OCD and Hoarding Resources (County of San Diego, State of California) revised 26 August 2011

**Groups (see page two for People)**

**OCD Support Group (Central S.D.)**

person: Jim Hatton, Ph.D., M.F.T. (details page 2)
time: 2nd and 4th Fridays of month, 7:00 - 8:30pm
type: professionally-assisted mutual help group
open to: individuals with OCD, BDD, TS, ICD
address: Sharp Mesa Vista Hospital 7850 Vista Hill Avenue San Diego, California 92123
directions: Take Highway 163 to Genesee Avenue exit, go East, turn left at Health Center Drive, turn right at Vista Hill Avenue. The hospital is on the left. Ask receptionist for the OCD meeting or the Day Treatment Lounge.

**OCD Support Group (North S.D. County)**

person: Lori Riddle-Walker, M.F.T. (details page 2)
time: last Monday of month, 7:00pm
type: professionally-assisted group
address: 502 West El Norte Parkway (on the left, behind the bell tower) Escondido, California 92026

**Hoarders Support San Diego Group (Central S.D.)**

phone: 619.665.6330
email: spyyyyke@igc.org
time: 1st and 3rd Tuesdays of month, 6:30 - 9:00pm
type: mutual help group
address: Mission Bay
directions: call phone number above for directions

**Obsessive-Compulsive Anonymous (Central S.D.)**

person: Jim P.
phone: 619.757.6603
time: every Monday, 6:00pm
type: twelve-step recovery program
address: Mission Room
Department of Health Services City of San Diego 3851 Rosecrans Street San Diego, California 92110

The following four groups, sponsored by the San Diego Phobia Foundation, are facilitated by a variety of therapists who rotate positions annually. Contact Leslie Fadem if you need to know the names of the individual facilitators at any given time. A five dollar donation for each meeting attended is appreciated.

**Anxiety Support Group (East S.D. County)**

sponsor: San Diego Phobia Foundation
time: every Monday, 6:30 - 8:00pm
address: Sharp Mesa Vista Hospital - East County 1460 East Main Street (at Oakdale Avenue), Room 206 El Cajon, California 92021

**Anxiety Support Group (Central S.D.)**

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (details page 2)
time: every Tuesday, 7:00 - 8:30pm
address: Sharp Mesa Vista Hospital Day Hospital Lounge 7850 Vista Hill Avenue San Diego, California 92123

**Anxiety Support Group (North S.D. County, Inland)**

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (details page 2)
time: every Saturday, 10:00 - 11:00am
address: Cypress Court (phone 760.747.1940) 1255 North Broadway Escondido, California 92026

**Anxiety Support Group (South S.D. County, Coastal)**

sponsor: San Diego Phobia Foundation
person: Leslie Fadem and associates (details page 2)
time: every Saturday, 9:30 - 11:00am
address: Sharp Chula Vista Hospital Administration Conference Room 751 Medical Center Court Chula Vista, California 91911

**Overcoming Hoarding Behavior Therapy Group**

Cognitive Therapy Institute, San Diego
phone: 858.450.1101
web: http://www.cognitivetherapysandiego.com/
address: 3262 Holiday Court, Suite 220 La Jolla, California 92037
- Learn CBT skills for reducing the “packrat” and hoarding patterns.
- Develop strategies to reduce clutter.
- Create a more organized, open, and pleasant home environment.
8-week program, 1.5-hour sessions, $40/session
Call 858.450.1101 for more information.

**Web Sites**

Anxiety Disorders Association of America ........................................ http://www.adaa.org/
Anxiety Panic Attack Resources ................................. http://www.anxietypanic.com/
Obsessive-Compulsive Foundation ..................................... http://www.ocfoundation.org/
Obsessive-Compulsive Foundation: Hoarding ................. http://www.ocfoundation.org/hoarding/

**Abbreviations**

BDD = Body Dysmorphic Disorder
CBT = Cognitive-Behavioral Therapy
ERP = Exposure and Response Prevention
ICD = Impulse Control Disorders
OC = Obsessive-Compulsive
TS = Tourette’s Syndrome
**People (see page one for Groups)**

