

## **Hoarding Treatment Information and Resources List/ San Diego**

### **Treatment Options:**

**UCSD Obsessive-Compulsive Disorders Clinic**  
Sanjaya Saxena, MD, Director, Professor of Psychiatry, UCSD  
La Jolla Village Professional Center, Suite B225  
8950 Via La Jolla Drive, La Jolla, CA 92037  
(858) 534-6200

**OCD Research Program**  
Sanjaya Saxena, M.D., Director, Professor of Psychiatry, UCSD  
Catherine Ayers, Ph.D., Assistant Clinical Professor, Department of Psychiatry, UCSD  
Jennifer Sumner, Ph.D., Coordinator, UCSD  
8950 Villa La Jolla Drive, Suite 207 La Jolla, CA 92037 (858) 534-8056

**San Diego Regional Program for OCD and Trichotillomania**  
Jim Hatton, Ph.D., MFT  
5665 Oberlin Drive, Suite 201, San Diego, CA 92121  
(858) 457-8428  
jdhatton@ucsd.edu

**VA San Diego Anxiety Disorders Clinic**  
Catherine R. Ayers, Ph.D., ABPP  
Assistant Clinical Professor, Department of Psychiatry, UCSD  
Program Director, Anxiety Disorders Clinic, VA San Diego Healthcare System  
3350 La Jolla Village Drive (116B)  
San Diego, CA 92161 (858) 552-8585 ext 2976

**Center for Understanding and Treating Anxiety (CUTA)**  
Nader Amir, Ph.D., Director, SDSU  
6363 Alvarado Court, Suite 301 San Diego, CA 92120  
(619) 229-3740  
sdsucuta@hotmail.com

**Briana Evans, LCSW**  
5665 Oberlin Drive, Suite 201, San Diego, CA 92121  
(858) 449-2563

**Lori Riddle-Walker, MFT**  
1081 Border Road Suite 101, Escondido, CA 92033  
(760) 715-7273  
llrwalker@sbcglobal.net

### **Support Groups:**

**Mid-County OCD and OC Spectrum Support Group**  
2nd and 4th Fridays of each month, 7 – 8:30 pm  
Mesa Vista Hospital, 7850 Vista Hill Ave. San Diego, CA  
Contact: Jim Hatton, Ph.D. (858) 457-8428

**Escondido OCD Group**

Last Monday of each month, 7pm

Escondido, CA

Contact: Lori Riddle-Walker, MFT 760 715-7273

**Hoarders' Support Group**

1st & 3rd Tuesday of each month, 6:30-8:30 pm

Mission Bay area

Contact: (619) 665-6330

E-mail: [spyyyyyke@igc.org](mailto:spyyyyyke@igc.org)

**San Diego Obsessive Compulsive Anonymous Meeting**

Monday nights, 6:00 - 7:00 p.m

The Department of Health Services Complex

3851 Rosecrans Street (In the Mission Room, across from the Old Town Trolley Station)

Contact: Jim P. (619) 757-6603 24-hr. voicemail.

**San Diego Phobia Foundation Support Groups**

Meets weekly. All Anxiety Disorders are welcome.

P.O.Box 3191 La Mesa, CA 91944-3191

Contact: Leslie Fadem, MFT (760) 944-6334

**Treatment Consultation/ Community Education:**

**Catherine R. Ayers, Ph.D., ABPP**

Assistant Clinical Professor, Department of Psychiatry, University of California, San Diego

Program Director, Anxiety Disorders Clinic, VA San Diego Healthcare System

Phone: (858)552-8585 ext 2976

E-mail: [cayers@ucsd.edu](mailto:cayers@ucsd.edu)

**Sanjaya Saxena, M.D.**

Director, UCSD Obsessive-Compulsive Disorders Program

Director, UCSD Outpatient Psychiatric Services

Professor, UCSD Department of Psychiatry

Phone: (858) 642-3472

E-mail: [ssaxena@ucsd.edu](mailto:ssaxena@ucsd.edu)

**International OCD Foundation (IOCDF)**

[www.ocffoundation.org](http://www.ocffoundation.org)

**National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

**Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org)