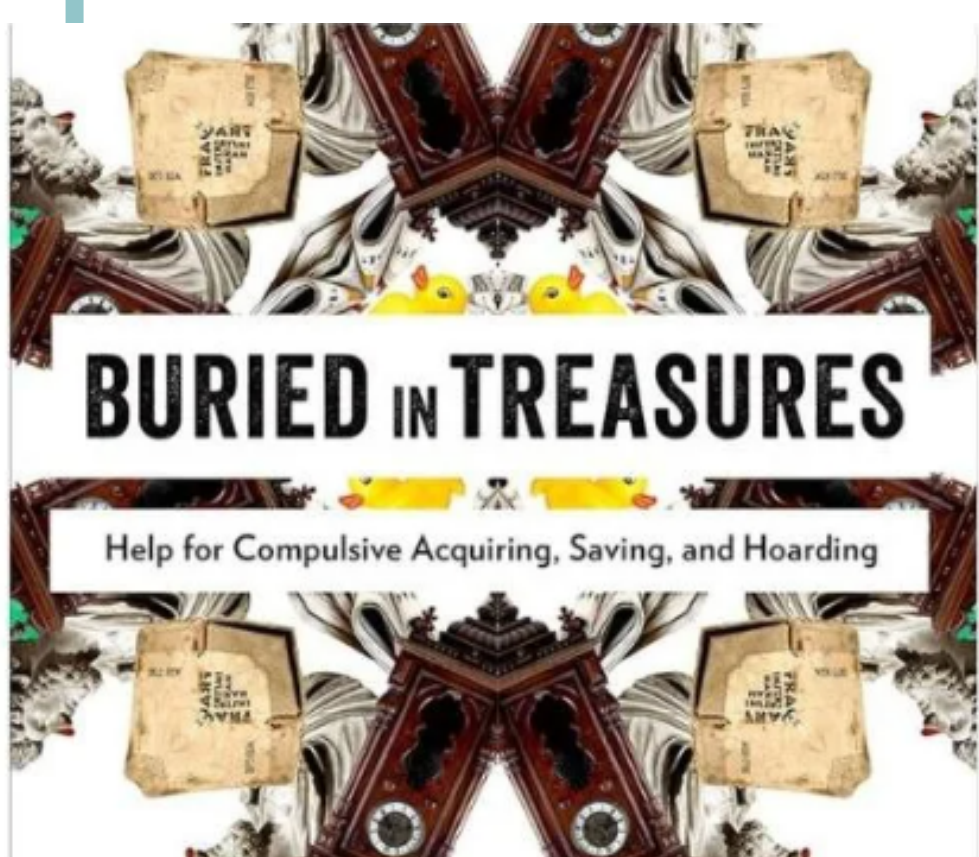


Group sessions helped people understand **what hoarding is**, shared **practical ways to support loved ones** who might be experiencing difficulties with excessive acquisition, explained how the Board of health can assist residents.



The partnership offered a multi-week support group program that gives participants tools and strategies to address hoarding disorder, based on proven approaches from the **Buried in Treasures** program.

What is Buried in Treasures?



The **Buried in Treasures** program is a structured, evidence-based program designed to help individuals struggling with compulsive hoarding by providing support and strategies to **manage their clutter**, **reduce acquisition of unnecessary items**, and learn healthier behaviors.

DID YOU KNOW?



Hoarding cases increase with age, affecting **~6% of adults over the age of 70**. The number of older adults in the U.S. is expected to increase from **54 million in 2019 to +94 million in 2060**.

Source: U.S. Senate's Special Committee on Aging