



## Alumni E-Newsletter, October 2022



### Spotlight on NDNU Alumnus Chris Miller



“God writes with crooked lines. We serve Him by using our gifts and talents,” says Chris Miller – this month’s featured alumnus – aptly summing up his calling, his vision and his boundless energy.

Gifts and talents certainly abound for this California native. Born, raised and currently residing in Los Gatos, he commutes Mondays through Fridays to his current position as a religious studies teacher at De La Salle High School in Concord (now that’s dedication!).

In addition to past teaching posts at Saint Mary School in Gilroy; Saint Frances Cabrini School in San Jose; Canterbury School in New Milford, Connecticut; and his alma mater, Los Gatos High School, he has served as Youth and Adult Ministry Coordinator at St. Christopher Parish in San Jose; Youth Ministry Coordinator at Saint Thomas Aquinas Parish in Palo Alto; a consultant in drug, alcohol and suicide prevention for the Palo Alto Unified School District - and many more!

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### Interview with Helen Marlo, Professor, Clinical Psychology

We are delighted to feature Helen Marlo, Ph.D., Professor of Clinical Psychology and Department Chair for the School of Psychology, as this month’s administrator profile. Dr. Marlo has been on the faculty of the Department of Clinical Psychology since 1999 and has been serving as Department Chair since 2013. She was a faculty scholar with the university’s Sr. Dorothy Stang Center for Social Justice and Community Engagement and taught community-based learning courses.



Enjoy!

**Can you talk a bit about the mental health crisis in this area? Besides the pandemic, what factors have contributed to increasing need? What are some of the tipping points?**

The need for mental health services has been on the rise even before this global health crisis. However, the pandemic did help “normalize” people’s need for psychotherapy and it provided a more socially acceptable reason to seek out treatment.

In our area, perceptions, comparisons, and overvaluation of status, achievement, and success; the sheer challenge of making it, including financially; unconstructive messages around self-worth and relationships; dwindling empathy; and being disconnected from creativity, values, and a sense of purpose has distanced people from themselves and others. These factors can often lead to destructive relationships or they can erode genuinely good human relationships. This has led to many problems including trauma, depression, anxiety and addictions.

I think one tipping point from all these factors is an alteration to our attention span and ways of relating to others, including our capacity to listen to others' personal stories—especially if their story is longer than 280 tweeted characters! We are living in an information rich and reactive society that is emphasizing commentary and quick judgments rather than receptivity, listening, and understanding.

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## Help Relaunch the Alumni Association by Sharing Your Stories and Ideas

We are gearing up to officially relaunch the NDNU Alumni Association! While we're still a work in progress, we look forward to planning some in-person events, sharing news about fellow classmates and finding ways to connect you with other alumni.

To serve you better, we would be grateful if you would take a few minutes to answer a few questions for us in the short survey by [clicking here](#). For more information, please contact Marta Sniezek at (650) 508-3518, [msniezek@ndnu.edu](mailto:msniezek@ndnu.edu).



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## Free Wellness Fair on Saturday, November 12 on NDNU Campus

NDNU's Clinical Psychology Department will offer free psychological resources as part of the Department's Wellness Fair on November 12th.

The event will feature the following resources:

Connection with Community Supports

Wellness Practices

Self Care

Mindfulness

Stress Management

Suicide Prevention

Please [click here](#) to reserve

your spot.



Hosted by Clinical Psychology Dept.

ON-CAMPUS EVENT



Saturday, November 12th, 1pm - 3pm

Complimentary Clinical Psychology Resources



- StarVista Counseling Center: Suicide Prevention
- Caminar: Mental Illness Support
- National Alliance on Mental Illness (NAMI)
- Kara: Grief Support

Register Today at:

[www.ndnu.edu/events](http://www.ndnu.edu/events)

1500 Ralston Avenue, Belmont

## Give the Gift of Education by Supporting this Year's NDNU Annual Fund



Please consider supporting your beloved alma mater with a gift to the **NDNU Annual Fund**. As an alum of our beloved university, you know first-hand the value of NDNU's educational program. You can help future generations of students enjoy the same high quality education with your tax-deductible gift. Gifts to our Annual Fund support scholarships, programs, and critical operational needs. [Click here](#) to make a secure online gift.

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