



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.

JUNE'S HERO

Alison Borgsmiller,
Family Nurse Practitioner (FNP-BC)
Bravo Pediatrics

Alison Borgsmiller is a Champion for Children, caring for young patients and their families during some of the most vulnerable stages and moments of their lives.

As a Board Certified Family Nurse Practitioner (FNP-BC) at Bravo Pediatrics in San Luis Obispo, Alison pulls on her 15 years of experience and foundation in holistic nursing to provide individualized care for growing children. She is passionate about taking care of the entire person, not just the disease or ailment, and she strives to guide and support parents as they navigate raising a family on the Central Coast.

Alison was born and raised in SLO County, graduating from Paso Robles High School, where she was an active member in Future Farmers of America (FFA). The organization fostered in her a love for science, anatomy and leadership that led her to pursue a degree in nursing. It was while completing her Doctorate in Nursing Practice at the University of Nevada, Las Vegas (UNLV) that Alison seized the opportunity to spearhead a joint project for Bravo Pediatrics and First 5 SLO County: an evidence-based initiative to promote surveillance and screening for developmental milestones in children, now known as "Help Me Grow" (read more above).

Social-emotional deficits affect an estimated 5% to 20% of preschool-aged children, so such screening tools

are vital because early identification and treatment, specifically addressing mental health, can significantly impact an individual's long-term health and wellness.

Course instructors, supervisors and peers say Alison puts the same kind of energy and enthusiasm into her nursing work that she does as an avid marathon runner. She truly goes the distance for little ones and their families. Her problem-solving mentality enables her to easily mitigate challenges while remaining calm. She is a natural at connecting with people and ensuring that each patient receives a wealth of personal attention. Every day on the job, Alison blends the perfect combination of head and heart to address needs, find resources and ultimately improve the lives of many children and families in our community.

**Thank you, Alison.
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 and first5slo.org.