



Digging Out: Helping with Hoarding & Clutter

Session #7

Keeping Harm Reduction Targets
Clear

Checking In: Digging Out Group Page

<https://www.southshorecrc.org/ssphc-diggingout-2026>

[Home](#)

[About](#)

[Programs](#)

[Resources](#)

Digging Out

Helping with Hoarding and Clutter ~ Online Discussion Group

Sponsored By: South Shore Public Health Collaborative

March 25 - June 10, 2026

Click below to view and download session-by-session materials:

Book: [Digging Out - Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring](#) (Tomkins & Hart, 2009)

Session #1 : Introduction & What is Compulsive Hoarding?

[Handout](#)
[Slides](#)

Session #2 : Harm Reduction

[Handout](#)
[Slides](#)

Session #3 : Setting the Stage for Harm Reduction

[Handout](#)
[Slides](#)

Session #4 : Helping Them Accept Help

[Handout](#)
[Slides](#)

Session #5 : Assessing Harm Potential

[Handout](#)
[Slides](#)

Session #6 : Creating a Harm Reduction Plan

[Handout](#)

Session #7 : Keeping the Harm Reduction Targets Clear

[Handout](#)

Resource List

Assessment Tools

- [HOMESB Multi-Disciplinary Hoarding Risk Assessment \(Ratbotis, 2009\)](#)
- [Home Assessment Tools for Professionals and Individuals](#)

Hoarding Resources

[Mass Housing Hoarding Resources](#)

Events

[Knights of Columbus - Get Rid of Your Stuff](#)

Event:

High Tide, Low Tide Me, **My Stuff**, and I

Is Clutter or Hoarding Behavior ...
Taking over your home or workspace?
Creating safety problems in your home?
Affecting your life and relationships?

Join us for a lively discussion with **Lee Shuer**, a hoarding disorder expert with lived experience who travels globally to speak about the stigmatized issue of hoarding - affecting an estimated 2-6% of the population. Lee understands the challenges of reducing clutter and offers practical, supportive approaches to help.

"For years, my clutter rose and fell like the ocean. Even at 'low tide,' when my home looked 'done' pockets of clutter remained — like tidal pools hidden in the shadows. Why? The clues were in those pools. I'll share insights I gained and strategies I used to make sustained progress so that you can help yourself or others live above the high watermark."



Saturday, May 30th
10 a.m. - 12 p.m.
Hingham Public Library
66 Leavitt Street, Hingham MA

RSVP by May 25th at www.SouthShoreCRC.org

Sponsored by South Shore Public Health Collaborative

Checking In:

- Thoughts about Week 6 material, *Assessing Harm Potential*, and discussion?
- Which “Identifying Harm Reduction Targets” questions on pg. 93 of the book resonate with you? Were there particular questions that you would apply to the person you’re helping?

Coaching Role:

- Meet as a team (clinician, helper, person)
- Help the person stay focused on task ahead
- Provide emotional support
- Help the person make decisions (but DO NOT make decisions for them.)
- Be a cheerleader
- Help with hauling
- Practice non-acquiring trips

Keeping Harm Reduction Targets Clear:

- Chapter 7
- 7 Steps for Successful Home Visits
- LEARN: Learn, Empathize, Affirm, Redirect, and Negotiate
- Skills:
 - Assist with Sorting and Organizing
 - Assist with Creative Problem Solving
 - Assist with Decision Making



Questions or
comments?

