



# Cape Cod Hoarding Resource Directory

This is a comprehensive list of resources compiled by the CCHTF for the use of those individuals struggling with hoarding disorder in the Cape Cod area. This list includes behavioral health, cleaning and restoration, professional organizing, and donation resources.

Resources provided are for informational purposes only; this is not a complete list of professionals and organizations available in this field. The Cape Cod Hoarding Task Force does not endorse any particular service, organization or individual included in this directory.

## Cape Cod Hoarding Resource Directory: Donations

| Name                       | Location  | Description  | Contact   | Hours  |
|----------------------------|---|--|---|--|
| By Way Boutique            | Buyway Plaza, at 47 North Main St, Falmouth, MA 02540 | Upscale consignment store, only accepts like-new clothing from designer brands, must set up appointment, get check if they accept items.                     | <a href="https://www.buywayboutiques.com">https://www.buywayboutiques.com</a><br>508-540-4884<br><a href="mailto:BuywayBoutique@gmail.com">BuywayBoutique@gmail.com</a> | <b>Tues-Sat:</b><br><br>11am - 5pm                                 |
| Cape Abilities Thrift Shop | 316 Route 28, West Yarmouth, MA 02673                 | Accepts tax-deductible donations of furniture and collectibles to support individuals with disabilities across Cape Cod. Items need to be in good condition. | <a href="http://capeabilities.org">capeabilities.org</a><br>508-548-1578<br><a href="mailto:thrift@capeabilities.org">thrift@capeabilities.org</a>                      | <b>Everyday:</b><br><br>10am - 4pm                                 |
| Cape Cod Recycles          | 142 Corporation St. Unit #1 Hyannis, MA 02601         | Can pay to have donations picked up, removes heavy furniture, donates unsold items, can pick charity to donate items to.                                     | <a href="http://capecodrecycles.com">capecodrecycles.com</a><br>call 1-855-732-5865<br>text 774-836-7121  |  |
| D's Home Again             | 93 East Falmouth Hwy East Falmouth, MA 02536          | Clean-out services for entire home. Will buy or sell items, donate items, and dispose the rest.  | <a href="http://homeagainfalmouth.com">homeagainfalmouth.com</a><br>508-540-2156<br><a href="mailto:dshomeagain@aol.com">dshomeagain@aol.com</a>                        | <b>Mon-Tues</b><br>and<br><b>Thurs-Sat</b><br><br>10:30am - 5:30pm |
| Hand in Hand Thrift Shop   | 141 Sandwich Road in East Falmouth, MA 02536          | Check website to see if accepting donations. Accepts clean and in-season clothing items in good condition. Free pick-up for large donations.                 | <a href="http://www.falmouthservicecenter.org/Our-Thrift-Shop.html">http://www.falmouthservicecenter.org/Our-Thrift-Shop.html</a><br>508-457-0770                       | Donations:<br><b>Thurs-Sat</b><br><br>10am - 2pm                   |

