

The Model of

D2R+

DETOX TO RELAPSE-FREE



The **D2R+** model at Sukoon represents a structured, evidence-based approach to guiding patients through detoxification and withdrawal, culminating in a scientifically grounded, relapse-free state. This model integrates the latest in addiction medicine, neuroscience, and behavioural therapies to ensure comprehensive recovery, focusing on both the biological and psychological dimensions of addiction.



Phases of the **D2R+ Model**

01.

Detox (Acute Phase)

The objective here is the safe management of withdrawal symptoms under medical supervision.

Key Components

- 24/7 medical care including pharmacological support to mitigate withdrawal risks.
- Regular monitoring of vitals and mental health status.
- Supportive counselling, comprehensive bio-psycho-social assessments to ascertain vulnerabilities.



02.

Stabilisation (Post-detox Phase)

The objective here is to reinforce physical and emotional stability post-detox.

Key Components

- Nutritional and physical rehabilitation to restore body health.
- Introduction to psychoeducation about addiction and triggers.
- Initial relapse prevention planning with personalised strategies.



03.

Embedding (Therapeutic Phase)

The objective here is to build sustainable habits and coping mechanisms.

Key Components

- Individual and group therapy using evidence-based modalities (CBT, DBT, MET, ACT).
- Family counselling to involve caregivers in recovery.
- Behavioural modification programs to identify and manage high-risk situations.



04.

Relapse-Free (Maintenance Phase)

The objective is to ensure a relapse-free, addiction-free lifestyle.

Key Components

- Long-term follow-ups and booster sessions with the care.
- Team for ongoing care for mental health needs and ensuring well-being.
- Peer support groups and mentorship programs.
- Community reintegration with focus on building resilience, social skills and occupational opportunities.



Why **D2R+** is Unique



Science-Driven Approach

Combines neuroscience and behavioural health practices to target both addiction and underlying mental health conditions.



Comprehensive Care

Focuses on the continuum of care, ensuring seamless transitions across phases.



Accountability

Built on Sukoon's ethos of measurable outcomes, with transparency in tracking patient progress.



Relapse Prevention Focus

Pioneers in India a model explicitly designed to reduce relapse rates by addressing root causes and seeking to build resilience.

This model builds on Sukoon's existing A2R+ framework, bringing the same level of accountability, patient-centricity, and excellence to addiction treatment.

D2R+ is not just about detox - it's about empowering patients to live relapse-free.

Multidisciplinary Team (MDT) Roles and Effectiveness in the D2R+ Model



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.



The **D2R+ (Detox to Relapse-Free) model** leverages the expertise of a comprehensive Multidisciplinary Team (MDT) to guide patients through detoxification, stabilisation, therapeutic embedding, and relapse prevention. Each member plays a vital role, ensuring seamless transitions and holistic recovery.

01.

Detox (Acute Phase)

Objective: Safe management of withdrawal symptoms under medical supervision.

Key MDT Roles



Psychiatrist

Conducts an initial assessment, prescribes pharmacological treatments to mitigate withdrawal symptoms, treats underlying medical issues and monitors daily progress.

Effectiveness: Reduces risks of complications and provides personalised medical care.



Medical Officer

Oversees vital signs, manages medications, and provides 24/7 care to address any withdrawal-related emergencies.

Effectiveness: Ensures patient safety and immediate intervention during critical phases.



Clinical Psychologist

Conducts psychosocial assessments and introduces relaxation techniques to alleviate anxiety during withdrawal.

Effectiveness: Helps patients manage emotional distress effectively.



Yoga Therapist

Introduces basic breathwork (*Pranayama*) and relaxation techniques to reduce withdrawal induced anxiety and stabilise vital signs.

Effectiveness: Supports nervous system regulation and fosters a sense of calm during detox.



Dietitian

Designs a nutritional plan to replenish deficiencies caused by substance use and promotes hydration and balanced meals.

Effectiveness: Strengthens the body's resilience during detoxification.



Nurse

Provides bedside care, administers medications, and monitors symptoms, reporting updates to the MDT.

Effectiveness: Acts as the frontline caregiver, ensuring physical and emotional comfort.

Stabilisation Phase (Post-detox Phase)

Objective: Reinforce physical and emotional stability post-detox.

Key MDT Roles



Psychiatrist

Evaluates post-detox symptoms, stabilises mental health conditions, and initiates long-term pharmacological plans if needed.

