Piloting and Evaluating a Peer Led Hoarding Support Forum

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What is the Peer Led Hoarding Support Forum?

- A 2.5 hour structured, monthly support forum
- Peer led
- Focused on supporting participants to reduce acquiring and increase discarding of their possessions
Benefits of the Forum

• Opportunity to share experiences about discarding with other people who understand
• Enhance motivation
• Problem solve and learn from others
• Set SMART goals and report on goal achievement
• Recognise and challenge the “Bad Guys”
• Practice discarding into the rubbish bin
• Reduction social isolation
Meeting Structure

• Check in – 3 minutes per participant
• Discarding exercise
• Select volunteer for “Are you stuck?”
• Tea break
• “Are you stuck?”
• Goal setting
• Close meeting
• Post meeting informal chat
Establishing the Forum

• Leadership and support roles
• Developing a structure in consultation with forum members
• Reviewing and amending forum structure after 3 months
• Evaluating forum
Evaluation of Participant’s Experience of the Forum

• Questionnaire completed by each participant after every meeting
• Key areas evaluated: focus on HD, feeling supported and encouragement to change
Participant Responses: August 2015 – April 2016

Were there opportunities to problem solve?

Percentage

Aug  Sep  Oct  Nov  Jan  Feb  Mar  Apr

Lifeline Saving Lives
Crisis Support. Suicide Prevention.
Participant Responses: August 2015 – April 2016

Were you encouraged to make changes?

Percentage

Aug  Sep  Oct  Nov  Jan  Feb  Mar  Apr

Lifeline
Crisis Support. Suicide Prevention.
Participant Responses: August 2015 – April 2016

Did you feel supported in the group?

Percentage

Aug  Sep  Oct  Nov  Jan  Feb  Mar  Apr

Lifeline Saving Lives
Crisis Support. Suicide Prevention.
Evaluation of Participant’s Hoarding Related Behaviour and thinking

- Savings inventory Revised (SIR)
- Savings Cognitions Inventory (SCI)
- Depression, Anxiety, Stress Scale (DASS)
- 5 data collection point: Pre treatment group, mid point of treatment, post treatment, post support group and hoarding support forum
Savings Inventory Revised

SIR
(Hoarding Symptoms)

PRE, MID, POST TX, POST SUPPORT, FORUM
Savings Cognitions Inventory
DASS

DASS
(Depression/Anxiety/Stress)
Participant Experience

• Sally and Tania will share their personal experience of attending the forum over the past 10 months.
Learning and Next Steps

• Peer led support forum is a cost effective mechanism for maintaining changes in hoarding related thinking and behavior achieved during treatment

• A team of volunteer leaders and an agreed structured format is key to the success of the forum

• Use an increased focus on goal setting to enhance and maintain changes
Thank you

• Prof Jessica Grisham UNSW for her ongoing support and supervision of the Lifeline H2H Hoarding Treatment Program.

• Leaders and participants of the forum for their ongoing commitment to attend and their willingness to complete questionnaires!

• Wendy Carver CEO Lifeline H2H for her support and encouragement.