| <b>Name</b>   | <b>Location</b>  | <b>Description</b>   | <b>Contact</b>  | <b>Hours</b>                                     |
|---|--|--|---|--|
| Friend's of Eastham Thrift Shop                                     | 580 Massasoit Rd, Eastham, MA 02642  | Accepts gently used items, cannot accept large furniture and appliances.   | <a href="https://www.facebook.com/pages/category/Community/Eastham-FECOA-Thrift-Shop-1544989179127682/">https://www.facebook.com/pages/category/Community/Eastham-FECOA-Thrift-Shop-1544989179127682/</a><br>508-255-0264                           | Donations:<br><b>Wednesdays</b><br>9am - 10:30am |
| Rainbow End Consignment Shop, United Methodist Church of Osterville | 1056 Main Street Osterville, MA 02655  | Proceeds support the church.   | <a href="https://ostervillechurch.umcchurches.org/rainbows-end-consignment-shop/">https://ostervillechurch.umcchurches.org/rainbows-end-consignment-shop/</a><br>508-428-5304<br><a href="mailto:pamela@umcchurches.org">pamela@umcchurches.org</a> | Donations:<br><b>Wednesdays</b><br>12pm - 3pm    |
| St. Vincent DePaul Thrift Shop                                      | 4463 Route 28 Cotuit, MA 02635   | Accepts donations of good quality used clothing and household items, call ahead for large items.   | <a href="https://christthekingparish.com/thrift-shop/">https://christthekingparish.com/thrift-shop/</a><br><a href="mailto:mary@christthekingparish.com">mary@christthekingparish.com</a><br>508-420-0949   | Donations<br><b>Tues-Sat</b><br>10am - 2pm       |
| Epilepsy Foundation New England                                     | Drop-off: Savers Plymouth<br>10 Pilgrim Hill Rd, Plymouth, MA 02360                                    | Donations support Epilepsy Foundation New England. Donate clothing and goods at drop off location or schedule free curbside pickup.                            | <a href="https://epilepsynewengland.org/take-action/ways-to-donate">https://epilepsynewengland.org/take-action/ways-to-donate</a><br>888-322-8209   |  |
| Habitat for Humanity  | 28 Whites Path South Yarmouth, US-MA 02664<br><b>AND</b><br>805 Gifford St. Ext. Falmouth, US-MA 02540 | Accepts new or used merchandise in excellent condition including furniture, appliances, building materials, cabinets, lighting, art. Does not accept clothing. | <a href="https://www.habitat.org/restores">https://www.habitat.org/restores</a><br>508-394-6400   |  |

| Name                    | Location                                | Description   | Contact   | Hours |
|-------------------------|---|---|---|-------|
| Laptops for Kidz        | PO Box 1389,<br>Orleans MA 02653        | Accepts used functional laptops. Laptops refurbished and given to children in need. Does not accept apple products. | <a href="http://www.laptopsforkidz.org/donate.htm">http://www.laptopsforkidz.org/donate.htm</a><br>774-274-0910<br><a href="mailto:info@laptopsforkidz.org">info@laptopsforkidz.org</a> |       |
| Salvation Army          | Donations boxes throughout Cape Cod     | Donate goods and clothing, can schedule free pick up or use donation box, donations fund rehabilitation programs.   | <a href="https://www.salvationarmyusa.org/usn/">https://www.salvationarmyusa.org/usn/</a><br>1-800-728-7825   |       |
| Cape Cancer Thrift Shop | 1085 Main St, West Barnstable, MA 02668 | Accepts most household items, does not accept clothing and electronics.   | <a href="https://www.facebook.com/CapeCancerThriftShop/">https://www.facebook.com/CapeCancerThriftShop/</a><br>508-479-6233   |       |

## Cape Cod Hoarding Resource Directory: Behavioral Health Counseling

| Name  | Location  | Description   | Contact   | Other   |
|---|---|---|---|---|
| Cape Cod Hospital                                 | 27 Park Street<br>Hyannis, MA 02601                   | Mental health emergency care, referrals, consultation to patients and families in a crisis, emergency observation services.       | <a href="http://capecodhealth.org">capecodhealth.org</a><br>844-275-2242  |   |
| Cape Cod Behavioral Health                        | 27 Park Street<br>Hyannis, MA 02602                   | Therapy, adult inpatient services, intensive outpatient program, partial hospital program, psychiatric services, patient support. | <a href="https://www.capecodhealth.org/medical-services/behavioral-health/">https://www.capecodhealth.org/medical-services/behavioral-health/</a><br>800-513-4728                               | Help available 24/7 over phone.   |
| Cape Cod and Islands Cognitive Behavior Institute | 704 Main Street<br>Falmouth, MA 02540                 | Treatment specific to hoarding, individual and group CBT, remote and home-based therapy.  | <a href="http://capecbi.com">capecbi.com</a><br>508-457-3160<br><a href="mailto:info@capecbi.com">info@capecbi.com</a>  | Can request authorization with HMO for out-of-network coverage.                               |
| Cape Behavioral Health Center                     | 310 Barnstable Road<br>Suite 201 Hyannis,<br>MA 02601 | Clinical teamwork approach, psychiatric outpatient care, psychiatric evaluation, therapy, behavior management.                    | <a href="https://www.northeasthealthservices.com/locations/cape-behavioral-health-center/">https://www.northeasthealthservices.com/locations/cape-behavioral-health-center/</a><br>508-862-0514 |   |
| Duffy Health Center                               | 94 Main Street,<br>Hyannis MA 02601                   | Offers services to hoarders that become homeless or are at risk for becoming homeless.  | <a href="https://www.duffyhealthcenter.org">https://www.duffyhealthcenter.org</a><br>508-771-9599   | <b>Mon-Wed:</b><br>8am-5pm<br><b>Thurs:</b> 8am-12pm<br>and 2pm-5pm<br><b>Friday:</b> 8am-5pm |

