



Don't know where to start with your ECHO Project? Look here for some ideas! None of these are mutually exclusive, and we encourage groups or individuals to explore the many different platforms and media types that we have presented below. Feel free to mix and match and make your ECHO project as big or small as you desire! This is your chance to make your voice heard– so be creative and have fun :)

Check out last year ECHO projects here:

[✚ ECHO Project Sign Up 2022-2023](#)

ECHO/Collaboration Project Sign up for This Year:

[ECHO 2023-2024 Project Sign Up](#)

[2024 MHM Partners and Speakers Sign Up](#)

You can use Slack to contact Board Members or other general members about ECHO Projects! Additionally, here is the contact information for Board:

Officer	Position	Phone Number	Personal Email
Alice Taylor	President	434-806-9546	alicertaylor01@gmail.com
Young Zhou	External Vice President	(626) 628 5371	young26@g.ucla.edu
Ethan Laureano	Internal Vice President	(424) 201-9180	ethandlau@g.ucla.edu
Minahil Tufail	Treasurer	(702)858-2044	minahilt@g.ucla.edu
Johan Portillo	Internship	(909) 919-5192	johanbunda29@g.ucla.edu

Lauren Williams	Co-Int programming	(714)7322603	lauew0@g.ucla.edu
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Nicholas Seyfried	Committee	6506226434	njseyfried@comcast.net

Traditional ECHO Projects

- ECHO Blog
 - Educational pieces to inform the community on various topics: mental health, access to healthcare resources, preventative medicine, and so much more!
 - Blogs will be posted on our website.
 - Blogs are great to be done in conjunction with other types of projects (see below) to explain its purpose, its significance, or the story behind the event/partnership/ project.
- ECHO Podcast
 - Informative radio stories about healthcare resources, how to integrate preventative healthcare into daily life, and on any topic that fits under our mission statement
 - Can be one podcast or a series! Feel free to post on spotify or other platforms if you choose; otherwise, podcasts will be shared with members and posted on our website.
- ECHO Photojournals
 - As we encounter different walks of life in our various experiences, we would like to document how these experiences have inspired us to do what we do!
 - Photojournals are great to be done in conjunction with other types of projects (see below) to document the event/ partnership/ or project.
 - Photojournals will be posted to our website. They can also be posted to our social media if you desire.

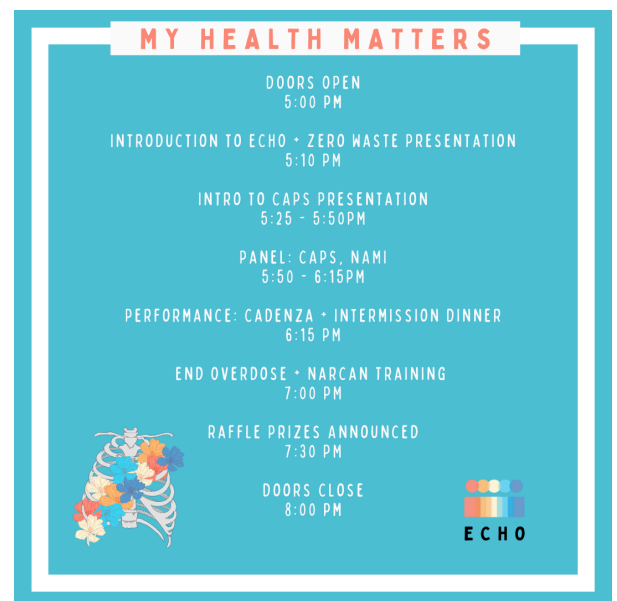
Other ECHO Projects

- Service Project
 - Contact Ethan if you have an idea about a possible service event!
 - Service is at the core of ECHO, and we are always interested in new ways for our members to serve our community and further our four pillars.
 - Service events can be one-time, or they can be recurring. Recurring Service events are one of the ways we make long-lasting relationships with different organizations and help make large impacts in our communities.
 - Service projects are expected to create an *engaging infographic and short blurb* that explain the details and mission of the event. Example infographics can be provided– contact anyone on board for assistance! Details should be finalized two weeks before the event at minimum in order to inform ECHO members. The event can be photojournalled and written about to be added to our ECHO website if desired.
- Partnership
 - In your research for your ECHO project, you may come across an organization that speaks to you and you think reflects the values and missions of ECHO. We want you to be able to explore that!
 - ECHO can make long-lasting partnerships with lots of different types of organizations. In the past, we have attended service events for our partners, raised money for them, or had them come to our general meetings or MHM.
 - Contact Nicky, Minahil, Alice, or Young for approval on partners before you begin communication.
- Anything Else!
 - Be creative– nothing is off the table. Have an idea for a social? Want to do a different large scale event? Have an idea about a long term change to ECHO? Want to create a directory for resources? The ECHO Project is anything YOU make of it:)

