

Family Programs

Recovery Road Medical Center offers family members opportunities through education and group therapy to work together in gaining knowledge about their loved one's illness and the power to change its self-destructive course.

Any illness can affect the whole family and not just their loved one.

As with any chronic illness, the family will develop a dual relationship -- one with the person and the other with the illness.

As the disease progresses, family members often feel they are losing a relationship with the person, and become angry in dealing with the illness that is taking the person away from them. As the patient recovers, their true self begins to emerge in time, and this allows the family to reconnect with them.

We believe each patient should be treated with respect, and have access to and knowledge about different treatment modalities that suit his or her needs.

**Call (805) 962-7800 today
or visit us online at
recoveryroadmc.com**

We are here to help.



Dr. Joseph Frawley, M.D.

Dr. Frawley is a board certified internist and certified by the American Society of Addiction Medicine. He has been treating chronic pain over the past fifteen years, and is Co-Medical Director and Co-Founder of Recovery Road Medical Center.



Dr. Sherif El-Asyouty

Dr. El-Asyouty is a board certified psychiatrist specializing in the treatment of addiction and is certified by the American Society of Addiction Medicine. He serves as Co-Medical Director and Co-Founder of Recovery Road Medical Center.

Recovery Road Medical Center
www.recoveryroadmc.com

334 South Patterson Avenue, Suite 120
Santa Barbara, CA 93111
(805) 962-7800
office@recoveryroadmc.com



*Get Your
Life Back!*



About Recovery Road Medical Center

Recovery Road is the collaborative development of Dr. P. Joseph Frawley and Dr. Sherif El-Asouty who recognized the need for a structured intensive outpatient program in Santa Barbara. Recovery Road's programs treat patients who have gotten stuck in life due to addiction, mental health disorders, and/or chronic pain.

Through daily treatment and using the power of groups to start the cycle of change, our clients go from rejecting their feelings of pain, anger, grief, confusion and loss to sharing them and breaking out of isolation. This process releases energy for new growth and recovery.

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Mission Statement

Provide the highest quality care for patients with addiction, mental health disorders, and/or chronic pain in a private and confidential outpatient setting.

Why Dual Diagnosis?

Dual diagnosis is a term that refers to the co-occurrence of substance dependence and mental health disorders. Both states need to be addressed and treated to achieve the best result. Mental health disorders that can very much interfere with recovery include:

- **Mood Disorder:** Major Depression, Cyclothymia, Dysthymia, Bipolar Spectrum Disorders
- **Anxiety Disorders:** Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Panic Disorder, Obsessive Compulsive Disorder
- **Eating Disorders:** Anorexia and Bulimia

Undiagnosed or untreated disorders may form an obstacle to recovery. To learn more, talk with the professionals at Recovery Road.

Red Flags for Addiction

- Unsuccessful attempts to cut down or control the amount of alcohol or drug use.
- Getting annoyed when someone asks how much alcohol or drug has been used.
- Continued drinking/drug abuse despite guilt or problems with health, relationships, work or the law.
- Feeling the need to use alcohol or other substances in order to avoid withdrawal symptoms or steady one's nerves (eye opener).

Mental Health and Psychiatric Treatment

The programs offered at the Center include medical and psychiatric assessment and care, separate group and individual therapy for addictions, mental health disorders and chronic pain. Our philosophy is that these are separate conditions and require individual treatment plans.

We view addiction as a medical illness like diabetes and recognize it is also influenced by genetic factors. Just as we do not confuse the person with his or her illness, such as asthma or diabetes, we do not confuse the person with his or her addiction.

Signs of Chronic Pain

- Pain that has persisted for more than six months.
- Pain that persists after healing of the original injury.
- Pain that interferes with the ability to return to a useful function.
- Pain that dominates a person's life.

Chronic pain can be a disabling condition, changing a person's life from one of activity to one of misery. Even though the injury may be over, the body may still generate pain. Recovery from chronic pain may require a combination of medical treatment, counseling, medication, physical retraining and conditioning.

One must also learn how to reestablish one's role in life, set boundaries and grieve the loss of function from the injury. Our multi-disciplinary treatment program addresses each of these areas to assist in the patient's recovery to manage the pain and return to a rewarding life.