

Psychoeducation

Humana

Medicaid Medical Coverage Policy

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Description

Psychoeducation is a direct, planned and structured intervention that involves presenting or demonstrating information. Psychoeducation provides individuals diagnosed with a psychiatric (mental health), substance use, or co-occurring (both psychiatric condition and substance use) disorder and their families with information regarding the identified condition and treatment options for the condition. This intervention teaches problem-solving, communication and coping skills to support recovery.

The goal of psychoeducation is to help prevent relapse or development of comorbid disorders and to achieve optimal health and long-term resilience. Psychoeducation is a component of the treatment process and is designed to support the individual and family in understanding the following factors:

- The individual's diagnosis and symptoms
- The cause(s) of the condition and the impact on the individual's development
- Components of treatment and the benefits of various treatment options
- Skill development to cope with the diagnosis

Psychoeducation is appropriate for individuals with mental health and/or substance use conditions, their families and support networks. Psychoeducation sessions may cover topics such as understanding the

nature of mental health and substance use conditions, recognizing warning signs of relapse, stress reduction techniques and building a support network.

Coverage Determination

Humana members may be eligible under the Plan for **psychoeducation** when the following criteria supporting medical necessity are met:

- Individual diagnosed with a mental health condition (eg, anxiety disorder [generalized, social, panic attacks, phobias], bipolar disorder, depressive disorder, schizophrenia, substance use, co-occurring conditions)^{2, 3,4,8}; **AND**
- Individual is under current care of a behavioral health provider⁸; **AND**
- Psychoeducation delivered by an appropriately qualified and licensed [behavioral health professional](#); **AND**
- Documentation includes detailed information regarding the subject(s) and content of, as well as time dedicated to the psychoeducation delivered; **AND**
- Individual has cognitive and emotional ability to participate in the psychoeducation program^{3,11}; **AND**
- Intervention is provided in support of and as an **adjunct to** clinical treatment^{2,8,12}; **AND**
- Clinical record includes an individualized treatment plan documenting **ALL** of the following:
 - Diagnosis/indication and rationale for psychoeducation⁸; **AND**
 - Details of other clinical therapy/therapies the individual is receiving and how psychoeducation supports the goals of those treatments; **AND**
 - Person-centered, individualized approach to interventions and goal^{8,10}; **AND**
 - Addresses biopsychosocial stressors and coordination of care with other providers and community-based resources; **AND**
 - Measurable recovery goals (distinct from psychotherapy or other treatment goals) defining improvement including how often progress toward goals is evaluated; **AND**
 - Inclusion of family, caregivers and others impacted by and in position to affect patient behavior behavior^{3,5,8,9}; **AND**
 - Treatment intensity (number of hours per week) and duration is designed to meet needs of the individual; **AND**

- How treatment intensity will be adjusted according to individual's response to therapy and ability to participate effectively; **AND**
- Plan for ending psychoeducation and transitioning to self-management and use of available community supports (eg, Alcoholics Anonymous, AlAnon, Anxiety & Depression Association of America, Depression and Bipolar Support Alliance, Dual Recovery Anonymous, Mental Health America, Narcotics Anonymous, National Alliance on Mental Illness, Schizophrenia & Psychosis Action Alliance [not an all-inclusive list])

Coverage Limitations

For members under age 21, requests are reviewed for medical necessity in accordance with Early and Periodic Screening, Diagnostic and Treatment (EPSDT) requirements.

Humana members may **NOT** be eligible under the Plan for **psychoeducation** for any indications other than those listed above including, but may not be limited to:

- As a stand-alone therapy outside of other concurrent behavioral health treatment; **OR**
- Exceeding 20 units (5 hours) per benefit plan year⁸; **OR**
- Provided to a group larger than 12 individuals^{1,12}; **OR**
- Continuation of psychoeducation when measurable progress toward established goals is no longer occurring; **OR**
- Individual is receiving other structured behavioral health services (eg, day treatment, therapeutic rehabilitation program (TRP), intensive outpatient program (IOP), partial hospitalization program (PHP), residential services) of which psychoeducation is already a component⁸; **OR**
- When delivered by peer support specialists, community support associates or registered behavior technicians

This is considered not medically necessary. A review of the current medical literature shows that there is **no evidence** to determine that this service is standard medical treatment. There is an absence of current, widely-used treatment guidelines or acceptable clinical literature examining benefit and long-term clinical outcomes establishing the value of this service in clinical management for these indications.

Humana members may **NOT** be eligible under the Plan for **maintenance psychoeducation** including, but may not be limited to the following:

- Activities intended to preserve the individual’s present level of function and/or prevent regression of that level of function; **OR**
- Therapeutic goals of the treatment program are achieved; **OR**
- Individual is no longer under care of a behavioral health provider

A review of the current medical literature shows that the **evidence is insufficient** to determine that **maintenance psychoeducation is standard medical treatment**. There is an absence of current, widely-used treatment guidelines or acceptable clinical literature examining benefit and long-term clinical outcomes establishing the value of this service in clinical management.

Coding Information

Any codes listed on this policy are for informational purposes only. Do not rely on the accuracy and inclusion of specific codes. Inclusion of a code does not guarantee coverage and/or reimbursement for a service or procedure. The following codes require prior authorization for Humana Healthy Horizons in Kentucky.

CPT® Code(s)	Description	Comments
No code(s) identified		
CPT® Category III Code(s)	Description	Comments
No code(s) identified		
HCPCS Code(s)	Description	Comments
H2027	Psychoeducational service, per 15 minutes	

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17. UpToDate, Inc. Specific phobias in adults: cognitive behavioral therapy. <https://uptodate.com>. Updated November 2025.
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Appendix

Psychoeducation Providers

Provider Type
Psychiatrist (MD/DO)
Advanced Practice Registered Nurse (APRN)
Licensed Clinical Psychologist (LCP)
Physician Assistant (PA)
Licensed Masters with Supervisor: Licensed Psychological Practitioner (LPP) Counseling Psychology (Cpsy) Licensed Clinical Social Worker (LCSW) Licensed Professional Clinical Counselor (LPCC) Licensed Marriage and Family Therapist (LMFT) Licensed Professional Art Therapist (LPAT) Licensed Behavior Analyst (LBA) Licensed Clinical Alcohol and Drug Counselor (LCADC)
Required Associate with Supervision (not fully-licensed but under the supervision of a board-approved supervisor while licensure requirements are being obtained) Licensed Psychological Associate (LPA) Counseling Psychology Clinical Social Worker (Cpsy CSW) Licensed Professional Counselor Associate (LPCA) Licensed Marriage and Family Therapist Associate (LMFTA) Licensed Professional Art Therapist Associate (LPATA) Licensed Assistant Behavior Analyst (LABA) Licensed Clinical Alcohol and Drug Counselor Associate (LCADCA)
Supervision Required: Certified Alcohol and Drug Counselor (CADC)

Change Summary

- 01/01/2025 New Policy.
- 06/03/2025 Annual Review, Coverage Change.
- 07/01/2025 Update, Coverage Change.
- 02/03/2026 Annual Review, No Coverage Change.