



INNOVATION PLAN APPROVAL SUMMARY San Diego County Innovation

Name of Innovative Program: Innovative Mobile Hoarding Intervention Program

Total Requested for Innovation: \$1,331,919

Duration of Innovative Program: Three Years

Staff Recommends: APPROVAL

Review History

County Submitted Innovation Plan: February 9, 2015

MHSOAC Vote regarding Plan Approval: February 26, 2015

Innovation Plan Summary

San Diego County is seeking the Commission's approval for their Innovative Program, Innovative Mobile Hoarding Intervention Program (I'M HIP). The primary purpose is to increase the quality of services, including better outcomes, by testing whether combining therapy with hands-on training and collaboration with community organizations and family members will increase access to services, reduce hoarding behaviors, and improve mental health outcomes in older adults.

Research indicates that late-life hoarding is a serious psychiatric and community problem that is more prevalent in older adults than in younger age groups, often beginning in childhood or adolescence with a chronic and progressive course throughout the lifespan. Other than dementia, hoarding may be the only psychiatric disorder that increases in severity and prevalence throughout life. Hoarding is particularly dangerous for older persons, who may have physical and cognitive limitations. Hoarding can present a physical threat as well as impair basic functioning. Many persons who display hoarding behaviors suffer from social stigma and isolation. Surprisingly, rigorous evaluations of effective interventions to address hoarding behavior have generally not focused on older adults.

I'M HIP includes a mobile component intended to increase access to services for isolated older adults who hoard. The program's team will consist of specially trained clinicians, case managers and peers. Program staff will work collaboratively with referring or servicing agencies such as code enforcement, local fire departments, aging and independence services, animal services, vector control, and/or various home health and mental health providers, who may already have varying degrees of awareness and involvement. Family members will be engaged and encouraged to refer their loved ones. The I'M HIP team will consult as needed with clients' primary physicians. The program

includes the Screening, Brief Intervention and Referral to Treatment (SBIRT) for Older Adult Prescription/Alcohol Misuse. Participants who require psychiatric medication will be linked to appropriate mental health providers.

Participants will receive an adapted version of cognitive behavior therapy as well as home-based exposure therapy. I'M HIP includes a psycho-education component, such as the "Buried Treasure" curriculum (Help for Compulsive Acquiring, Saving, and Hoarding) and a course in cognitive rehabilitation and skill building. Peer support will be provided throughout, including a 15-week support group and an "action group" for graduates, which follows with 8 weeks of active de-cluttering with a "clutter buddy." The intervention will be adapted or changed to suit older adults as the program is implemented and evaluation results become available.

Evaluation:

The following are the some of the key learning questions that this Innovative Program addresses:

- What are the most effective ways to engage an older adult to participate in interventions geared for hoarding behaviors?
- What is an effective model to treat hoarding behaviors in older adults with SMI?
- Are peer supports effective with seniors who have hoarding behaviors either individually and/or as part of an aftercare support group?

The evaluation will include an assessment at baseline and on a semi-annual basis. At a minimum, the following variables will be measured:

- Number of community participants contacted and enrolled.
- Number of averted hoarding-related evictions.
- Reductions in mental health symptoms, compulsive behaviors, and substance use.
- Improve safety of participants by reducing clutter that poses a hazard.
- Reduced clutter as evidenced by improved scores on clutter scales
- Improve quality of life as measured by participant self-report and scale.
- Improved mental health measured by Milestones of Recovery Scale (MORS), Recovery Markers Questionnaire (RMQ), or other recovery scales.

The project will be assessed on a semi-annual basis, in addition to monthly and quarterly data tracking reports. Results will be made available to the County of San Diego's Older Adult Council, composed of older adult stakeholders who will review and make recommendations. The County's internal Performance Outcomes team will also review reports.