



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 20+ 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/families and as a speaker. Elaine’s second book, “**Cyber Sober; A Caregiver’s Guide to Video Gaming Addiction**” has now also been published. She is a Canada Clinical Partnership Specialist for Intenta Clinical Training for Gaming Disorder. Elaine has been featured by many media outlets including CTV W5, CBC’s The National, CHCH TV, Global News, National Geographic, The Wall Street Journal, and CBC Radio.