



**SLO County Help Me Grow** is a county-wide system that supports children and their families by providing free developmental screenings and linkages with community services to promote healthy growth and development for all children from birth to age five. Help Me Grow brings together families, pediatricians, early care and education, and human service providers to ensure that San Luis Obispo County's children reach their optimal potential.

## **JANUARY'S HERO**

Brooke Griffiths Bergquist,  
*RD, CDE, Health Education Department  
Coordinator, Community Health Centers of  
the Central Coast*

**Brooke Griffiths Bergquist is a champion for children and families, helping them successfully navigate the whole spectrum of healthcare for the best possible start in life.**

As the Health Education Department Coordinator at Community Health Centers (CHC) of the Central Coast, Brooke is an advocate for individualized, child-centered approaches to growth and development. She believes strongly in working with families to meet children where they are at, and to understand how they interpret the world around them/learn best, in order to create a plan that is uniquely tailored to suit their needs. Brooke has been instrumental in getting the 3x3 Program into CHC clinics, an initiative born from state recommendations that developmental screenings be done at minimum 9 months, 18 months and 24/30 months, then continue until age 5.

Brooke oversees and empowers a team of CHC Health Educators, who make sure parents and caregivers fully comprehend every aspect of the screenings process and who connect them with a medical provider to bring that child's care plan to life. Brooke leads largely from her own personal experience, as she has a daughter who she says, growing up, did not fit into the standard boxes provided by traditional educational settings. Her colleagues say that families are

always grateful to work with someone who understands their concerns, questions and needs as well as Brooke.

Brooke's professional path includes more than two decades in related work. She started out by educating pregnant women with diabetes on how to utilize nutrition to optimize the health of their babies. She is still turning that expertise into action in another of her CHC roles as the Diabetes Prevention Program Manager. No matter what job Brooke takes on, she does it with compassion and kindness— as she daily pursues the ultimate goal of breaking down barriers and giving individuals the right tools to reach their fullest potential.

**Thank you, Brooke.  
You are a true Hands-On Hero.**



"Hands-on Heroes is a recognition program, coordinated with partner agencies, that honors individuals making a difference in the lives of young children and families. The year 2021 highlights Heroes in working in child growth and development. To learn more about "Help Me Grow" and "Hands-on Heroes," please visit [slohelpmegrow.org](http://slohelpmegrow.org) and [first5slo.org](http://first5slo.org).