| Name   | Location   | Description  | Contact   | Other   |
|--|--|--|---|---|
| Family Continuity                              | 29 Bassett Lane<br>Hyannis, MA 02601<br><b>AND</b> 19 Old South<br>Road Nantucket, MA<br>02554 | Mental health clinic<br>services, therapy,<br>assessments, emergency<br>response, accepts self-<br>referrals and other<br>referrals.                     | <a href="https://familycontinuity.org">https://familycontinuity.org</a><br><br>1-866-219-3320 <b>OR</b> 508-862-600<br><br><a href="mailto:info@familycontinuity.org">info@familycontinuity.org</a> | Accepts<br>MassHealth, most<br>health insurance,<br>and Medicare. |
| Gosnold<br>Outpatient<br>Counseling Center     | 1185 Falmouth Rd,<br>Centerville, MA<br>02632  | Full mental health and<br>dual-diagnosis tracked<br>PHP, IOP, 1-1 services.<br>Address underlying causes<br>of hoarding for<br>individualized treatment. | <a href="http://gosnold.org">http://gosnold.org</a><br><br>508-540-6550   | Accepts most health<br>insurance.                                 |
| Harbor<br>Community Health<br>Center, Hyannis  | 735 Attucks Ln<br>Hyannis, MA 02601  | Works with patients with<br>complex care needs,<br>integrates behavioral health<br>with primary care. Social<br>support services.                        | <a href="https://www.hhsi.us/locations/harbor-community-health-center-hyannis/">https://www.hhsi.us/locations/harbor-<br/>community-health-center-hyannis/</a><br><br>508-778-5420                  | <b>Mon-Fri:</b><br>8am-4:30pm<br><b>Sat:</b> 8am-12pm             |
| Relief Home<br>Services                        | 35 Winter St #301,<br>Hyannis, MA 02601  | Psychiatric nursing, in-<br>home services,<br>occupational therapy, home<br>health aids.   | <a href="http://reliefhhs.com">http://reliefhhs.com</a><br><br>1-888-817-5656   | Available for care<br>24/7.                                       |
| The Samaritans of<br>Cape Cod & the<br>Islands |  | Volunteer organization<br>whose mission is to end<br>suicide. Crisis line, senior<br>outreach program, Safe<br>Place support groups.                     | <a href="http://capesamaritans.org">capesamaritans.org</a><br><br>508-548-7999 <b>OR</b> 508-548-8900 (crisis line)   |   |

| Name                           | Location   | Description  | Contact   | Other  |
|--------------------------------|--|--|---|--|
| South Bay Community Services   | 470 Main Street<br>Mashpee MA 02649  | Work specifically with hoarders, services in familiar surroundings, individual counseling, outpatient center.            | <a href="http://southbaycommunityservices.com">southbaycommunityservices.com</a><br><br>508-521-2200  | Accepts MassHealth, medicaid, medicare, and most health insurance.                   |
| Vinfen Cape Cod & Islands PACT | 950 Cambridge Street<br>Cambridge, MA 0214   | Assertive community treatment. PACT and ACCS team provide ongoing case management and clinical services with prescriber. | <a href="https://vinfen.org/services/mental-health-services/pact/">https://vinfen.org/services/mental-health-services/pact/</a><br><br>617-441-1800<br><br><a href="mailto:info@vinfen.org">info@vinfen.org</a> | Clients referred through Department of Mental Health and select insurance providers. |
| VNA of Cape Cod                | 434 MA-134 G1,<br>South Dennis, MA 02660 <b>AND</b><br>255 Independence Dr,<br>Hyannis, MA 02601 | Home health services, therapy, community health programs, mental health assessments.                                     | <a href="https://www.capecodhealth.org/about/vna/">https://www.capecodhealth.org/about/vna/</a><br><br>1-800-631-3900   | Available 24/7   |

