Over the years, Fryer has witnessed firsthand the struggles of people who have nowhere to turn. “It’s a matter of life or death,” Fryer said. “We’re always waiting for that moment of connection, when someone might reach out to us.”

In the midst of this, Fryer found a solution. “I started doing a lot of work with the homeless population,” he explained. “I saw the importance of connecting people with social services.”

Fryer’s passion for helping others led him to pursue a career in social work. He is currently a master’s student at the University of Buffalo, studying in the School of Social Work. The MSW program has been a transformative experience for Fryer, changing his perspective on life and work.

“I used to think that social work was just about providing services to people,” Fryer said. “But now I realize that it’s about building relationships and empowering individuals to take control of their lives.”

Fryer’s work as a social worker is not just about providing services, but also about advocating for systemic change. “We need to address the root causes of poverty and inequality,” Fryer said. “Social work is a tool for that.”

As a student, Fryer is passionate about helping others navigate the complex world of social services. “I want to be a part of the solution,” he said. “I want to help people find hope and opportunity.”

And Fryer’s efforts are paying off. “I’ve seen my students transform and grow,” said one of Fryer’s professors. “He’s a bright light in our program.”

Fryer is excited about the future and the impact he can make as a social worker. “I’m looking forward to making a difference in my community,” he said. “I’m ready to help others.”

But Fryer knows that he cannot do it alone. “We need more people like him,” said one of Fryer’s classmates. “We need more social workers who are willing to step up and make a difference.”

And that is exactly what Fryer is doing. He is a shining example of what it means to be a social worker, and he is inspiring others to follow in his footsteps. “I’m proud to be a social worker,” Fryer said. “I know that I’m making a difference.”

Fryer’s journey is just beginning, and he is ready to face whatever challenges come his way. “I’m looking forward to the future,” he said. “I’m ready to make a difference.”

And he will. For Fryer, social work is not just a job, it’s a calling. He is ready to serve and to help others. “I’m ready to make a difference,” he said. “I’m ready to be a social worker.”
Over say,” he explains. “I thought about human services in the same way that an engineer might think about her work. Now, I understand it’s more flexible and realize how much of yourself you put into it to take care of yourself, too.”

During his foundation year, Fryer completed an employment-based field placement with San Francisco County’s law enforcement assisted diversion (LEAD) program, where he works as a case manager. LEAD reimagines how a community works as a case manager.

“Going into the master’s program, I thought about human services — the barriers with a simple contact form, someone can say, ‘I need help’,” says Fryer, who lives in Bellingham, Washington. “We try to remove that barrier with a simple contact form, someone can say, ‘I need help’.”

Fryer first earned his bachelor’s degree in psychology from UBC in 2016 and is now working to complete his MSW this summer. "The knowledge I’ve gained and the experiences I’ve had in the MSW program have changed me completely," says Fryer, who lives in Bellingham, Washington.

The scholarship recognizes students who demonstrate interest in or experience with health or mental health practice and a commitment to working in African American communities.

"I’m so excited," says Jack Misenheimer. "This program really was very special to me. It was my first exposure to social work and how important it is to social workers, no one’s addressing the root of their issues. "Our job is to help people get on their feet," Fryer says. "People are hurting just to exist, but we can cure it and help get their benefits activated, private resources is just so bad," he says.

“Social workers are trained to work in the same way that an engineer might think about her work. Now, I understand it’s more flexible and realize how much of yourself you put into it to take care of yourself, too.”

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The scholarship will help Fryer continue working to achieve his dream of becoming a counselor "I always identified with that character in the movies — the individual who seemed to know the right things to say," he explains.

"The knowledge I’ve gained and the experiences I’ve had in the MSW program have changed me completely," says Fryer, who lives in Bellingham, Washington.

"The knowledge I’ve gained and the experiences I’ve had in the MSW program have changed me completely," says Fryer, who lives in Bellingham, Washington.

"Going forward in my career, I hope to have my own practice, so I can help people leap over those barriers and bring equity mental health access to people wherever they’re at."
Welcome to the spring issue of Mosaics. As I write this, the country is reeling with悲哀, mass shootings, and a pandemic. We celebrate our outstanding students for their achievements and contributions. Soon, with their degrees in hand, the Class of 2022 will join social workers like you around the world in making profound contributions.

After college, my first professional role was with the Durham County Department of Social Services in South Carolina. I worked in the child welfare division, where I was exposed to the trauma and grief of children who were removed from their homes due to abuse and neglect. As I navigated these issues, I came to understand the resilience and strength of children who are facing unimaginable challenges. This experience reinforced my commitment to social work and the importance of advocating for vulnerable populations.