Effectiveness: Creates a stable foundation for further recovery.



Clinical Psychologist

Begins psychoeducation to explain addiction mechanisms and introduces cognitive techniques for emotional regulation.

Effectiveness: Empowers patients with self-regulation strategies.



Occupational Therapist

Engages patients in structured routines and life skills training to rebuild daily habits and promote independence.

Effectiveness: Helps patients regain control of their daily lives.



Yoga Therapist

Leads gentle yoga sessions focused on physical recovery and mental balance. Introduces mindfulness practices to improve focus and emotional control.

Effectiveness: Improves physical vitality, reduces stress, and enhances self-awareness.



Dietitian

Monitors nutritional recovery, adjusts plans as necessary, and introduces supplements to correct deficiencies.

Effectiveness: Supports overall health and energy levels.



Embedding Phase (Therapeutic Phase)

Objective: Build sustainable habits and coping mechanisms.

Key MDT Roles



Psychiatrist

Conducts intensive therapy (MET, CBT, DBT) to address root causes of addiction and build coping strategies.

Effectiveness: Targets psychological drivers of addiction, reducing relapse risks.



Clinical Psychologist

Facilitates yoga sessions to improve physical resilience and emotional regulation, combining mindfulness and movement for relapse prevention.

Effectiveness: Enhances mind-body connection, promotes relaxation, and builds long-term self-regulation habits.



Family Therapist

Conducts family counselling to repair relationships and equip caregivers with tools to support recovery.

Effectiveness: Strengthens the patient's support system.



Social Worker

Connects patients to community resources, support groups, and vocational opportunities.

Effectiveness: Ensures continuity of care and integration into the community.



Art / Activity Therapist

Engages patients in creative outlets to express emotions and build self-esteem.

Effectiveness: Provides alternative coping mechanisms and fosters personal growth.



04.

Relapse-Free Phase (Maintenance Phase)

Objective: Ensure a relapse-free, addiction-free lifestyle.

Key MDT Roles



Psychiatrist

Conducts periodic reviews, monitors medication adherence, and adjusts treatment as necessary.

Effectiveness: Provides long-term clinical oversight for sustained stability.



Clinical Psychologist

Offers booster therapy sessions and monitors for early signs of relapse.

Effectiveness: Reinforces coping strategies and addresses new stressors.



Yoga Therapist

Guides patients in creating personalised yoga and mindfulness routines for ongoing mental and physical well-being.

Effectiveness: Promotes lifelong habits that enhance emotional balance and reduce relapse risks.



Peer Support Specialist

Facilitates group sessions and provides mentorship based on lived experiences of recovery.

Effectiveness: Builds community support and inspires sustained sobriety.



Case Manager

Coordinates follow-ups, tracks progress and connects patients to necessary resources.

Effectiveness: Ensures seamless continuity of care and relapse monitoring.



The Sukoon Experience:

A Unique Approach to Recovery

At Sukoon, we redefine the recovery journey by placing the patient at the centre of a seamless, compassionate, and clinically structured experience. From admission to discharge, every aspect of our care model, **D2R+ (Detox to Relapse-Free)**, is designed to ensure that patients feel supported, respected, and empowered throughout their journey.

What Makes the Sukoon Experience Unique?



Personalised Care

Each individual is assigned a dedicated care team that includes medical professionals, therapists, and a patient experience coordinator to ensure individualised attention and holistic care.



Transparency and Communication

Daily updates and progress reports are shared with patients and, where appropriate, their families, fostering trust and collaboration.



Comprehensive After-Care

Our rehabilitation programs include aftercare planning, follow-up therapy, and support groups for continuity of care.



Patient-Centric Philosophy

From admission through aftercare, our team anticipates individual needs and works proactively to enhance their experience, ensuring that every interaction reflects Sukoon's commitment to excellence.



Integrated Multidisciplinary Team (MDT)

Every patient benefits from the expertise of an MDT that includes psychiatrists, clinical psychologists, nutritionists, occupational, art and yoga therapists, and more, ensuring that all dimensions of recovery are addressed.



Luxury Meets Functionality

With single, spacious rooms, thoughtfully designed amenities, and gourmet, nutritionist-approved meals, Sukoon ensures a recovery environment that is as comfortable as it is therapeutic.







We are here to **support you.**



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