

Hoarding 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

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

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

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

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

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

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

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 (858)552-8585 ext
2976

International OCD Foundation (IOCDF)
www.ocfoundation.org

National Alliance on Mental Illness
www.nami.org

Depression and Bipolar Support Alliance
www.dbsalliance.org