

Hello everyone,

At the beginning of my career (when I had lofty plans to build Adolescent Medicine as a Section in Paediatrics here at Alberta Children's Hospital), I was once told that it must be nice to have "youthful enthusiasm". Twenty-one years later, we continue to build programs and advocate for youth in myriad ways.

There are many roadblocks and times of reflection. Still, after reading [this article](#) someone posted this morning, I recognized that, in general, the positive energy "youthful enthusiasm" remains.

I love what I do, and I love seeing inspiration in others. Sometimes when we are in the thick of the structural obstacles of "the system", we have to step back, reevaluate and pause, and truly recognize the impact of optimism, kindness, forgiveness and giving others your belief and trust in them.

"So few grains of happiness measured against all the dark and still the scales balance," Jane Hirshfield.

This introduction is my way of sharing that I am taking a step back and proactively taking a leave from my position in Adolescent Medicine for a year. I am delighted and welcome Dr. Katie Soper who has accepted the locum position and will be a fantastic addition to the Section of Adolescent Medicine.

Dr. Soper completed medical school and Pediatric residency at Memorial University of Newfoundland. She went on to complete an Adolescent Medicine fellowship at McGill University. She worked in Tertiary care Adolescent Medicine in Newfoundland until 2017 when she joined Infinity Pediatrics and started the first Adolescent Medicine community practice in Alberta. She also works at the ACH Metta Gender clinic. Outside of work she enjoys exploring new places, trying new foods, and being active outdoors.

I will miss you all and the work with youth and families, and I wish you well-being and joy in your work and life.

"The inspiration you seek is already within you. Be silent and listen." Rumi

Be well,

April S. Elliott MD, FRCPC, FSAHM, CEC