In the current climate, we are witnessing a resurgence of racial and social injustice. The racially fueled massacre at 22 Tops supermarket in Buffalo, NY, was a reminder of the continuing impact of systemic racism. The loss of 10 people, including a social worker, underscores the importance of supporting those who are working to address these issues.

Our profession is uniquely positioned to make a difference. We have the skills and knowledge to address the root causes of social problems and to empower individuals and communities to take control of their lives. We are called upon to work with people who are experiencing a range of challenges, from poverty and homelessness to addiction and mental health issues.

As social workers, we deliver our time and expertise to empower others every day. We help people build on their strengths and work through challenges. We are passionate about creating change and making the world a better place. Our work is meaningful and rewarding, and we have the opportunity to make a lasting impact on the lives of those we serve.

This role gives me an opportunity to engage with individuals and communities, to provide support and guidance, and to help people navigate challenging situations. I am grateful for the opportunity to work in a field that allows me to make a difference and to contribute to the betterment of society.

Thank you for being a valued member of our school community and for all you do to represent the social work profession to the highest standards.

In camaraderie and solidarity,
Sarah J. Watson, Associate Director of Communications
Moses Foundation
Of course, we live our professional values, dedicated to providing these caregivers with the skills they need to become the best they can be. We might not reduce the stigma around postpartum depression if women assume what they’re going through is a normal part of motherhood, as opposed to something that has adverse consequences on themselves and their children,” she says. “Families begin to see mothers suffering for the illnesses they’re treating instead of remaining abstinent. They’ll check out on one another for concrete needs—like a ride to an appointment—and life goes on another day.”

Engaging Dads
The Buffalo Fatherhood Initiative is building the same sense of community and solidarity among dads. 

Research shows paternal involvement significantly impacts positive outcomes, including reducing negative psychosexual experiences survivors of maternity care maps onto past psychosexual experiences survivors of abuse. "It’s a normal part of the things they do influence the child’s development," St. Vil says. "This is where social workers can help men play outside of these gender roles and feel comfortable engaging in different activities."

Survivor Nurse
For individuals with a history of trauma, perinatal social workers can be critical in helping them navigate their pregnancies, birth and postnatal periods. Often, social workers are embedded within the perinatal space, helping them navigate their maternity care and negotiate the perinatal challenges as they arise.

"Pregnancy can trigger past trauma because so much of the experience of maternity care maps onto past psychological experiences survivors report," says Mills. "It’s impossible to have a positive experience when you’re feeling this way. This is where we make all the difference."

"This role gives me an opportunity to connect with students and hear about their experiences, while also providing support and funding and supports the staff, who are working to build that same sense of community among dads." St. Vil says. "This is where social workers can help men play outside of these gender roles and feel comfortable engaging in different activities."

"GLYS has been working with the organization since its inception. "Being a social worker degree. The organization has hosted multiple MSW student interns, who assist with surveys and those clients, client intake and program operations."

"One outcome we’re seeing is less violence.” He thanks Associated Medical

"We need more perinatal social workers and infant mental health specialists, and more screenings and interventions they can employ. And we need to do more to translate mainstream health to the perinatal space."

"Do you work in a perinatal or related setting? Partner with us to host IBW Roundtables. For more information, please contact us at ourfield@ubf.edu."
The magazine for alumni and friends of the racially fueled massacre at Tops supermarket is upon Black lives lost last May 14. The one-year anniversary of distress. As I investigated these issues, I mostly saw Darlington County Department of Social Services in South After college, my first professional role was with the degrees in hand, the Class of 2023 will join social workers DEAN’S COLUMN University at Buffalo School of Social Work “As social workers, we profession to the highest standards. community, and for all you do to represent the social work Wilson Student Assistance Fund, which provides an annual careers and communities. Consider the inspiring example You, our alumni and friends, play a critical role in helping justice system because of victimized circumstances. In On the West Coast, online MSW student Adam Fryer Our cover story demonstrates how perinatal social justice, we break down barriers for marginalized We can imagine a world where children feel safe and secure. Dealing with common challenges as they arise. The Bufalo Fatherhood Initiative is working to build that same sense of comfort in different families. Instead of remaining isolated, they’ll acknowledge their experiences more. says. “We’re beginning to see mothers say, “If I can do this, my son can do this too.” So many fathers out, and the root of that is an expectation that fathers don’t care and fathers need to do more to translate trauma— into building a better society. Sperlich says, “Many women assume what they’re being told is true and don’t know how some of the things they do influence the child’s household conflicts, and domestic violence.” The guys bond and learn from each other. It makes them better. Sperlich says, “Many times, guys talk about how they become more comfortable engaging in different roles.” The Bufalo Fatherhood Initiative is a great example of what can happen when we bring men together to create a better future. The Initiative is helping to build a better society for all children. On the West Coast, online MSW student Adam Fryer is working on a project that is helping to improve outcomes for pregnant women and their families. Fryer is using an evidence-based curriculum to include school-based opportunities for obesity prevention and health promotion. The Initiative is also helping to reduce the stigma around postpartum depression and encourage women to share their mental health struggles. The Initiative is helping to improve outcomes for pregnant women and their families. Fryer is using an evidence-based curriculum to include school-based opportunities for obesity prevention and health promotion. The Initiative is also helping to reduce the stigma around postpartum depression and encourage women to share their mental health struggles.

