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Expert on Hoarding Disorder Will Lead Online Webinar October 7

People who have a tendency to hoard can accumulate so much “stuff” it overwhelms their lives, and family members and friends often do more harm than good in their attempts to help. The New Jersey and Sussex County affiliates of the National Alliance on Mental Illness (NAMI) want to help individuals and families better understand what is commonly known as hoarding disorder.

On October 7, in collaboration with the Mental Health Association in New Jersey, NAMI New Jersey and NAMI Sussex will present a free online webinar entitled “Too Much Stuff.” The guest presenter will be Laverne Williams, CSW, who has many years of experience providing trainings on hoarding disorder for the Mental Health Association in New Jersey as well as facilitating support groups for those seeking to overcome their tendencies to hoard. The webinar will begin at 11:00 a.m. and end at 12:30 p.m. ET.

Ms. Williams will discuss common beliefs around hoarding disorder, best practices to support someone with a tendency to hoard, and the financial and emotional costs to individuals, families, and the community when hoarding gets out of control. She will provide evidence-based tools to assess the risk for hoarding disorder, as well as a case study practice for gaining entry into a home with “too much stuff.” Her talk will stress the need for a paradigm switch of language about hoarding disorder.

The webinar will utilize Zoom as its online platform and will include an opportunity for questions and answers with the audience. To register, visit www.naminj.org/webinars.