RECON Trauma Screening Overview

Remote Exposure & Combat Operations Neuroassessment

🔍 What Is RECON?

RECON is a trauma screening tool built specifically for drone operators, intelligence personnel, cyber teams, aircrew, and others in remote warfare roles. Unlike generic PTSD checklists, RECON captures the unique psychological toll of sustained remote combat exposure, including:

- Constant engagement in life-or-death decisions
- Exposure to civilian casualties or "pattern-of-life" footage
- Isolation from traditional combat units and support networks
- Moral injury from actions that contradict personal values

🧠 Why RECON Matters

Traditional PTSD tools (like the PCL-5) miss core symptoms common in remote combat:

- Emotional blunting and detachment
- Cognitive fog ("ping pong brain")
- Burnout from prolonged hypervigilance
- Moral and ethical distress
- Persistent GI or sleep issues without a clear "event"

RECON brings these realities into focus, so they can't be ignored by the VA, DoD, or mental health systems.

🗂️ What the Screening Covers

- Operational Stress Exposure: Frequency, intensity, and proximity to lethal operations and surveillance.
- Cognitive & Emotional Symptoms: Memory lapses, anger surges, flat affect, guilt, flashbacks, intrusive thoughts.
- Physical & Somatic Symptoms: Gut pain, sleep disturbances, headaches, muscle spasms — common in remote trauma cases.
- Functional Impact: How symptoms affect work, relationships, and daily functioning.

Built By Those Who Lived It

RECON was created by drone veterans, researchers, and clinicians who know this mission firsthand. It's not about pathologizing your service — it's about validating it, and demanding care that fits.

RECON Questions

- Do you feel emotionally numb or detached from others in your life, including those you care about?

- Do you struggle to feel anything—either emotionally or physically—even during situations that used to affect you deeply?

- Do you experience flashbacks, intrusive images, or sudden body reactions tied to events you saw or were involved in remotely?

- Do you find yourself mentally re-playing missions or visual feeds, especially during rest or downtime?

- Do you feel guilt or shame about actions taken during missions, including decisions you couldn't influence but were part of?

- Do you struggle to explain your job or trauma to others because "it wasn't boots on ground" or "nobody would get it"?

- Do you feel dismissed or unseen by the VA, military, or broader society because your trauma came from a remote or screen-based environment?

- Have you experienced dissociation, "autopilot," or moments where you lose track of time or feel disconnected from your body or surroundings?

- Do you have difficulty concentrating, thinking clearly, or following through on tasks—even when well-rested?

- Do you feel like your brain races but nothing "lands," making it hard to think straight? (What some call "ping pong brain.")

- Do you experience sleep issues like nightmares, insomnia, night sweats, or waking with panic—especially linked to mission memory?

- Have you felt a persistent sense of hypervigilance, like something is always about to go wrong—even in safe settings?

- Do you experience digestive issues, chronic pain, or other physical symptoms with no clear medical cause?

- Do you feel spiritually disconnected, lost, or like something in you "died" during your service?

- Have you sought mental health help and felt misunderstood, invalidated, or told your trauma "didn't count"?

- Do you avoid certain movies, places, or sounds because they remind you of mission environments or incidents?

- Do you struggle to shift between "combat mode" and home life, sometimes feeling like you're living two separate identities?

- Do you feel your service negatively affected your relationships, parenting, or ability to connect with others?

- Do you frequently second-guess moral or ethical decisions made during missions, even long after the fact?

- Do you feel isolated, even in rooms full of people, because no one seems to understand what you've experienced?

🩹 You're Not Alone

Tens of thousands of us carried the war through a screen.
We're building the system we never got.
And it starts with RECON.

Learn more or get involved:
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