

Our Model and Approach

A2R+

ACUTE TO RECOVERY PLUS

Acute, Stabilise and Embed

At Sukoon, we've created a three-phase model for inpatient psychiatric care: **Acute, Stabilise, and Embed.**

This structured approach ensures comprehensive and effective treatment, promoting sustainable recovery and smooth reintegration into the community.

Each phase is designed to address specific needs, grounded in neuroscience and validated by scientific research, offering significant benefits to patients and their families.





Acute Phase

Addressing the immediate crisis

IMPORTANCE

Immediate Intervention

The Acute phase focuses on urgent symptom management and stabilisation. Patients often arrive in crisis, requiring immediate care to prevent further deterioration.

Safety and Support

Ensuring patient safety and providing intensive support during this critical period sets the foundation for the next phases of treatment.

NEUROSCIENCE

Brain Stabilisation

During acute psychiatric crises, the brain's stress response system is in overdrive. This phase aims to calm heightened activity in areas such as the amygdala (responsible for fear and anxiety responses) and stabilise neurochemical imbalances.

Neurochemical Balance

Medications and therapies during this phase help to balance neurotransmitters like serotonin and dopamine, which play crucial roles in mood regulation.

VALIDATION

Early and intensive intervention during acute phases of mental illness significantly improves long-term outcomes. For example, research from the Mayo Clinic Proceedings (2018) highlights how early treatment reduces severe complications. Immediate care lowers the risk of suicide, self-harm, and other serious issues (Journal of Clinical Psychiatry, 2017).



Stabilise Phase

Reducing symptoms and developing coping strategies

IMPORTANCE

Symptom Control and Coping Strategies

This phase focuses on achieving better symptom control and developing effective coping mechanisms through structured therapies and continuous monitoring.

Holistic Treatment

Incorporating various therapeutic interventions, including Cognitive-Behavioural Therapy (CBT), group therapy, and physical health support.

NEUROSCIENCE

Neuroplasticity

The brain's ability to reorganise itself by forming new neural connections. Therapeutic interventions during this phase promote neuroplasticity, helping the brain develop healthier thought and behaviour patterns.

Sustained Neurochemical Balance

Use of medications and therapies ensures the maintenance of balanced neurotransmitter levels, crucial for mood stabilisation and emotional regulation.

VALIDATION

Research shows that structured therapeutic interventions during the stabilisation phase greatly improve mental health outcomes (British Journal of Psychiatry, 2019). Cognitive-behavioral therapy (CBT) effectively manages symptoms of various psychiatric disorders by fostering healthier thinking and behavior patterns (American Journal of Psychiatry, 2018).



Embed Phase

Preparing for long term stability

IMPORTANCE

Long-term Stability and Reintegration

This phase consolidates the gains made during earlier phases and prepares the patient for a successful transition back into the community. It involves long-term planning, relapse prevention strategies, and ongoing support.

Holistic Treatment

Incorporating various therapeutic interventions, including Cognitive-Behavioural Therapy (CBT), group therapy, and physical health support.

NEUROSCIENCE

Sustained Neuroplasticity

Continued therapeutic activities and support help reinforce the new neural pathways formed during the stabilisation phase, making them more permanent and resilient.

Resilience Building

This phase aims to strengthen the brain's resilience against stress and potential triggers, reducing the likelihood of relapse.

VALIDATION

Long-term follow-up studies have demonstrated that comprehensive discharge planning and community support significantly reduce relapse rates and improve overall quality of life (Journal of Psychiatric Research).

Benefits to **Patients and Families**

SUSTAINABLE RECOVERY PATHWAY

Patients

By addressing the immediate crisis, managing ongoing symptoms, and preparing for long-term stability, patients are better equipped to handle their mental health challenges and maintain their recovery. This structured approach ensures that they receive the care and support needed at every stage of their journey.

Families

Families benefit from understanding the structured process of recovery and the role they play in supporting their loved ones. This knowledge empowers them to provide effective support and contributes to the overall success of the patient's recovery.



COMMUNITY INTEGRATION

The goal of the Embed phase is to ensure that patients can reintegrate into their communities with confidence. This involves equipping them with the tools and strategies needed to manage their condition, fostering independence, and ensuring ongoing support from healthcare providers and community resources.

At Sukoon, we recognise that mental illness is a challenge, but we believe it doesn't have to be a disability. Our structured, evidence-based approach ensures that patients receive the right care at the right time, promoting sustainable recovery and successful reintegration into their communities.



Best Doctors and Holistic MDT



Dr. Satish Ramaiah

Pioneer. Expert. Leader.

Dr. Satish Ramaiah is a distinguished expert in his field with extensive experience and a remarkable academic background. Graduated from Bangalore Medical College and Research Institute, he pursued his MRCPsych post-graduation in psychiatry in the UK. He received advanced training in addiction disorders from the University of Leeds; sleep disorders from the University of Edinburgh and a specialist endorsement in Liaison Psychiatry from the Royal College of Psychiatrists, UK.

