

## NOTA Pioneers in Practice Direction-Alignment-Commitment Action Project Ideas

### Mentees:

- A project I am interested in is exploring mental health resources and interventions for healthcare workers who experience burnout, compassion fatigue, and identify preventative measures to ensure longevity in the profession.

### Mentors:

- 

### From our President-elect:

- \$1/month NOTA scholarship program development, with full program and effort behind growing initiative. maybe leads into a Membership(+) tier of NOTA membership (I have other creation and effort ideas to bolster, if someone wanted to take on)
- MIDTERMS & as This is a governor's race, we cannot pass it up: "we support campaigns that support therapy" initiative: lots to do in 2026 around therapy-voter turnout/voter drives at clinics and hospitals, education, evening-with-candidates. "What is a therapy voter??" "What is a pro-therapy elected official?". We will have loads of governor candidates and could chance to get them all on the record to support therapy initiatives and educate on OT (>PTST). nothing but potential.
- NV OT (therapy/PTST) Burnout out-prevention support group series
- brOT events calendar to celebrate male OT practitioners and students (maybe housed under DEI/JAB...'males can be diverse, or underrepresented and recognized and celebrated and important too' frame I think is necessary in 2026). No brOT incels on NOTA's watch
- Someone could just be Iris' #2 and really put weight of the program behind her and boosting membership, working on programming that the community wants and efforts to grow membership. all measurable...try 2-3 things see what works/what messages get most responses REALLY helpful data to have/compared and a dynamic forward-facing or behind-the-scenes roll, based on what someone wants to do
- Mental health - there's the AOTA mental health coalition and NV is barely a part of it bc advocacy (Matt) couldn't prioritize. They meet quietly..this was the topic that first brought Casey & De in our orbit, too. So just something in this frame...
- Anything related to finding people (students, DORs, OT/As who are NOT members, do education campaigns, interviews, data collection on why they're not, 'have you heard of us', 'what's new' education and formal asks. I think we spend a lot of time on member focus...we've already won them, and while we cultivate, we don't know what we don't know from the voices who aren't engaging with us. It'd be great to have someone formally engaging those low-propensity/knowledge folks who haven't been asked ever/in years to engage formally with the origination. We have a lot of exciting "new" that we can highlight and aim to entice

- Of course, a dry needling champion. I think we could reach out to Matt Wittwer and see if he's a CHT (he really stepped back, studying for his test). He may come back online and maybe support a mentor and work with the board on their bill development
  - NOTA "teach me" series. Could be OT or non-OT, with a relation to it, just to have professionals share what they do best (How-to Zoom, do a certain new assessment/home assessment/sensory screen, a sensory-sensitive potty training course, how to make sourdough and modify for certain populations.
  - Anything related to post-incarceration. It's a Matt dream that released inmates get an outpatient OT therapy referral upon release for home mgt..I mean, housing instability is an ICD10 code. Z59.81
  - Sent this earlier: *I really want to see (whether this 1 or 2 committees) the 'fun-fessional' committee (celebrate birthdays, post on-this-date-in-OT history, send "did you know next week is chocolate cake day? Send in your best chocolate cake recipes, and we will come up with our 2026 NOTA IADL cookbook, all member inspired!!) & health-promotion & wellness committee (Parkinson's month, "OT & ASD" posts, "What's the new vaccine schedule mean for our patient's families"? "How OTs support families with queer youth" "Tribal suicide prevention month", "Where can I donate blood in NV"? "Have you seen these 3 quick health literacy screens - do YOU address health literacy in your clinic/practice?". This would be a great time to see if members would gravitate towards these ideas, and get someone to run with it.*
  - Sent this earlier: Bachelors-level clinicians still practicing in NV (or fab collab states) - I want to know who the bachelor-level folks are (if any??), and have them 1. be a group 2. give presentations 3. be part of DEIJAB and provide their perspectives and wisdom and tips to longevity in practice and more(!)
  - Grant funding ideas, sources, community partners to initiate and collaborate (they find AND teach members how to find the \$, they help get members to bring us the proposals, and help other's projects along. what a cool way to increase leadership skills in a few avenues)
  - Sponsorships: effort in the way of building community connections for swag, discounts for members. northern/southern companies that support NV therapy. Learning the business and coalition-building and community involvement it takes to grow organization and get OT's name out there...practice in helping folks learn what OT is and how we help
  - Anything student membership growth: Some preliminary Matt ideas that someone could run with.."*Why would I give NOTA 20\$*"
    - Make a 20-item list and have it on the student and membership pages.
    - § Also...could it be \$22, instead of 20!?
- § "Why \$20 to NOTA is Worth Every Penny" — 20 Reasons
- \$1: Access to mentorship from practicing OTs in Nevada.
  - \$1: Networking opportunities with peers and professionals.
  - \$1: Discounts on continuing education and workshops.
  - \$1: Monthly newsletters with OT news and tips.
  - \$1: Early notifications about scholarships and grants.
  - \$1: Exclusive student events (socials, professional mixers).

