



Mental Health America, MHMR Tarrant to Offer Hoarding Disorder Classes

Fort Worth – Mental Health America of Greater Tarrant County (MHA) and MHMR Tarrant are offering a Hoarding Disorder class. The program includes counseling, support groups and group therapy to help in the treatment and understanding of this disorder. For the individual seeking assistance, the 14-week treatment will consist of an assessment and evidence-based curriculum. The first class starts Dec. 5.

Hoarding Disorder, also known as Compulsive Hoarding, is a behavior that is characterized by the excessive acquisition and inability or unwillingness to discard large quantities of objects that cover the living areas of the home and cause significant distress or impairment.

“Hoarding has long been the quiet family secret that was often overlooked or dismissed as a behavior that could not be changed,” said Greg Powers, LCSWS, senior clinical director for MHMR Behavioral Health.



Compulsive hoarding behavior has been linked to health risks, impairment of functioning, economic burden, and an adverse effect on friends and family members. Compulsive hoarders may be aware of their irrational behavior, but the emotional attachment to the hoarding objects far exceeds the motive to discard the items, Powers said.

“Once the individual has completed the program, a monthly support and alumni meeting will be offered for as long as the individual wishes to attend.

About Hoarding Disorder

- Researchers have only recently begun to study hoarding, and it was first defined as a mental disorder in 2013.
- The rate of prevalence has been estimated that 2-5% of adults, or 16 million, in the United States have some form of compulsive hoarding, though the condition typically manifests in childhood with the symptoms worsening in advanced age.
- The average age that first seeks treatment is 50 years old.

- An equal number of men and women develop compulsive hoarding.

The classes will be held at MHA, 3136 W. 4th St., Fort Worth. For further information and referrals, contact MHA, 817-335-5405.

About MHA

The mission of Mental Health America of Greater Tarrant County is to enhance the mental health of the community and improve the lives of those impacted by mental illness. MHA has been providing services since 1942, and was incorporated as a 501(c)3 nonprofit in 1958.

About MHMR

For more than 40 years, MHMR Tarrant has improved the lives of people with health care needs, such as substance abuse, psychiatric disorders, and intellectual delays and disabilities. Using innovative approaches, MHMR partners with individuals and families, and collaborates with other community organizations to provide services and a hopeful future.