

Trauma-Informed Resilience-Oriented Leadership

In the [first episode](#) of our three-episode series, “What It Means to Be a School Leader,” Dr. Linda Henderson-Smith, a licensed counselor and a consultant for trauma-informed, resilience-oriented care with the National Council for Mental Wellbeing, describes what a good leader is and what it means to be trauma-informed and resilience-oriented.



LISTEN NOW

Learning Outcomes

- » Understand how leadership contributes to the creation of a trauma-informed, resilience-oriented school environment.
- » Discuss the key components of trauma-informed, resilience-oriented schools and how those translate into leadership roles.
- » Connect Cultural Awareness and Competence to Trauma-Informed Care.

Key Takeaways

- ✓ School leadership comes in two forms: administrative (positional) leadership and relationship (influential) leadership.
- ✓ All school leaders have a responsibility to care for the “whole person” when it comes to their students and staff, and to approach interactions with a trauma-informed, resilience-oriented mindset.
- ✓ A strong school leader listens to input from all people in the school community, regardless of their role, and must be actively involved and engaged in the work being done to make a change.
- ✓ Trauma-informed schools realize the prevalence of trauma, recognize the signs and symptoms of trauma in students and staff, respond to that trauma in a restorative, healing way, and resist retraumatization.
- ✓ Culturally competent care is a key component of trauma-informed leadership. In order to truly embrace trauma-informed care, schools have to engage in culturally competent care as well as diversity, equity, and inclusion practices with staff and students.
- ✓ The foundations of school leadership are trust, engagement, communication, and willingness to be a catalyst for change.

Additional Resources

[How to Create a Positive School Climate](#) - An article highlighting different methods for creating the intended classroom climate.

[National Council for Mental Wellbeing](#) - Resources and information on introducing trauma-informed, resilience-oriented leadership into new communities

[TIROS Toolkit](#) - A toolkit that outlines a framework for implementing trauma-informed, resilience-oriented approaches in any school or school district.

Questions for Discussion

- » Which of the core values (safety, trustworthiness and transparency, choice, collaboration and empowerment) does your school excel at? Where could you improve?
- » What cultural aspects of your school community should be accounted for when looking at introducing trauma-informed, resilience-oriented leadership?

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