



In 2014, Elaine Uskoski faced one of the most challenging moments of her life when she discovered that her youngest son, Jake, was struggling with a video gaming addiction. Recognizing the severity of the situation, she immediately paused everything to focus on helping him. At the time, there was little understanding of this type of addiction, so Elaine dedicated herself to researching and learning everything she could to support her son. She combined her knowledge with over 20 years of experience in social services and health and wellness to create a path to recovery.

Through unwavering dedication, patience, and a holistic approach, Elaine was able to guide Jake back to physical and emotional well-being.

Elaine shared her journey in her first book, *Seeing Through the Cracks*, and now uses her story to inspire and inform others. As a coach for parents and families, as well as a public speaker, she shares a message of hope and awareness. Her second book, *Cyber Sober: A Caregiver's Guide to Video Gaming Addiction*, and her third book, *Wired to Game*, have also been published to provide further support to families dealing with this growing concern.

Elaine is a Clinical Partnership Specialist for Intenta Clinical Training for Gaming Disorder in Canada and has been featured in prominent media outlets such as CTV W5, CBC's *The National*, *Maclean's* magazine, CHCH TV, Global News, National Geographic, The Wall Street Journal, and CBC Radio.

A respected international speaker, Elaine has shared her insights in Busan, Korea, London, UK, and contributed to two European documentaries. In April 2025, she was honored with the Silver 2025 Women Changing The World (WCW) Leadership Award for *Therapy & Counselling*.