



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Collaborative Partnerships in Hoarding Response



Elaine Birchall

Elaine Birchall holds a graduate degree (Masters of Social Work) from St. Patrick's College, Ottawa, Ontario, an institution with a long and honoured reputation of commitment to community.

A registered social worker with many years of experience, Elaine has dedicated her life to counselling individuals through difficult transitions in their lives.

Through her professional training and tenure with the first Canadian Hoarding Coalition, Elaine has developed specialized expertise on hoarding behaviour, including an extensive broad based network of community support and services.

Elaine is also the founding force behind the Canadian National Hoarding Coalition, which she led for two years. She is currently developing an Ontario wide Hoarding support initiative, tentatively titled "Ontario Roundtable on Hoarding."

2 Day Workshop

8:30am-4:30pm
May 4th-5th, 2015
Bella Vista
24 Torbay Rd, St. John's

3 Day Train the Trainer

8:30am-4:30pm
May 6th-8th, 2015
Admirals Green
460 Allandale Rd, St. John's

Registrations Fees:

Full 5 Day Conference
(Including breaks and lunch)
\$350.00 per registrant

2 Day Workshop
(Including breaks and lunch)
\$150.00 per registrant

To register please mail form to bhiscock@cmhanl.ca
No registration is final until all fees are received in full



Canadian Mental
Health Association
Newfoundland and Labrador

In Partnership with



Housing



5 Day Conference Draft Agenda

Day 1

- Understanding hoarding
- What it is
- What it isn't
- Understanding what you see
- Different types of hoarding
- How to identify hoarding behaviours
- The Do's and Don'ts for hoarding intervention
- Coexisting disorders
- Assessing risk
- Recommended services and best practise

Day 2

- Characteristics of those who hoard
- Effective interventions and strategy styles
- Hoarding and special needs groups
- Understanding hoarding and distorted beliefs
- Supporting change and preventing relapse
- Building partnerships and establishing coalitions

Day 3-5

Train the Trainer

Day 1

Working with Procrastination

- What is Procrastination?
- Beliefs
- Fears
- Fear of Failure
- Fear of Success
- Avoiding Success
- Procrastinators Promise
- Healthy Balance
- Dealing with Stress
- Overcoming Procrastination
- Change Behaviour



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Day 2

Building Enduring Hoarding Coalitions

- Vision
- Mission
- Values and Principles
- Key Stakeholders
- Committee Structure
- Inception
- Development

Day 3

Hoarding: Getting the Message Across

- Understanding our Client
- Motivational Interviewing
- Complicating Factors
- Questions and Forms
- Wrap Up
- Resources and Tools



Registration Form

Collaborative Partnerships in Hoarding Response

Registration Deadline: April 24th, 2015

Name	
Title	
Organization/Company	
Address	
Phone	
Email	

Please check one of the following registration options below

- 2 Day Workshop \$150.00
- 5 Day Conference \$350.00
- Includes:
 - 2 Day Workshop
 - 3 Day Train The Trainer

(Registration fees include lunch and nutritional breaks)

Payment can be made in person at the CMHA-NL office, or by money order, cheque, or credit card.

Credit card #: _____ Expiration Date: _____

Signature: _____

Money orders/cheques should be made out to CMHA-NL

The deadline to submit registration and payment is April 29th, 2015.

- Registration is not final until payment is received
- Cancellations cannot be made after the registration deadline.
- Substitute delegates will be welcome up to 48 hours before.

If you have any special dietary needs/requests, please indicate below:

If you require disability related supports or assistive devices for participation, please indicate below:

All questions can be directed to Beverley Hiscock bhiscock@cmhanl.ca