

Michigan ACE Initiative Annual Conference

Closing Session

May 21, 2026



Facilitator:

Kimberlydawn Wisdom MD, MS, FACEP
*Senior Vice President of Community Health & Education and
Chief Wellness Officer
Henry Ford Health*

Panelists:

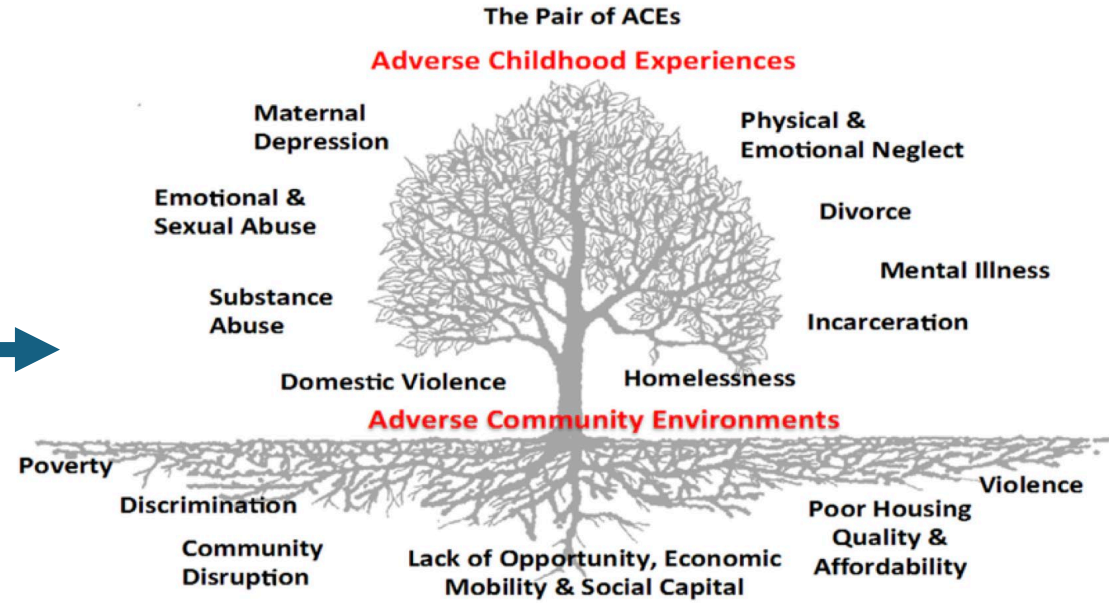
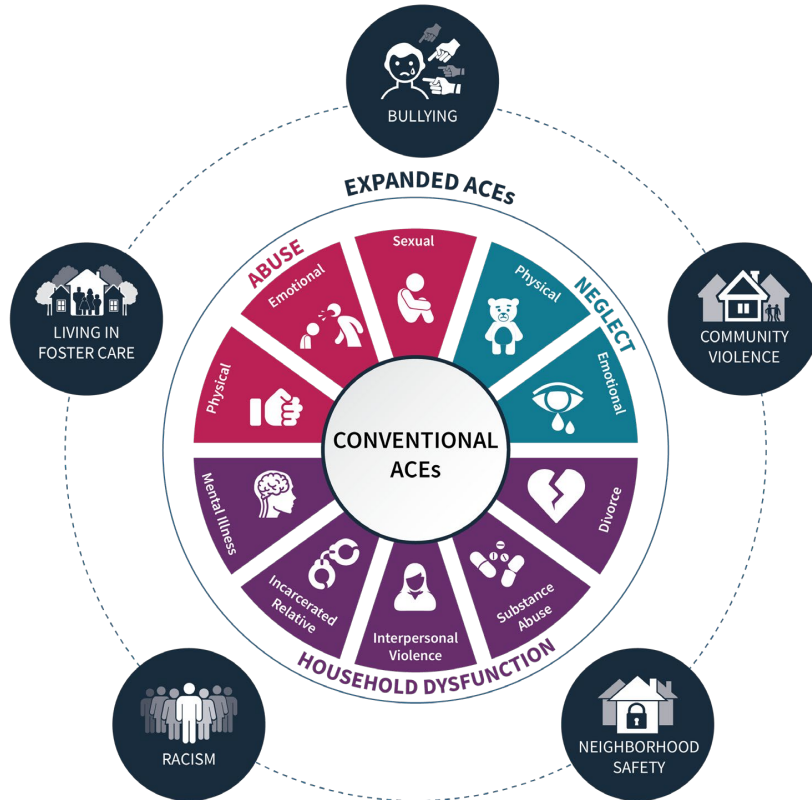
Shama Faheem, MD
Chief Medical Officer
Detroit Wayne Integrated
Health Network

Kesha Hamilton, MPA
Director of Training &
Recruitment
Wayne County Juvenile
Detention

Karen Gray-Sheffield, MA,
Counseling Education
Director of Open Arms,
Community Health, Education
& Wellness
Henry Ford Health

