



Recovery International

“Recovery International Testimonial - Howard” Accessibility Video Transcript

Accessibility Transcript

The following is a transcript of the audio from the Recovery International Testimonial - Howard. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Hello I'm Howard Jeffries and this is my RI Story. By the time I was 56 years old, I had lost five or four good jobs and I knew I had a temper problem but I didn't know how to control it. I had been sent to three professional counselors. I was not diagnosed or given any prescriptions and in 2020 I was reading an article about Dr. Ronda Chervin and she recommended for temper problems the Recovery International Method.

I had never heard of the RI Method but I figured if it helped her that I would give it a try. And so, on September 3rd, 2020, I went to my first RI meeting. And I was able to get immediate help. And over the last four years, my temper control was vastly improved. If you have a problem with your temper, I would recommend highly recommend the RI method, it's great for your mental health.

Accessibility Note

This transcript is intended to accompany the audio recording so that all visitors have access to the same information in a text format.