## Cape Cod Hoarding Resource Directory: Professional Organizers

| Name  | Location                                  | Description  | Contact  |
|---|---|--|--|
| Lynne Johnson,<br>Certified Professional<br>Organizer in Chronic<br>Disorganization ® | Greater Boston<br>area                    | Services specific to<br>hoarding, teaches<br>fundamental skills,<br>coaching.  | <a href="http://lynnejohnson.com">lynnejohnson.com</a><br><br>857-939-8748<br><br><a href="mailto:lg@lyneejohnson.com">lg@lyneejohnson.com</a>   |
| Beth Savage, Too<br>Much Stuff<br>Organizing and<br>Decluttering                      |   | Speciality in hoarding,<br>teaches skills.   | <a href="http://ihavetoomuchstuff.com">ihavetoomuchstuff.com</a><br><br>508-470-0638   |
| Carol Bishop, LICSW   |   |  | 508-776-3644   |
| Deb Scavotto,<br>Smooth Moving for<br>Seniors   | Cape & Islands                            | Assistance to seniors<br>moving or downsizing.<br>Provides emotional<br>support, sorting services,<br>dispersal of items not<br>being moved. | <a href="http://smoothmovingforseniors.com">smoothmovingforseniors.com</a><br><br>508-320-1518<br><br><a href="mailto:deborah@smoothmovingforseniors.com">deborah@smoothmovingforseniors.com</a> |
| Julie Brooks, Peaceful<br>Place Organizers  | 291 Satucket Rd.<br>Brewster, MA<br>02631 | Works with hoarders.<br>Collaborates with client<br>on plan of action, helps<br>them execute it, brings in<br>all needed resources.          | <a href="http://peacefulplaceorganizers.com">peacefulplaceorganizers.com</a><br><br>508-246-7866<br><br><a href="mailto:julie@peacefulplaceorganizers.com">julie@peacefulplaceorganizers.com</a> |
| Lynn Field  |   |  | 508-364-1584   |



| Name  | Location              | Description   | Contact   |
|---|-----------------------|---|---|
| Nicole Gabai, B. Organized                      | Cape Cod and New York | Home organization with space planning and time management. No services specific to hoarders, but will work with clients with excessive clutter. | <a href="http://b-organized.net">b-organized.net</a><br>508-532-2715<br><a href="mailto:nicole@b-organized.net">nicole@b-organized.net</a>                            |
| Terry Gavin                                     | Cape Cod              | Sort through possessions, disposes of items, lists items to sell online, re-organizes items being saved, puts items in storage.                 | <a href="https://www.terrygavinsolutions.com">https://www.terrygavinsolutions.com</a><br>508-432-0881<br><a href="mailto:tmgavin@verizon.net">tmgavin@verizon.net</a> |
| National Association of Professional Organizers |                       | Helps you find an organizer in your area.   | <a href="https://napo-newengland.com">https://napo-newengland.com</a>   |
| Institute for Challenging Disorganization       |                       | Clutter hoarding scale, fact sheets, and clutter quality of life scales. Classes, certifications, and ways to find an organizer.                | <a href="http://challengingdisorganization.org">challengingdisorganization.org</a>  |

| Name                   | Location                      | Description   | Contact  |
|------------------------|-------------------------------|---|--|
| Life Cycle Transitions | 333 Riciutti Dr<br>Quincy, MA | Services specific to hoarding. Creates safe, healthy, and sustainable home environment. Sorts, packs, cleans, hauls trash, moves item to storage. | <a href="http://lifecycletransitions.com">lifecycletransitions.com</a><br>877-273-7810<br><a href="mailto:brandon@lifecycletransitions.com">brandon@lifecycletransitions.com</a> |

