



The Power of Unity In Action

By Dirk O'Donnell

Ecclesiastes 4:12 reminds us, "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

This verse beautifully illustrates the strength found in unity. If a triple-braided cord is not easily broken, then imagine the impact of a rope made of 25!

Work Day Success

This principle was proven true at our recent workday, where 25 volunteers from North MacArthur, The Park, Memorial Drive, Broken Arrow, Blue Starr, and Crosstown congregations gathered to revitalize our campus. These amazing individuals spent their Saturday removing 26-year-old carpets and painting fresh, vibrant colors on 23-year-old walls. The day started around 10 AM and the last volunteer left at 6:30 PM.

A special thanks goes out to the North MacArthur group, who were the driving force behind this workday. They reached out in May, eager to volunteer on campus as a summer service project. Once the date was set, an interior designer graciously volunteered their services to help select new colors and design concepts for the classrooms and common areas where our teens spend their time.



Additional Campus Improvements

In addition to the workday efforts, we've made significant progress in other areas on campus:

- 5 Showers Remodeled: Upgraded for better functionality and aesthetics.
- Exterior Door Replaced: Enhancing security and appearance.
- Ceiling Repairs: Addressing structural issues to ensure safety.

Ongoing Projects

Our work doesn't stop here. Throughout the summer, a mix of volunteers and contractors will continue addressing maintenance needs on campus. We look forward to sharing more updates and pictures as our projects progress.

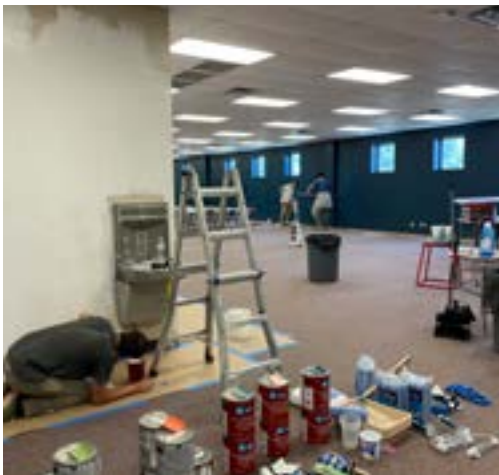
A Heartfelt Thank You

Please join me in extending a heartfelt thank you to all the volunteers and contractors who are helping restore our facilities. Their dedication and hard work ensure that everything will be ready when the teens return.





THANK YOU
for being the hands and feet of Jesus!



WE'RE HIRING



Hope Harbor is seeking candidates for the roles of Program Director and Academy Lead Teacher. Help us find the right individuals by spreading the word within your networks, church communities, and among friends. Your referral could connect someone with our mission of positively impacting teens' lives while upholding Christian values at Hope Harbor.

If you or someone you know is interested in applying, please contact Dirk O'Donnell at dirk.odonnell@hopeharborinc.org.

Program Director Job Details:

The program director will coordinate all aspects of our program to provide exceptional care for youth and families. We value accountability, respect, and excellence.

Qualifications:

- Licensed Mental Health Professional
- Minimum three years of experience supervising staff
- Five or more years of experience working with teens



Academy Lead Teacher Job Details:

The academy lead teacher will be responsible for developing the curriculum, providing daily instruction, and supervising our educational team. With a focus on fostering confidence and academic growth, this position will play a crucial role in the lives of our students.

Qualifications:

- Certified Special Education
- Minimum three years teaching experience
- Five or more years of experience working with teens
- Minimum one year of leadership experience
- Minimum one-year curriculum experience
- Minimum one year of trauma-informed education experience

HOPE HARBOR

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HONOR

HOPE HARBOR

MEMORIALS & HONORS

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YOUR GIFT AS A MEMORIAL OR HONOR GIFT

☐ A MEMORIAL FOR

☐ IN HONOR OF

Name of person being
memorialized or honored.
(PLEASE PRINT CLEARLY)

Send Acknowledgement To: (Please Print)

Name _____

Address _____

City, State, Zip _____

Given By: (Please Print)

Name _____

Address _____

City, State, Zip _____



Scan the QR code with
your smart phone to
donate your memorial
or honor gift online at
hopeharborinc.org.

HOPE HARBOR NEEDS YOUR PRAYERS

At Hope Harbor, hope comes from you doing God's work.

We never promised this journey would be a walk in the park, but your support gives us hope and strength to keep pushing ahead. Every week, we get calls from families in need, and your prayers and donations are making a real impact during this period of change as we prepare an updated safe place for teens to return to.

We have seen many blessings come out of this season and know it is because of what God has called you to do.



ACT NOW

Support Hope Harbor by donating or sharing their
current needs with your community to make a difference.

UNDERSTANDING TRIGGERS AND ITS IMPACT ON TEENS

By Dirk O'Donnell

Have you ever considered how certain experiences evoke specific emotions? Join me in a brief exercise to explore the concept of “triggers.” Before we begin, it’s important to note that I am not a licensed mental health professional. What I share here is based solely on personal experience and observation over the last four years.

Exercise 1:

What comes to mind, or how do you feel when you think of the following items, events, or locations?

- Beachside sunset
- Snow-capped mountains
- Warm apple pie
- The crackle of a fireplace on a cold winter day

Exercise 2:

What comes to mind, or how do you feel when you think of the following items, events, or locations?

- The principal's office
- Dentist appointment
- Seeing police lights in your rearview mirror
- A loud crack of lightning outside your window

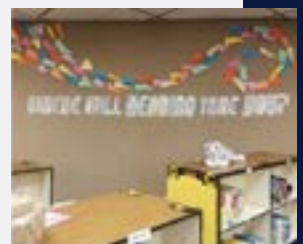
When you read through Exercise 1, you likely recalled happy thoughts, perhaps remembering a positive event or even smelling that warm apple pie. I call these “positive” triggers—memories that our minds have stored and can easily recall when reminded of a scene, sound, or smell from our past.

As you go through Exercise 2, you might have felt your mood shift. Perhaps old negative memories came up, showing some “negative” triggers.

I’m sharing these exercises to show you a bit about triggers and how they affect our emotions and actions. Many teens you help with your kind donations deal with tough triggers, especially at school. School is often where they meet social workers, get the news they can’t go back home, and learn they’ll be with a new family. For some, this unsettling situation has happened many times—one teen went through it more than 20 times.

To help these teens, I asked an interior designer to create new color schemes for the school room and counseling spaces, aiming to make them look different from any other school these teens have attended. The goal is to help the teens work through their negative triggers associated with school and replace them with a sense of safety and confidence.

Because of your support, these teens will have the opportunity to replace negative feelings associated with school and gain the confidence to succeed in previously challenging environments. Thanks for being a key part of this transformation. Your contributions truly impact the lives of these young individuals, helping them move past their past and create a brighter future.





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