**person:** Jim Hatton, Ph.D., M.F.T.  
**phone:** 858.457.8428  
**email:** jhatton@ucsd.edu  
**address:** 5665 Oberlin Drive, Suite 201  
San Diego, California 92121  
**specialty:** child, adolescent, adult, OC spectrum disorders, BDD, trichotillomania, hoarding, home visits, sliding scale, support group, ERP, CBT

**person:** Lori Riddle-Walker, M.F.T.  
**address:** 502 West El Norte Parkway  
Escondido, California 92026  
**phone:** 760.715.7273  
**email:** llrwalker@sbcglobal.net  
**web:** http://www.llrwalker.net/  
**specialty:** child, adolescent, adult, OC spectrum disorders, BDD, trichotillomania, San Diego and Riverside Counties, Medicaid, home visits, sliding scale, support group, ERP, CBT

**person:** Stephen M. Stahl, M.D., Ph.D.  
**phone:** 760.444.9065  
**address:** 1930 Palomar Point Way, Suite 103  
Carlsbad, California 92008  
**specialty:** child, adolescent, adult, medication, OC spectrum disorders, BDD, trichotillomania

**person:** Sanjaya Saxena, M.D.  
Associate Professor  
Department of Psychiatry  
University of California, San Diego  
**phone 1:** 858.642.3472  
**fax:** 858.642.6442  
**email:** ssaxena@ucsd.edu  
**address 1:** VA San Diego Medical Center, Room 2129  
3350 La Jolla Village Drive  
San Diego, California 92161  
**phone 2:** 858.534.6200  
**address 2:** UCSD OCD Clinic  
8950 Villa La Jolla Drive, Suite B-225  
La Jolla, California 92037  
**specialty:** adult, medication, OC spectrum disorders, BDD, trichotillomania, hoarding, ERP, CBT

**person:** Allan E. Mallinger, M.D.  
**phone:** 619.692.9700  
**address:** 3551 Front Street  
San Diego, California 92103  
**specialty:** adult, OC spectrum disorders, sliding scale, medication

**person:** Brett Johnson, M.D.  
**phone:** 858.455.9712  
**fax:** 858.455.9713  
**email:** johnson@psychiatryca.com  
**address:** 4225 Executive Square, Suite 1130  
La Jolla, California 92037  
**specialty:** child, adolescent, adult, medication, OC spectrum disorders, BDD, trichotillomania, hoarding, ERP, CBT

**person:** Paul C. Lee, M.D.  
**phone:** 858.646.9877  
**fax:** 858.824.1916  
**address:** 7770 Regents Road, Suite 11303  
San Diego, California 92122  
**specialty:** child, adolescent, adult, medication, OC spectrum disorders, trichotillomania, ERP, CBT

**person:** Jeff Schanowitz, Ph.D.  
**phone:** 619.252.3713  
**fax:** 858.536.7084  
**email:** jeffs686@yahoo.com  
**address:** 7484 University Avenue, Suite 330  
La Mesa, California 91941

**person:** Leslie Zebb, Ph.D.  
**phone:** 619.516.3469  
**address:** 27461 Los Altos, Suite 275  
Mission Viejo, California 92691

**person:** Rachael Hatton, M.A., M.F.T. Intern  
**phone:** 858.703.7620  
**email:** rachael.hatton@rhattontherapy.com  
**web:** http://www.rhattontherapy.com/  
**address:** 502 West El Norte Parkway  
Escondido, California 92026  
**specialty:** child, adolescent, adult, OC spectrum disorders, hoarding, support group, ERP, CBT

**person:** Leslie Fadem, M.A., L.M.F.T.  
**phone:** 760.944.6334  
**email:** FademMFT@aol.com  
**specialty:** anxiety disorders, trauma recovery

**San Diego Phobia Foundation**  
**phone:** 760.944.6334  
**address:** Post Office Box 3191  
La Mesa, California 91944-3191

Please email corrections/additions/deletions to Joe Freeman <joe.freeman@iname.com>