

Addiction Expert Shontelle Prokipcak to be Featured on CUTV News Radio

OTTAWA, ONTARIO, CANADA, February 9, 2015 /EINPresswire.com/ -- Children who begin using substances while their brain is still rapidly developing can become addicted much faster than an adult, sometimes as quick as six months depending on the substance. If we can prolong a child's introduction to substances, there's less of a chance of an [addiction](#) developing. Working with families, schools, and communities can prevent these problem behaviors before they occur.

But according to the Canadian Alcohol and Drug Use Monitoring Survey, youths 15 to 24 years old have the highest self-reported use of illicit substances compared to other Canadians and are approximately five times more likely to report harm because of drug use. A child struggling with addiction can't be expected to navigate their way through these challenges by themselves. It's a family process.

Shontelle Prokipcak is a registered social worker who has been providing mental health and addiction services for children, youth, young adults and their families in the Ottawa Region for over 14 years. Shontelle has extensive training and experience in counseling, crisis management, trauma, victim assistance, addiction issues and treatment, as well as youth conduct disorders.

"I collaborate with schools and the family doctor and the families themselves, even grandparents, so everyone is working together," says Shontelle. "I try to get everybody on board with my treatment plan because we have better outcomes from that kind of collaboration."



Shontelle's expertise is working with children, youth and families who have challenges at home or in the community and struggle with anxiety and depression, behavioral problems and addiction.

"These kids don't know how to regulate their emotions"

deal with stress.”

Shontelle says the youngest child she will see for [substance abuse](#) is 12 or 13. She will typically first meet with the child individually to get to know them and for them to feel comfortable.

“I put the child in the driver’s seat so to speak,” says Shontelle. “Sometimes they want to be there; sometimes it’s a requirement of the family or the legal system. I let them know I’m working for them and I ask them to give me an opportunity to work. We set goals together, we develop the plan and we share it with the family.”

Shontelle knows firsthand the impact these kinds of issues can have on a family. Shontelle herself grew up in a single parent home characterized by addiction, mental health issues and poverty. Today, Shontelle is an advocate both for children struggling with addiction as well as the children of addicts.

“I’ve always enjoyed working with youth,” says Shontelle. “After they’ve done their work with me, they go on with their lives and hopefully prosper, so I love hearing from the people I’ve worked with. We want to help children navigate their way through their developmental stages appropriately.”

CUTV News Radio will feature Shontelle Prokipcak in an interview with Jim Masters on February 11th at 10am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Shontelle Prokipcak, visit <http://www.shontelle.ca/>

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