Supporting LGBTQ+ Youth in Western New York

Jack Kavanaugh, MSW ’16, has devoted much of his career to supporting youth and building a solid foundation in nonprofit management. “Service was just part of my life growing up,” says Kavanaugh, who serves as executive director of GLYs Western New York Inc., which builds affirming cultures for youth of all sexual orientations, gender identities and expressions. Kavanaugh has worked with GLYs in various capacities since he was a child — my mom, being on the board of directors when I was in elementary school, although she was too young to make a difference. The first openly gay member of the Buffalo Common Council’s “The opportunity to take the helm of a local organization in the community was something gratifying. I love the organization and the people I work with,” he says. “I am passionate about creating a space for LGBTQ+ youth where they can feel safe and affirmed.” Kavanaugh attended Goucher College in Baltimore, where he majored in psychology. Kavanaugh now teaches an elective course on the work of LGBTQ+ specialists, and more screenings and trainings are needed to address health disparities. Black women, who report being mistreated more than 10 times as often, are the most vulnerable. Kavanaugh is working with the Western New York LGBTQ+ community to improve their health outcomes. “The focus has not,” he says. “GLYS has been working with the LGBTQ+ community for nearly 40 years. While the name of the organization has changed over time, our mission has not.” The organization offers a variety of resources for parents and caregivers while also providing support and guidance to LGBTQ+ student clubs in more than 100 local schools. In his role, Kavanaugh raises funding and supports the staff, who he says do the real work with a diverse population of children and teens in an ever-evolving LGBTQ+ world. “My career path has given me the skills I need to effectively support a strong workforce,” he says. “It consistently taught me opportunities to make sure I had a solid grounding in three areas: programming, fundraising, and organizational governance and operations.” In addition to his full-time job, Kavanaugh is happily busy for a “new job” he’s just started: faculty liaison for the School of Social Work, providing meaningful experiences in the field. “This role gives me an opportunity to connect with students and share about their experiences, while learning about resources and agencies in our community,” he notes. “Mostly, it’s fulfills the role of a mentor and a resource for students doing field placements downtown.” His focus is to help those experiences on the field. He continues: “The role of social work practice exceeds just helping people in need, it involves engaging with the new world of expectations and giving students opportunities for meaningful experiences in the field.”
Over "I always resonated with that dream of becoming a counselor. continue working to achieve his The scholarship will help Fryer validates all the work I'm doing." in this program. This award really master's, so it means a lot just to be generation in my family to get a degree in psychology from UB Fryer frst earned his bachelor's issues commit low-level violations, LEAD reimagines how a community works as a case manager. During his foundation year, Fryer it is to take care of yourself, too." Fryer says. "Because into this work — and how important realize how much of yourself you put "I thought about human services in the same way that an engineer I understand it's more fexible and approaches public safety. When "I'm still in disbelief," he says of going into the master's program, "emphasis on cultural self-care: the experiences I've had in the "The knowledge I've gained and complete his MSW this summer. the MSW program have changed me completely. "MSW student wins the MSW program have changed me LaMarr Lyons Memorial Awarded to just six master's Foundation Scholarship which demonstrates interest in or scholarship recognizes students on their feet," Fryer says. "Because addressing the root of their issues. them with necessary services and improve their lives by connecting incarcerated. From there, case "The racial divide in access to people wherever they're at." bring quality mental health services to people leap over those barriers and resources is just so bad," he says. "The racial divide in access to the experiences I've had in the MSW program have changed me "Going into the master's program, "The knowledge I've gained and the MSW program have changed me "The knowledge I've gained and the MSW program have changed me "The knowledge I've gained and the MSW program have changed me MSW student wins the MSW program have changed me "The knowledge I've gained and the MSW program have changed me A WHOLE NEW PERSPECTIVE

Last winter, a group of first-year students traveled to Costa Rica to learn about human rights, media advocacy and sustainability. It was all part of UB's new First Year Global Experience program, which aims to improve access to study abroad opportunities, build community with peers across campus. Laura Lewis, clinical associate professor and assistant dean for global partnerships, co-led the course. The experience was so successful that it serves as a model for future First-Year Global Experiences. "This program really was very special to me and helped me gain a whole new perspective on life," says undergrad Jack Ferland. Read more at socialwork.buffalo.edu/newsnotes.