Ways of Sharing Your ECHO Project

- ECHO Website
 - All appropriate Blogs, Photo Journals, and podcasts will be posted to the ECHO website!
 - If your ECHO project is “non-traditional”, it can still be added to the ECHO website! Pictures, infographics, long form text, and/or short blurs can be provided to be posted to the ECHO website. Links to presentations can also be shared and should be accompanied by a short blurb. The post should be *polished and professional*. Contact Corinne for more information.
- ECHO General Meeting

- Contact Nicky, Ethan, Alice, Minahil, Young to give a 10 to 15 minute presentation at one of our general meetings starting Winter and Spring Quarter! Let a board member know by the beginning of each respective quarter if you wish to present during a certain week.
- GM presentations should be engaging and educational. More time may be allotted on a case by case basis.
- MHM Event Booth
 - Contact Alice, Young, Jaden, Melis if you would be interested in having a booth at our annual MHM event in Spring!
 - The booth can showcase your ECHO project, your partnership, or provide a resource to the UCLA community.
 - Booths should be engaging and educational. Booths should have a poster or table cover at minimum. Flyers, handouts, interactive pieces, or demos are encouraged. Contact board about local sponsorships or ways to get freebies to distribute. Booths traditionally comprise of one standard 6' table, but a stall with no table or a larger area can be requested for bigger set ups.
 - If a third party group (non-profit, UCLA club etc) is going to be tabling, make sure to inform Jaden, Young, or any other board member! We would love for our members to bring new groups and services to MHM from areas that interest them. This can be done in conjunction with a partnership, service event, or blog post etc.



- MHM Speaker or Presentation
 - Contact Jaden, Melis, or Young by Week 5 of Winter Quarter if you would be interested in presenting your ECHO Project at MHM. You are

provided a stage, projector, and sound system to give an approximate 10 to 30 minute presentation. More time can be allotted on a case by case basis.

- Previous MHM timeslots have included:
 - Speakers from nonprofits, speakers from UCLA resource centers, experts in their fields
 - Panels with varying experts, educators, and leaders
 - Educational trainings
 - Performances from UCLA groups, performances from celebrities (these types of ECHO projects would have some sort of fundraising component and you would be expected to have an additional component to this)
 - Presentations from UCLA clubs, presentations from non-profits
- MHM speakers and presentations should be professional and polished. This means that topics and subjects can be stigmatized or non-conventional, but this is a large live event representative of ECHO as an organization, so presentations for MHM are held to a higher standard than those given at General Meetings.
- *This is one of the biggest ways to present your ECHO projects and one of the ways to reach the greatest number of people, so go for it if you're interested!!*



ECHO PRESENTS

MY HEALTH MATTERS

- Social Media
 - Members can share their passions (both ECHO project related or not) on our ECHO social media!
 - Create polished infographics and short blurbs that can be posted to instagram or Facebook. An Instagram story series is also acceptable and can be saved to our profile.
 - We are also doing general member spotlights this year, and one component of that spotlight can be your ECHO project or something informative about a topic of your choice. This is a place for your voice to be heard! Be creative!
 - Contact Ariel or Robin for more specifics.

Who can make an ECHO Project?

- Individuals

- Doing a solo ECHO project is a great way to dive deep into a subject you're really interested in. If you are looking for guidance for your solo ECHO project, contact anyone on board for support. *We're here to help you and your ideas reach their full potential!*
- Group Projects
 - Groups of 2 or more members can come together to work on an ECHO project throughout the year. Committees are a great way to meet other members who share your interests. Very large groups would be encouraged to explore multiple presentations or aspects of their project. For example, a group of 4 people might consider organizing a new service event centered around their idea, presenting a resource about that idea at MHM, and posting a photo journal of the whole process to our website.
- *Members are never limited to just one ECHO project.* We encourage all members to explore their interests. For example, if you organize a service event in early Winter, but decide you'd like to present on a different topic at a General Meeting in Spring, we would love for you to explore more than one "ECHO Project." The mission of ECHO is always service and education in our four pillars, and any endeavor in those arenas is always supported.