

## APERCEVOIR: THE PEOPLE OF CHILD AND ADOLESCENT PSYCHIATRY

### Dr. Sophie Flor-Henry interviewed by Lind Grant Oyeye

**S**ophie Flor-Henry was born and raised in Edmonton. She completed medical school at the University of Calgary, psychiatry residency at the University of Toronto, and returned to the University of Alberta for subspecialty training in child and adolescent psychiatry. Upon graduating, she moved to the Yukon where she now lives and works and remains connected to the University of Alberta Child Adolescent & Psychiatry Program as the Rural Rotation Coordinator.

**LIND GRANT-OYEYE (LGO):** Thank you very much for accepting to be interviewed for JCACAP.

**SOPHIE FLOR-HENRY(SFH):** Oh! It is great.

**LGO:** What can you tell us about your background? For example, what has your journey been like in child and adolescent psychiatry?

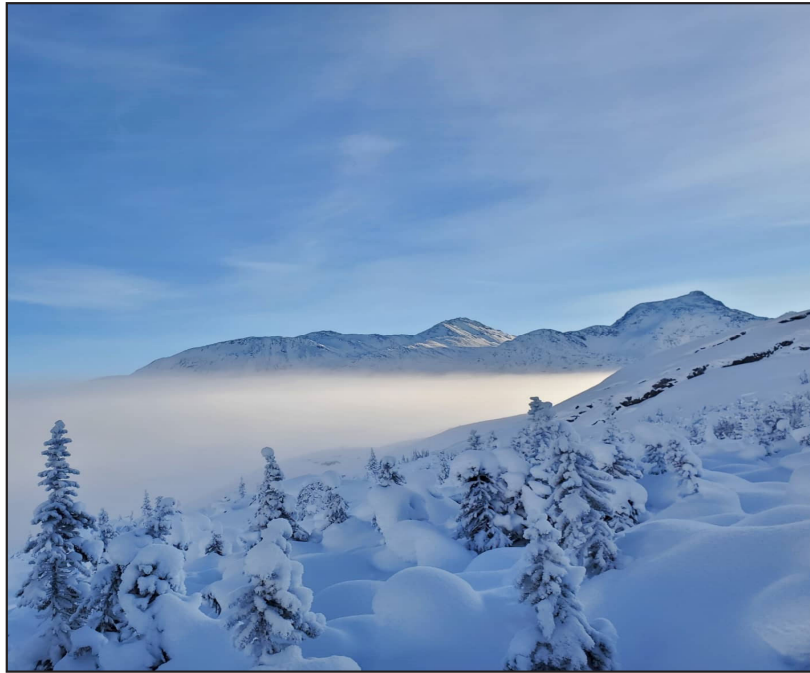
**SFH:** I initially wanted to be an adult psychiatrist, but during my fourth year of residency, I changed my mind following my child and adolescent psychiatry rotation. I loved the experience.

**LGO:** I note that you work in the territories. What can you tell us about your work in the Yukon?

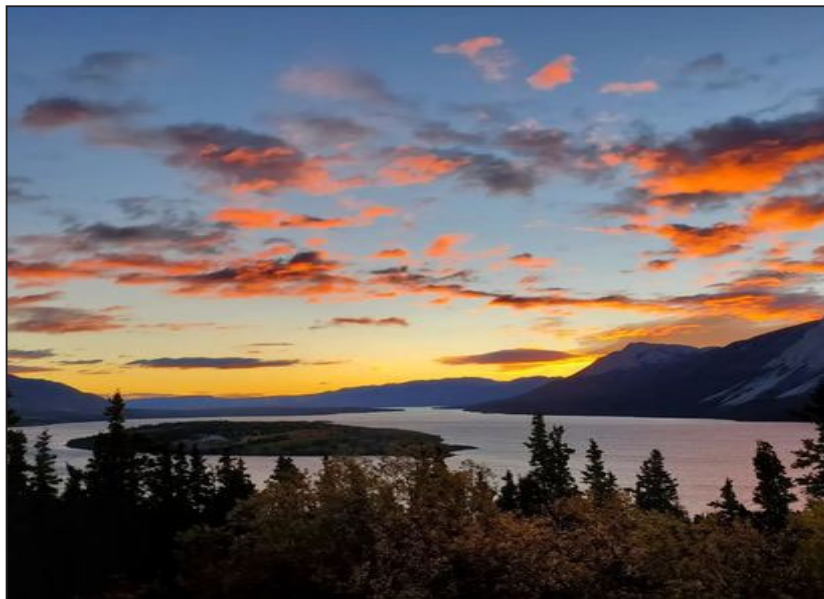


Hiking

Photo credit: Sophie-Flor Henry



Snow  
Photo credit: Sophie-Flor Henry



Sunrise  
Photo credit: Sophie-Flor Henry

**SFH:** I have been here for two and a half years. A friend told me about the opportunity in my final year of residency. I came here for an elective to check things out and liked it. I am the only child and adolescent psychiatrist based in the territories, but I am lucky to also get support from a visiting child and adolescent psychiatrist and my adult psychiatry colleagues.

**LGO:** What would you consider the unique aspects of your work?

**SFH:** Working here allows me to undertake advocacy for services. It is enjoyable working here. You get to do a lot of things clinically.

**LGO:** What advocacy items have you recently undertaken that you wish to share with the JCACAP readership?

**SFH:** I have advocated for increased access to services to reduce the need to transfer youths out of the territory for care. My vision is to have a day hospital for youths in the future. The day center would be beneficial for education as well.

**LGO:** Regarding the landscape, did aspects surprise you when you first arrived in the territories?

**SFH:** I did not realize how many mountains or lakes there are. There are so many mountains. It is beautiful. There are so many lakes that you could pick from to go to on a weekend.

**LGO:** When you are not working, what do you do for leisure?

**SFH:** I love skiing and snowboarding. I try to get better at several things. I am trying to get better at canoeing and fishing.

**LGO:** Are there any misconceptions regarding the territories you wish to provide more insight on?

**SFH:** I think people see it as very far away and not accessible. It is really not very hard to get here. There are flights out of Vancouver, for example. I think it is worth visiting.

**LGO:** What time of the year would you recommend for a visit?

**SFH:** Either the summer or the winter, so you can engage in summer or winter activities.

**LGO:** No in-betweens?

**SFH:** yes, no in-between. Either summer or winter activities.

**LGO:** Regarding a more general subject, what three items are you grateful exist?

**SFH:** I am grateful that food exists. I love food—different types. I am also grateful for the ability to take photos. I also love books and music.

**LGO:** Speaking of food, do you have a favorite dish?

**SFH:** I love Chinese noodles.

**LGO:** What nuggets of wisdom do you have for JCACAP readers?

**SFH:** I wish there would be fewer silos between agencies. I wish for more communication. I encourage people to check out opportunities in rural areas. I think it is a good idea to at least visit to have an idea of how others live and other landscapes.