Dr. Satish has held significant roles, including Lead Consultant for Neuropsychiatry Services for the Cambian Group, the largest private mental health services provider in the UK, and has consultant experience with NHS Sheffield. He co-founded and served as Medical Director at MAARGA, a super-speciality psychiatry hospital under People Tree Hospitals in Bengaluru, was an Executive Director on the Board of TMI Healthcare Pvt. Ltd. and held leadership roles within the Indian Psychiatric Society - Karnataka Chapter.

With special interests in psychiatric disorders, physical illness and integrated psychotherapies, Dr. Satish has published research in addiction, learning disabilities, and sleep disorders. He's conducted over 300 workshops and seminars at prestigious institutes and corporations, serving as an Honorary Lecturer at The Hull and York Medical School, UK.

Dr. Satish is a pioneer in bringing to India a fully comprehensive inpatient service that encompasses the full patient journey through Sukoon's model of acute, stabilise, and embed. His leadership and expertise make him an invaluable asset to Sukoon and a trusted professional in psychiatric services.



Dr. Vipul Rastogi

Leading with Compassion and Expertise

Championing more than 20 years of experience in the field of psychiatry, Dr. Vipul is a highly respected psychiatrist - one of the few in India who is trained both in Psychiatry and Neurology. He completed his initial medical training in India and pursued advanced psychiatric training in the UK, where he earned his MRCPsych. He completed his neurology training from the prestigious Queens Square Institute in London and holds a Diploma in neuropsychiatry from University of Birmingham. He has a vast experience of working in public and private sectors in the UK and in India. This blend of academic excellence and unique clinical experience makes him an awesome clinical leader at Sukoon.

Dr. Vipul is deeply committed to preventive mental health and his recognised best seller **'What You Were Never Told - The Journey From Adolescence To Adulthood'** is a self help book for adolescents. He believes that the brain and mind divide is quite arbitrary and the two cannot be seen separately but on a continuum. His approach to mental health care is grounded in empathy, respect, and a deep commitment to patient well-being.

To him, treating a mental health condition goes beyond addressing symptoms; it involves empowering patients to reach their full potential through a series of personalised solutions. This involves addressing all aspects of a patient's life, including their emotional, social, and psychological needs and offering treatment programs based on informed choices. This fosters a sense of ownership and empowerment among patients, rather than dictating solutions – a philosophy which is central to his practice at Sukoon, where he tirelessly provides holistic care.



Holistic **Multidisciplinary Team (MDT)**

At Sukoon, we believe in a holistic approach to mental health care, involving a diverse team of specialists who work together to address all aspects of a patient's well-being.

Our holistic MDT includes:



Psychiatrist

Role: Leads the clinical team, diagnoses mental health conditions, prescribes medication, and oversees treatment plans.

In the Acute phase, the psychiatrist conducts thorough assessments and initiates treatment protocols. During the Stabilise phase, they monitor progress and adjust medications. In the Embed phase, they prepare the patient for discharge with a focus on long-term stability.



Psychologist

Role: Provides psychotherapy and counselling, conducts psychological assessments, and develops behavioural interventions.

In the Acute phase, psychologists offer immediate crisis intervention. During the Stabilise phase, they conduct individual and group therapy sessions focusing on cognitive-behavioural techniques. In the Embed phase, they provide strategies for maintaining progress and preventing relapse.



Nurse

Role: Provides daily care, administers medication, monitors patient health, and supports patients in their daily activities.

Nurses are integral throughout all phases, ensuring patients receive their medications, monitoring for side effects, and providing continuous emotional support.



Social Worker

Role: Assesses social and environmental factors affecting patients, provides support with social services, and facilitates family involvement.

In the Acute phase, social workers assess the patient's home environment.

During the Stabilise phase, they connect patients with community resources.

In the Embed phase, they coordinate with families and community services for a smooth transition.



Occupational Therapist

Role: Helps patients develop skills for daily living and improve their functional abilities.

In the Acute phase, they assess the patient's functional abilities. During the

Stabilise phase, they provide therapeutic activities to enhance independence.

In the Embed phase, they ensure patients can perform daily activities independently post-discharge.





Yoga Therapist

Role: Uses yoga techniques to help patients manage stress and improve mental and physical well-being.

Yoga therapists introduce relaxation techniques in the Acute phase, enhance emotional balance during the Stabilise phase, and establish a regular routine in the Embed phase.



Art Therapist

Role: Engages patients in creative activities to help them express emotions.

In the Acute phase, art therapists facilitate expressive activities to reduce distress. During the Stabilise phase, they guide structured projects for self-reflection. In the Embed phase, they encourage ongoing creative expression as a therapeutic tool.



Nutritionist

Role: Develops personalised dietary plans to support mental health and overall wellbeing.

Nutritionists assess nutritional needs in the Acute phase, create balanced meal plans in the Stabilise phase, and educate patients on maintaining a healthy diet in the Embed phase.

TEAM COLLABORATION

Ward Rounds

During ward rounds, each member of the MDT shares their observations and insights about the patient's progress. The psychiatrist leads the discussion, integrating input from psychologists, nurses, and therapists to adjust treatment plans as necessary. This collaborative approach ensures that all aspects of the patient's health are considered and addressed.





We are here to **support you.**



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