

# elaine uskoski

video gaming addiction speaker, author & coach

Elaine speaks to a variety of groups and organizations including parents, grandparents and teachers as well as mental health front line workers and corporations. She also participates on panel discussions that include experts on the subject of video gaming addiction.

She offers several types of talks, sharing her personal story and the numerous aspects of addiction including: the personal and professional toll, economic/social impact on both the gamer and their family. Elaine offers statistics, information, resources and tips for managing technology.

All talks include a Q & A with the audience.



Book available at  
**amazon**



## One More Level: Video Gaming Addiction

30-45 minute talk for parents, grandparents and teachers features Elaine's personal story as well as statistics, information, resources and tips for prevention.

15-30 minute talk for front line mental health workers including the impact of gaming addiction on mental and physical health, personal life, education and the economic cost for the gamer and their family.



## Dial it Down: Don't Outsource Your Brain For Your Apps

30-45 minute talk for corporations on mental health & technology, the impact on mental health with excessive use of technology and tips to create more balanced day to day living and technology.

## Short Biography

Several years ago, Elaine Uskoski faced one of the biggest crisis of her life when she learned her youngest son Jake was addicted to video gaming. She put everything on hold to deal with the magnitude and seriousness of his obsession. At the time, there was little known about this type of addiction and Elaine found herself focusing all her energy on research, learning everything she could so she could help her son. She married this insight with her 18 years' experience in social service work and health and wellness.

With knowledge, patience and perseverance Elaine was able to successfully help Jake regain his physical and emotional health. She chronicled her experiences in her book "Seeing Through The Cracks" and now shares her powerful message of hope and awareness through her work as a coach for parents and speaker. Elaine has been featured by many media outlets including CBC's The National, The Wall Street Journal, CBC Radio, CHCH, and Rogers TV.



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