- \$1: Guidance on job searches and first-year career tips.
- \$1: Access to advocacy updates—know what’s happening in Nevada OT law.
- \$1: Invitations to participate in Hill Day and advocacy events.
- \$1: Free or discounted access to OT conferences in Nevada.
- \$1: Opportunities to serve on committees & build leadership skills.
- \$1: Resources for exam prep (NBCOT tips, study groups).
- \$1: Connections to local fieldwork sites and clinical mentors.
- \$1: Access to member-only online forums & discussion groups.
- \$1: Professional recognition—add membership to your CV.
- \$1: Volunteer opportunities that strengthen your resume.
- \$1: Student awards & recognition programs.
- \$1: Input on NOTA initiatives—your voice matters.
- \$1: Leadership pathways—start building your professional legacy.
- \$1: A sense of belonging to a statewide OT community that “gets it.”
- What are the events (yearly) to expect
  - Why/when
  - What’re the things that we need to expand and make relevant
  - Plan to take the list to students and ask
- § Still relevant
- § What else
- § What “in person” will bring you
  - How much time-ahead do you need?

## Pioneers in Practice Action Project

### Strategic Action Plan Ideas (Aligned to NOTA Strategic Priorities)

The following action plan ideas are synthesized from NOTA’s 2024–2026 Strategic Plan, board-identified priorities, and stakeholder analysis. Each idea is intentionally scoped for student and early-career leaders, produces usable assets for NOTA, and strengthens connection, advocacy, leadership, and visibility across Nevada’s OT community.

Project teams can select one primary idea or combine complementary elements across ideas, ensuring alignment with NOTA’s mission, values, and DAC framework.

---

# ACTION PLAN IDEA SET 1

## **OT Connected Nevada: Strengthening Connection & Belonging**

### Strategic Alignment

- Membership
- Communications
- Leadership
- Burnout prevention & restorative values

### **Problem / Gap**

OT practitioners and students report limited connection, inconsistent engagement, and burnout. Many are unaware of NOTA resources or unsure how to get involved.

### Possible Actions

- Create a NOTA Onboarding & Engagement Pathway (“How to get involved in 30–60–90 days”)
- Develop a menu of volunteer opportunities with clear time commitments
- Design a digital community map showing committees, SIGs, districts, events, and points of entry
- Pilot a low-barrier connection initiative (virtual coffee, speed networking, themed game night)

### Deliverables

- NOTA Connection Pathway Guide (PDF or web-ready)
- Volunteer Menu with estimated time commitments
- Engagement pilot summary + participation metrics

- Reflection on leadership through connection building
- 

## ACTION PLAN IDEA SET 2

### **Advocacy in Action: Making OT Visible & Essential**

#### Strategic Alignment

- Advocacy
- Marketing
- Communications
- External stakeholder influence

#### **Problem / Gap**

Key decision-makers (Medicaid, legislators, administrators, schools) lack clarity on OT's scope, value, and essential role—particularly in rural health, schools, and public systems.

#### Possible Actions

- Create a plain-language advocacy toolkit (“What OT Does, Why It Matters in Nevada”)
- Develop ready-to-use advocacy scripts for Hill Day, administrators, and community partners
- Produce a policy-facing one-pager positioning OT in the Nevada Rural Health Transformation Program
- Launch a micro advocacy campaign (email template + social posts + legislator outreach)

#### Deliverables

- Updated advocacy Toolkit (public-facing)
  - Stakeholder map & messaging framework
  - Updated sample advocacy emails / scripts
  - Campaign reflection & dissemination summary
- 

## ACTION PLAN IDEA SET 3

### **Leadership Pipeline Builder: From Interest to Impact**

#### Strategic Alignment

- Leadership
- Succession planning
- Membership
- Education

#### **Problem / Gap**

NOTA lacks a clearly articulated leadership pipeline, resulting in limited succession planning and underutilized member talent.

