



## **Dr. Sarah Adams R2**

**Educational background:** I did my undergraduate degree at the University of Toronto in International Health and Development, which was a co-op program. As part of the co-op, I worked as a research coordinator at St. Michael's Hospital in HIV Psychiatry. Afterwards, I did a Master's in Public Health in London, England at the London School of Hygiene & Tropical Medicine. Then I stayed in the United Kingdom for medical school at Queen's University.

**Hometown:** I was born in Toronto. I also lived in the small town of Fergus, which is near Guelph, Ontario, and then I moved back to Toronto for undergrad.

**Research/Academic interests:** I am interested in transitional age youth and first episode mood and psychosis. I am also interested in post-graduate training in psychiatry.

**Hobbies/personal interests:** I do a lot of outdoor activities with my husband. I enjoy camping, canoeing, hiking and cross country skiing. For our honeymoon, we went to Peru and did the Santa Cruz Trek where we camped in the Andes. I saw a lot of Alpacas! The best part of this trip was the gorgeous views from our campsites. I also read a lot and I am currently reading a book called, "A Little Life". It is a massive novel that follows four friends over many decades. My favourite restaurant in Kingston is Lindo y Que Rico.

### **What would you like to tell prospective applicants to our program?**

I chose this program because of its small size, the ability to get to know colleagues better and the ability to be more engaged in the program. When I was working in larger cities, so many supervisors encouraged me to pick a smaller residency program. The attendings and senior residents are all very approachable.

### **If you weren't a psychiatry resident, what other speciality (or occupation) would you have done?**

ER medicine or a Post Officer who delivers mail. I am a morning person and I could listen to podcasts and music on the way and be outdoors all day.

### **What is your favorite sound?**

The ocean waves on a beach, the sound of a canoe paddling across the water, the voices of the people I am most close to.

### **What is your greatest accomplishment?**

My close relationships.

### **What is your most treasured possession?**

My wedding ring. It's 1700 years old and my husband got it in eastern Turkey.