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**“MY REBOOT CAMP” WEB SITE LAUNCHES FOR  
IRAQ AND AFGHANISTAN VETERANS**

**BRADENTON, Fla.** – December 28, 2010 – Today, My Reboot Camp ([MyRebootCamp.com](http://MyRebootCamp.com)), an online educational resource for veterans and those currently serving in the Iraq and Afghanistan wars and their families, launches nationwide to address the real issues and challenges associated with transitioning from active duty to civilian life.

According to military historians, soldiers today are facing pressures and expectations never before experienced as they are serving in combat longer than almost any U.S. soldiers in the nation’s past.

The change is a process, and the web site’s purpose is to help the more than 1.7 million service men and women who served in one of these two conflicts to successfully make that shift.

Iraq and Afghanistan veterans represent 7.5 percent of the veteran population in the United States, which totaled 22,424,712 in 2008, according to Iraq and Afghanistan Veterans of America (IAVA), with more to be added.

The web site features webisodes with Iraq and Afghanistan veterans discussing their challenges and the resources they drew upon as they returned to civilian life. It also includes a series of learning modules with links to a wealth of resources for military and their families to access.

“With a large student veteran population at the State College of Florida, we saw the need for a forum that outlined the challenges veterans face and the invaluable resources available to them,” says Dr. Lars A. Hafner, president of the State College of Florida. “Not only does this web site help our local veterans, but hopefully, it will impact veterans who are transitioning worldwide.”

The various learning modules are intended to help build self-confidence and life skills, while linking users to valuable resources. Although all of these modules address major transition issues, change management, stress and substance abuse continue to be some of the biggest issues for returning military. In fact, according to the National Survey on Drug Use and Health Report, one-quarter of veterans age 25 and under suffer from substance abuse disorders, with those from low-income families being extremely vulnerable.

Specific learning module topics include:

- Personal values and career exploration
- Exploration of learning styles
- Goal setting and effective decision making
- Managing change and stress
- Understanding the impact of substance abuse and living a healthy lifestyle
- Empowering attitudes
- Money, budgeting and time management
- Accessing VA educational benefits and financial aid

"As a veteran, I try my hardest to not be angry with those who have never served," says William (Bill) Graydon, who served in the U.S. Army. "I try, whenever possible, to help them appreciate my military experience. I hope the conversations captured on this web site inspire other veterans to start the conversation in their own community."

To learn more about My Reboot Camp, and the resources and services available to Iraq and Afghanistan veterans, visit [MyRebootCamp.com](http://MyRebootCamp.com).

My Reboot Camp is produced by the State College of Florida Foundation, Inc. through a generous grant from the Florida BRAIVE Fund and the Gulf Coast Community Foundation of Venice.

### **State College of Florida**

Established in 1957, State College of Florida, Manatee-Sarasota (SCF) is the region's first and largest public college, serving approximately 36,000 college credit students annually at campuses in Bradenton, Lakewood Ranch and Venice, and online via eLearning opportunities. Another 25,000 participants annually attend professional development and personal enrichment classes. Visit <http://www.scf.edu/> for more information on the State College of Florida.

### **Florida BRAIVE Fund**

The Florida BRAIVE Fund supports the efforts of nonprofit organizations that provide needed services and support in our state to active and former military personnel who are serving or have served in Iraq and/or Afghanistan and their families. To learn more, visit <http://www.floridabrave.org/>.

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