#### Possible Actions

- Map leadership pathways (student → committee → chair → board)
- Create role descriptions with expectations, support, and skill development outcomes
- Develop a Leadership Readiness Self-Assessment
- Pilot a Leadership Interest Intake Form for future cohorts and volunteers

## Deliverables

- Leadership Pathway Visual Map
  - Role descriptions & leadership competency matrix
  - Leadership self-assessment tool
  - Recommendations for pipeline sustainability
- 

## ACTION PLAN IDEA SET 4

### **Mentorship that Works: Bridging Students, New Grads, and Leaders**

#### Strategic Alignment

- Leadership
- Membership
- Education
- Connection & retention

#### **Problem / Gap**

Mentorship exists but is inconsistent across settings and career stages; many members lack guidance navigating practice, leadership, or burnout.

#### Possible Actions

- Create a Mentorship Playbook (expectations, cadence, conversation prompts)
- Develop setting-specific mentorship guides (schools, SNF, mental health, HH)
- Design a mentor/mentee matching rubric
- Pilot a student-to-practitioner mentorship resource

## Deliverables

- Mentorship Playbook
  - Conversation guide & reflection prompts
  - Matching rubric
  - Evaluation plan for mentorship effectiveness
- 

## ACTION PLAN IDEA SET 5

### **OT in the Community: Education, Wellness, and Public Health**

#### Strategic Alignment

- Marketing
- Education
- Advocacy
- Population health

#### **Problem / Gap**

The public, families, and community partners lack accessible OT education, limiting early intervention, prevention, and advocacy.

#### Possible Actions

- Create a community-facing OT education resource (e.g., ASD/ADHD family guide)
- Develop OT public health content (aging parents, stroke awareness, caregiver support)
- Partner with a community organization to pilot education or outreach

- Translate OT practice into plain-language resources

#### Deliverables

- Community education resource
  - Stakeholder partnership summary
  - Dissemination plan
  - Reflection on OT's role in population health
- 

## ACTION PLAN IDEA SET 6

### **OT + OTA Together: Strengthening Collaboration & Understanding**

#### Strategic Alignment

- Education
- Membership
- Communications
- Professional relationships

#### **Problem / Gap**

Misunderstanding of OT/OTA roles contributes to tension, inefficiency, and undervaluation of the profession.

#### Possible Actions

- Develop a Myth Busters: OT/OTA Collaboration Guide
- Create a joint education or discussion series with OTA programs

- Highlight exemplary OT/OTA partnerships through storytelling
- Produce a supervision and collaboration toolkit for rehab directors

#### Deliverables

- OT/OTA Myth Busters Guide
  - Collaboration case examples
  - Toolkit for supervisors
  - Recommendations for continued partnership
- 

## ACTION PLAN IDEA SET 7

### **Restorative Leadership: Addressing Burnout & Reclaiming “Why OT”**

#### Strategic Alignment

- Values (Restorative, Dedicated)
- Membership retention
- Leadership sustainability

#### **Problem / Gap**

Burnout, cynicism, and disengagement threaten long-term leadership and workforce stability.

#### Possible Actions

- Create a “Why OT Is for Me” reflection or storytelling campaign
- Develop a wellness-centered leadership resource

- Pilot a restorative connection event (retreat, nature-based gathering, wellness session)
- Collect narratives that reconnect practitioners to purpose

#### Deliverables

- Burnout prevention resource or campaign
  - Event or pilot summary
  - Leadership reflection artifacts
  - Recommendations for scaling restorative initiatives
- 

## How These Projects Advance NOTA's Strategy

Across all ideas, projects:

- Translate intention into action
- Produce usable tools, guides, and assets
- Expand leadership capacity and succession
- Strengthen advocacy and visibility
- Reinforce NOTA as a trusted, welcoming, go-to resource
- Build connection, joy, and professional pride