## Cape Cod Hoarding Resource Directory: Cleaning and Restoration

| Name                  | Location  | Description  | Contact  |
|-----------------------|---|--|--|
| Address our Mess      |   | Experience with hoarding cleanup. Assigned case manager, no judgement, discrete cleaning, dumpsters available. | <a href="http://clutterhoardingcleanup.com">clutterhoardingcleanup.com</a><br>410-559-1845<br><a href="mailto:info@addressourmess.com">info@addressourmess.com</a>         |
| Aftermath             | 215 Plain Street<br>Units 3 & 4<br>Attleborough, MA<br>02760            | Hoarding clean up services, biohazard cleanup, uses discretion and care.                                       | <a href="http://aftermath.com">aftermath.com</a><br>877-701-5930   |
| RESCON                | 110 Old Town<br>House Road,<br>South Yarmouth<br>Massachusetts<br>02664 | Treats water damage, mold remediation, biohazard cleanup, and asbestos.  | <a href="http://gorescon.com">gorescon.com</a><br>508-568-8247   |
| Disaster Specialists  | 9 Jan Sebastian<br>Dr, Sandwich,<br>MA 02563                            | Water recovery, mold remediation, biohazard cleanup, general cleanups, and animal waste removal.               | <a href="http://disasterspecialists.com">disasterspecialists.com</a><br>800-675-3622   |
| Emergency Contractors | 770 Main Street<br>Osterville MA<br>02655                               | Full service licensed general contractor, mold removal, soot cleaning, and water damage.                       | <a href="http://emergencycontractors.com">emergencycontractors.com</a><br>508-775-1120<br><a href="mailto:info@emergencycontractors.com">info@emergencycontractors.com</a> |

| <b>Name</b>                           | <b>Location</b>  | <b>Description</b>   | <b>Contact</b>   |
|---------------------------------------|--|--|--|
| Enviroclean Restore                   | 111 Forge Road,<br>Westport,<br>Massachusetts<br>02790   | Hoarding clean-up services. Debris removal, human and animal waste removal, organization, and recycling. | <a href="https://www.facebook.com/envirocleaninc">https://www.facebook.com/envirocleaninc</a><br><br>888-231-3130  |
| Oceanside Restoration                 | 217 Thornton Dr<br>Hyannis,<br>Massachusetts<br>02601    | Rapid restoration services. Water damage, fire damage, mold damage, disposal with dumpster.              | <a href="http://oceansideinc.com">oceansideinc.com</a><br><br>800-464-3318   |
| Rytech                                | Bourne, MA   | Water damage, mold services, structural drying, raw sewage cleanup.                                      | <a href="http://rytechinc.com">rytechinc.com</a><br><br>508-319-9911   |
| Service Master South Shore            | 18 Jan Sebastian Drive, Unit #6<br>Sandwich, MA<br>02563 | Water damage, mold removal, biohazard cleanup, sanitization.   | <a href="http://servicemastersouthshore.com">servicemastersouthshore.com</a><br><br>888-545-2700   |
| SERVPRO, Upper Cape Cod & the Islands | 108 State Road,<br>Unit 4 Sagamore Beach, MA 02562       | Mold remediation and removal, biohazard cleanup, odor removal.   | <a href="http://servprouppercapecodandtheislands.com">servprouppercapecodandtheislands.com</a><br><br>508-888-5985<br><br><a href="mailto:beth@servprouppercapecandislands.com">beth@servprouppercapecandislands.com</a> |

| <b>Name</b>                         | <b>Location</b>                              | <b>Description</b>  | <b>Contact</b>   |
|-------------------------------------|--|---|--|
| South Shore Cleaning and Demolition | Dennis, MA                                   | Hoarding clean outs. Caring workers that help you accomplish clean out goals.                       | <a href="http://southshorecleanouts.com">southshorecleanouts.com</a><br>508-237-4855<br><a href="mailto:sshaheen1075@gmail.com">sshaheen1075@gmail.com</a>         |
| Whalen Restoration                  | 22 American Way<br>South Dennis,<br>MA 02660 | Mold remediation, soot cleaning, dust cleaning, moving and storage services.                        | <a href="http://whalenrestorations.com">whalenrestorations.com</a><br>508-760-1911<br><a href="mailto:info@whalenrestorations.com">info@whalenrestorations.com</a> |
| 1-800-GOT-JUNK                      | Plymouth, MA                                 | Junk removal for homes. Dumpster rentals, hauls almost anything, separate trash, furniture removal. | 1-800-468-5865   |
| Duncan Does It                      |  |   | 508-728-4837   |