

Monika Polefka-Proulx

AUTHOR - SPEAKER - COACH

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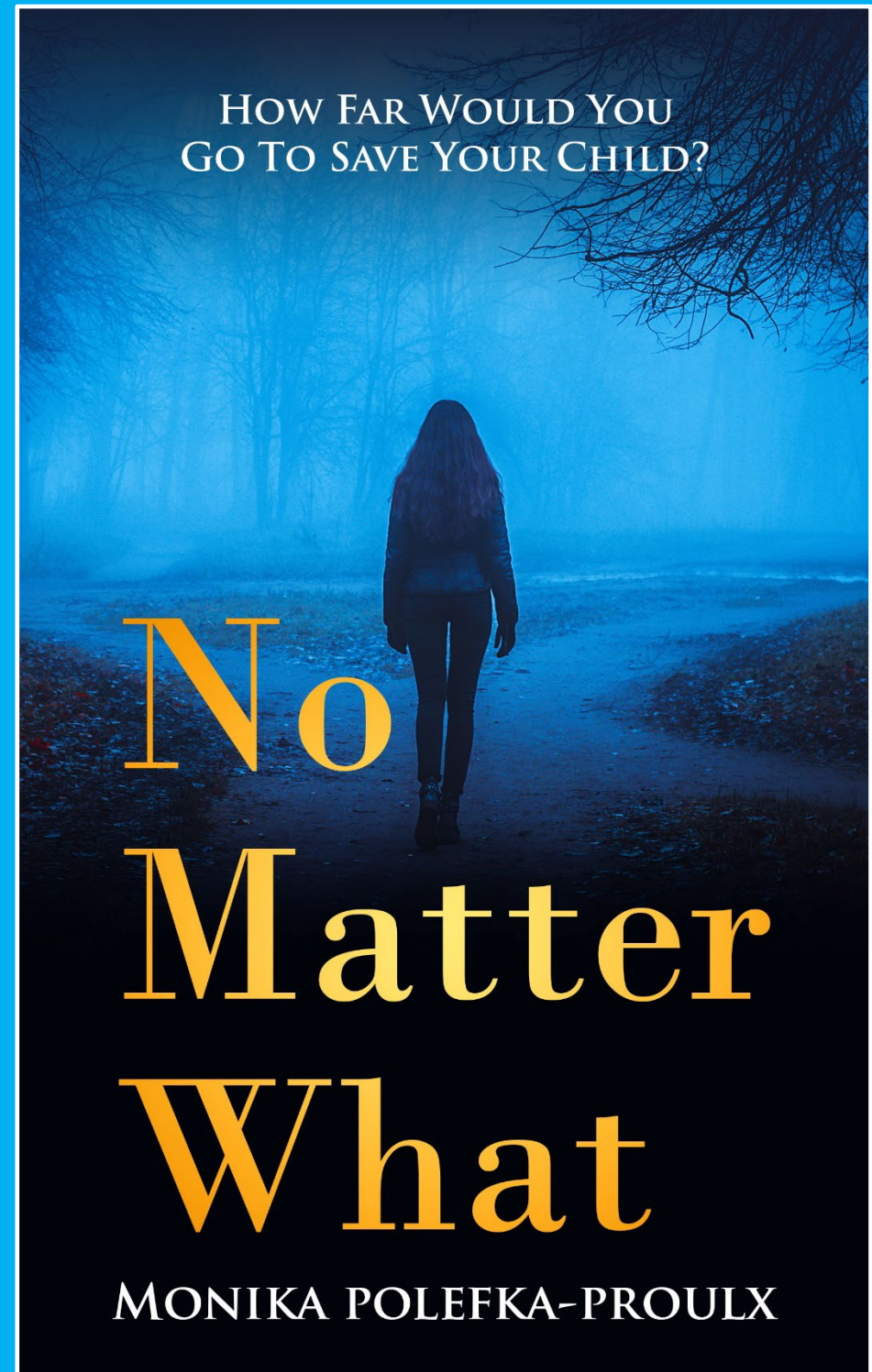
No Matter What - How Far Would You Go to Save Your Child?

BOOK SYNOPSIS:

No Matter What— is the true story of a young girl, Samantha, whose cognitive learning disability led to years of preconceived judgements and bullying.

Growing up in a small town can be idyllic, or it can be a secret breeding ground for drugs, alcohol, and violence. After years of trauma, Samantha is overcome with depression, despair and suicidal ideation. Searching for acceptance, she runs away from home with a group of teens involved in criminal activities. Unable to find help from traditional sources and desperate to bring Samantha home, Monika takes matters into her own hands.

Suppose you have or know someone who has faced the daunting task of helping a child overcome peer pressure, manage mental illness, or break free from bad influences. In that case, this book will help you feel less alone.





ABOUT AUTHOR:

Monika Polefka-Proulx knows the effects of trauma. She understands how, if not addressed, it can taint every aspect of our lives. Through her writing, Monika provides hope for others struggling to move forward from past traumas.

She is happily married to her husband of over 30 years, Mike Proulx and is a proud mother and grandmother. She lives with her family in Westlock, County, Alberta.

Monika takes your time very seriously and doesn't believe in wasting one second of it. If you're interested in scheduling an interview, please contact her at:

authormonikapolefka-proulx@outlook.com

SAMPLE INTERVIEW QUESTIONS:

1. Can you tell us a little bit about the book?
2. What made you decide to write this book?
3. What's the #1 thing you would say to a parent who is having trouble with their teens?
4. What is the biggest mistake you made when your family was navigating through your teen's depression?
5. How can they get in touch with you or find out about new programs or books?
6. How can people purchase it the book?

JOURNAL OF ABNORMAL PSYCHOLOGY

A study published in the Journal of Abnormal Psychology in 2019 indicates the teen mental health crisis continues to grow. In fact, mental health professionals and members of the medical community have referred to the current rising trend in teens seeking (or needing) mental health treatment as an epidemic.

Teen Mental Health: Facts & Statistics (adolescentwellnessacademy.com)

The World Health Organization says: <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10-19 years.
- Half of all mental health conditions start at 14 years of age but most cases are undetected and untreated.
- Suicide is the third leading cause of death in 15-19-year-olds.

Parents and caregivers often feel at a loss to help their child.

No Matter What is the story of one family's struggle to reach their child, when traditional resources were unavailable.