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ACEs



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Trauma



- “Results from an event, series of events, or a set of circumstances that an individual experiences as physically or emotionally harmful or threatening, which may have lasting adverse effects on the individual’s functioning and mental, physical, social, emotional or spiritual well-being”
- Overwhelms a person’s feelings of safety
- Nearly 90% of adults in the US reported exposure

Building Resilience



Self (individual)

Emotional intelligence in:

Sense of control, choice

Affirmation

Mastering skills

Sense of connection

(global and interpersonal)

Community (societal)

Trauma-informed environments

Resources to enable education and skill-building of the individual in:

Schools

Healthcare

Family resources

Legal systems

Community programming



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Pathway to Healing



Trauma &
Stress



Healing &
Resilience

Guiding Principles of Trauma Informed Care

SAMHSA's Concept of Trauma and guidance for a Trauma-Informed Approach, 2014 <http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

Safety

Throughout the organization, staff and the people they serve feel physically and psychologically safe.

Trustworthiness and transparency

Organizational operations and decisions are conducted with transparency and the goal of building and maintaining trust among staff, clients, and family members of those receiving services.

Peer support and mutual self-help

These are integral to the organizational and service delivery approach and are understood as a key vehicle for building trust, establishing safety, and empowerment.

Collaboration and mutuality

There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. The organization recognizes that everyone has a role to play in a trauma-informed approach. One does not have to be a therapist to be therapeutic.

Empowerment, voice, and choice

Organization aims to strengthen the staff, client, and family members's experience of choice and recognizes that every person's experience is unique and requires an individualized approach. This builds on what clients, staff, and communities have to offer, rather than responding to perceived deficits.

Cultural, historical, and gender issues

The organization actively moves past cultural stereotypes and biases, offers culturally responsive services, leverages the healing value of traditional cultural connections, and recognizes and addresses historical trauma.

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Henry Ford Health Programs



- Women-Inspired Neighborhood (WIN) Network
- Hope Starts Here
- Community Health Worker Hub
- TRUST Program, Schwartz Rounds
- Trauma Recovery Center
- Trauma & Resiliency Informed Community & Healthcare Organization (TRICHO)

Panel Discussion



- Shama Faheem, MD, Chief Medical Officer, Detroit Wayne Integrated Health Network
- Rev. Karen Gray-Sheffield, MA, Counseling Education, Director of Open Arms, Community Health, Education and Wellness, Henry Ford Health
- Kesha Hamilton, MPA, Director of Training & Recruitment, Wayne County Juvenile Detention

Wellness



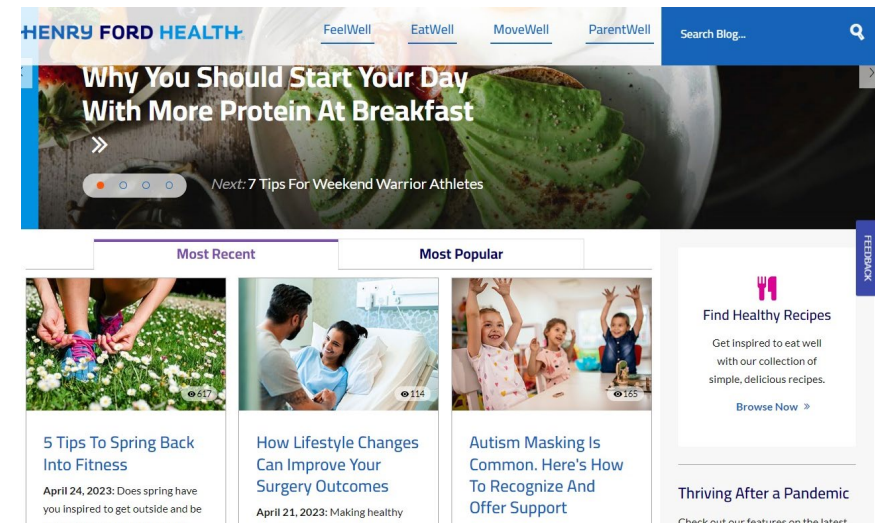
“Put your own oxygen mask on first”

“Self-care is not indulgence, it is self-preservation”



Henry Ford LiveWell Blog

- Practical nutrition guidance, fitness tips, and motivational articles to keep you on track
- Reliable, expert-backed insights on the latest health trends and news
- Helpful strategies for raising healthy kids and teens
- Prevention tips and advice for managing chronic conditions
- Resources for reducing stress, improving sleep, and enhancing overall well-being
- Explore more at: **HenryFord.com/blog**



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How to get started...



SAMHSA Guide



TIC Resource
Center



Trauma-
Informed
Oregon



THANK YOU!

CME/CE Instructions

- Please see the full CME/CE instructions in the program book.
- If you wish to receive CME/CE/Certificate of Attendance, you **MUST** complete the evaluation.
- Use the QR code to access the evaluation.



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